

Confession by Dmaot

Posted by Dmaot - 04 Feb 2013 22:22

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I want to make a confession to all of you guys and ask you for an advice. You may know my story (before i became Dmaot i was Dont let me go) filled with ups and downs. Today i had a fall. My last fall was one month ago and today i was feeling so weak and weary. All of the day was a great temptation for me... A few hours ago i went to the field to say something to Hashem Yitbarach because it was intolerable. When i got back home i spent a few minutes browsing the web and then it happened. I dont know what to say... We all know this feeling...

What i want to say is that i'm not devoted enough. I'm devoted but not enough. When temptations come i pull and drag myself but then it pulls even stronger and i give up. How can i get stronger?

I don't say the three daily prayers, just one even not every day. If i make it a rule to say the three daily prayers every day will this make me strong? I know there is a way to beat the yh and i know the answer is in Hashem Yitbarach. I want to go and get it. I'm willing to try everything just to be free. Just to be happy again. And to make my L-rd happy. That's it... If He's happy then i'm happy. How can i make Him happy? By davening and studying? By good deeds? By faith in Him alone?

Please give me practical advices what should i do.

B'ahava

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Re: Confession by Dmaot

Posted by Avrom - 05 Feb 2013 03:13

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Hi Dmaot

I know exactly what you feel like.. Specially after being clean for a month the guilt feeling is so unbearable.

You wrote "Please give me practical advices what should i do" The truth is that you know the answer better than anyone else. Even though others can give suggestions but ultimately its you that knows what hashem wants from you. Let me just add:

Regarding getting close to hashem: Don't take any drastic measures. Those are the ones that usually collapse and sometimes even backfire. Take upon yourself something very small. Something that will last. (ex. to bensch or say krias shma every night from a siddur) The main thing is that its something you will be able to do with ease. The permanent things are the ones that really will elevate us! Davening 3 times a day is a great idea - i don't want this preventing you from it. But make sure to have the unshakable small things - that's what hashem wants from you (and all of us)!! The small kabbolos are the seeds you plant, you will see them grow!!

(Tip: Make 3 of the these small kabbolos yearly and write them down!!)

Baalei mussar say: Small people think big, big people think small. You make hashem happy by not giving up. You just have to make sure to make a realistic plan!!

But regarding our eyes: We MUST take drastic measures!!! Because even if we are close to hashem, lust is such a great temptation, that the greatest rabanim (even in times of the talmud) didn't trust themselves. At the time of an urge, all closeness to hashem seems to fade away. It doesn't prevent us from acting out. This is a fact. The only weapons against p\*rn Ive successfully used are: Filters and TAphsik. Prepare yourself now for the next attack..

May your Dmaot, from now on, only come from happiness!

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Re: Confession by Dmaot

Posted by Dmaot - 05 Feb 2013 13:38

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May G-d bless you Avrom, you gave me great chizuk. Thank you... thank you!!! Baruch Hashem!

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