

Shmone Esrei for a (Recovering) Sex Addict
Posted by jerusalemsexaddict - 16 Sep 2009 07:13

Ok this is in response to the thread "Daven or not".

For me,one of the hardest things about davening is that i don't always feel it relates to me.

Shmone Esrei is 19 brachos that talk about all sorts of stuff.

But the number one and number 2 and 3 thing on my mind is:sex,sexual addiction,and recovery.

If we are better able to put all of davening in this perspective (for this is a large part of our perspective on life and ourselves and G-d)then davening might just become a lot more meaningful.

Any insights into any brachos of shmone esrei and its perspective for a recovering sex addict will be much appreciated.

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Re: Shmone Esrei for a (Recovering) Sex Addict
Posted by TrYiNg - 18 Sep 2009 10:42

Batlewn- I jst want you to know that I was thinking of your interpretations of the brachos,

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Re: Shmone Esrei for a (Recovering) Sex Addict
Posted by jerusalemsexaddict - 29 Sep 2009 14:55

I was saying "Hashiveinu" right now at mincha and I had an insight.

I usually rush through this bracha cause it makes me feel really guilty,but today was different.

"Hashem,you gave me my depression.You gave me this sickness.Now bring me back to You.

That's it."

He gave us the illness and holds the keys waiting for us to ask for them.

So davening is not a guilt trip.

It's as follows:

Hashem you put me here.

Now take me out,please.

You sent me away,

Now bring me back please.

I slipped in the mud the y'h put,

please clean me off.

Gevaldig,no?

-uri

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Re: Shmone Esrei for a (Recovering) Sex Addict
Posted by kutan - 29 Sep 2009 16:05

yes.

Gevaldig...

ggggggggggg....

kutan

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Re: Shmone Esrei for a (Recovering) Sex Addict
Posted by G38 - 29 Sep 2009 16:56

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Re: Shmone Esrei for a (Recovering) Sex Addict
Posted by Yosef Hatzadik - 25 Jan 2011 21:55

[Efshar Letaken wrote on 16 Sep 2009 16:30:](#)

In the Bracha of T'Kah B'Shofar in some Sedurim there's a Tefilah we can say about Zera L'Vatoleh - Spilling of Seed at the end when we say M'Kabeitz "Nidchei Yisroel" that refers to Sure gevaldig, especially in V'al Hatsadikim "Hashem you put me here please KEEP ME HERE this in were we ask for Hashem to bring the zera back into the Kedusha out of the hands from the Tuma.

[Yosef Hatzadik wrote on 01 Sep 2010 15:48:](#)

[oneday wrote on 01 Sep 2010 03:09:](#)

One that I was focusing on was tekah bshofar... the the at the end mikabetz nidchei amoh yisroel if you focus on those words it helps in the battle I've read. There is like 1 letter from each words that comes to spell Hashem's name, but I don't remember exactly which letters!

The 3rd letter from each word: *Ches, Beis, Vav*. They spell the Name of Hashem that is derived from the *Roshei Teivos* of **Chayil Bala v'yaki'einu**.

They are also the next-to-last letters in the words *v'kabtzeinu yachad mei'arba kanfos*.

(Nussach Ashkenaz doesn't have the word *bimheira*)

There is also a tefilla that is brought down to say before ending Boruch atta Hashem.... :

Y'hi ratzon..... shekol tipa v'tipa sheyatza mimeni, bein b'ones ubein b'rotzon, bein b'shogeg ubein b'meizid, shlo bemokom mitzva, asei lma'an shimcha hagadol hayotzei m'hapassuk
Chayil Bala V'yaki'einu shetachzireim l'mokom kedusha, v'hatov b'einecha assei. & then finish the Brocha, *Boruch atta Hashem mekabetz nidchei amo yisroel* while concentrating on those three letters.

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