

40 days and 40 nights

Posted by Gibor_Kaari - 01 May 2020 15:17

Hello dear Brethren,

I have deleted several posts I made previously in 2 other threads because I thought that I was engaging in this blame thing, blaming just about everything and anyone that I could blame. Maybe it had some truth in it, maybe it didn't but I realized that this wasn't helpful for me on a personal level and didn't make me achieve any of my goals and aspirations.

?I think that I should now concentrate on how I will stop watching porn and masturbate. These are two habits that are negative and wrong, and blaming others is not helpful. I shouldn't blame anyone, even myself. Blaming will not solve the problem, and expecting the entire community to change for the better even though is a great aspiration it is too far fetched to expect any real change in the short term. I shouldn't condition my progress based on any external situations. Rather I believe, that I should focus on solving this problem practically and effectively to the best of my ability.

I therefore create this thread titled 40 days and 40 nights in order to begin climbing this mountain of redemption. Just as it takes 40 days for a new life to form in the womb, just like it took Moses 40 days and 40 nights to achieve a greater closeness to God and receive the Torah for our people, I therefore initiate this new road to redemption and rejuvenation a sort of a spiritual and physical awakening and cleansing.

?I will post my progress on this thread. Everyone who wants to participate in this goal is more than welcome, you can all post until we reach our goal of 40 days clean of any porn and masturbation. I think that this is helpful because we can all help and encourage and motivate each other all under one thread.

If you're already are clean for several days or even surpassed the 40 days goal, you can still participate and begin entering your clean days from today starting from 1.

I think the 90 days chart is not working for me because everyone is somewhere else in the chart, but I think that there is a great benefit with doing this together from day 1 until day 40 (you can certainly do more days if you can, no problem)

?If no one wants to participate that is ok too, I will put up my progress on this thread regardless. I hope that Hashem gives me the strength and the will power to reach the peak of this mountain and achieve this goal.

I therefore enter the first day clean from today:

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Lets join forces and climb this mountain together!

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Re: 40 days and 40 nights
Posted by AlexEliezer - 01 May 2020 15:30

Count me in!

One day at a time

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Re: 40 days and 40 nights
Posted by wilnevergiveup - 01 May 2020 16:10

I'm in too.

Way to go, this sounds great.

Keep us posted.

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Re: 40 days and 40 nights

Posted by Gibor_Kaari - 03 May 2020 01:17

Day 2 clean!

Thanks Alex and willnevergiveup for joining!

Good luck to both you and everyone else that joins!

Regards

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Re: 40 days and 40 nights

Posted by starting - 03 May 2020 07:10

I love the attitude. It's not about blaming but rather just working on ourselves.

I really hope this 40 day method works although for myself, completing an entire 40 day streak seems way out of reach. Need more like a 2 or 3 day to keep motivated.

It may be a great method soon when I have the ability to do long streaks and definitely worth a try

Good luck and remember that I'm tracking this thread!

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Re: 40 days and 40 nights

Posted by Guard1 - 03 May 2020 11:14

What a courageous move you just did embarking in this journey !

Always keep in mind the key to win this battle : it's impossible to win. You have absolutely no chance. The good news is : Hachem can win it for you, if you truly let him fight for you.

The core battle is not with the yetser hara, it's with yourself, realizing that you have absolutely no power and that all you have to do is let Hachem fight for you. This is why Hachem made the yetser hara infinitely stronger than us, especially in this area where it seems impossible to win : He did this so that we are forced to pray and realize we are nothing without Him.

This is true as well as a long term mindset, as for short term tactics : when an improper thought comes is, just ask Hachem to make it disappear, when you feel a strong urge, ask Hachem to help you control yourself, etc.

Also, realize that this situation that you (and all of us on this website are) is in fact a gift from Hachem. Indeed, everything that happens in our life is a test from Hachem for us to get closer to him.

The thing is that in order to succeed with this struggle, the only way is to let Hachem do it for us and have the emouna that he will succeed for us. We need to let go of our egoistic nature thinking that we can win ourself.

This struggle is so hard that we have no choice but giving our heart to Hachem.

So in fact, it's not that we have a problem, that we are not normal. Hachem put us into this challenge, in this very generation, precisely because he know we had the power to overcome this situation and to give our heart to him.

And you will see how sweet is the taste of feeling closer to Hachem. This taste, you would never have tasted it without this challenge.

And in fact, this is the secret of everything in life (health, chiddoukh, parnassa, etc.). Hachem sends us challenges so that we pray. And He wants that we pray so that we deeply internalize that we absolutely need him for every aspect of our life and that we have no control.

The key to face any problem in life, is to let go of our egoistic need to control things and give up everything to Hachem.

A few inspiring lectures around this philosophy (which in fact comes from the 12 steps) :

- guardyoureyes.com/articles/12-step/item/holding-hashem-s-gifts-with-an-open-hand?category_id=30
- guardyoureyes.com/articles/12-step/item/the-secret-of-real-strength?category_id=30
- guardyoureyes.com/articles/12-step/item/living-in-the-solution?category_id=30
- guardyoureyes.com/the-secret-of-happiness

Also try to read the GYE Handbook, adresssing all of the aspects of this fight into more details : guardyoureyes.com/ebooks/item/gye-handbook?category_id=150

Be strong and admit you're powerless without Hachem ! Let go and let God.

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Re: 40 days and 40 nights
Posted by Gibor_Kaari - 04 May 2020 02:13

Day 3 Clean!

Thank you Starting and Guard for your support.

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Re: 40 days and 40 nights

Posted by wilnevergiveup - 04 May 2020 04:43

[Gibor_Kaari wrote on 04 May 2020 02:13:](#)

Day 3 Clean!

Thank you Starting and Guard for your support.

You'll have to keep track on the numbers but, I'm still in!

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Re: 40 days and 40 nights

Posted by Gibor_Kaari - 05 May 2020 01:31

[wilnevergiveup wrote on 04 May 2020 04:43:](#)

[Gibor_Kaari wrote on 04 May 2020 02:13:](#)

Day 3 Clean!

Thank you Starting and Guard for your support.

You'll have to keep track on the numbers but, I'm still in!

Thanks!

Day 4 Clean!

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Re: 40 days and 40 nights

Posted by Gibor_Kaari - 06 May 2020 02:14

Day 5 clean!

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Re: 40 days and 40 nights

Posted by Ihavestrength - 06 May 2020 02:19

Woot! Keep on truckin brother.

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Re: 40 days and 40 nights

Posted by Gibor_Kaari - 07 May 2020 02:37

[Ihavestrength wrote on 06 May 2020 02:19:](#)

Woot! Keep on truckin brother.

Thanks!

Day 6 clean!

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Re: 40 days and 40 nights

Posted by Gibor_Kaari - 08 May 2020 01:58

Day 7 Clean!

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Re: 40 days and 40 nights

Posted by starting - 08 May 2020 05:07

An entire week!

Amazing!

any chance you can give us a little motivational boost?

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Re: 40 days and 40 nights

Posted by wilnevergiveup - 08 May 2020 06:38

Awesome!

We would love to hear some feedback.

Keep strong!

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