

Taking responsibility / productive guilt

Posted by NathanfromNY - 13 Jul 2020 13:42

I'm posting this in two forums because I'm curious if the response will be the same here (or at least similar) than that with those who are dealing with SSA issues.

To get on the point, I have had a great difficulty comprehending how to view masturbation / shvichas zera l'vatalah and how to do teshuvah about it. We see in so many places how it is really a big deal and definitely not something to dismiss as boys will be boys and this it is just something that we do. Yet, we know that HaShem never gives us a challenge we can't overcome . So, it must be that we do have the strength with and must find it.

? My problem is (or has been) that our bodies mature faster than our intellect. Going back to my starting point, by the time I got the awkward speech from my step dad about how I shouldn't do it (and truth be told it was so vague and unclear since he really didn't want to be the one to tell me such things) I was already heavily addicted .and thought that I was some sort of pervert since I could not find away to stop it. So often I would beg HaShem to forgive me, promise that this time I would stop for good only to find myself back into it days later.

Thank G-d I am in a much better place many many years later. Being married helps a lot (although I once thought it would be the cure to get me to stop for good) It's no coincidence that the past 2 years where I have really cut back on porn that my urge to indulge has been held in check. Yet , like all addictions you are always one slip up away due to moment of carelessness or weakness. I feel hypocritical asking HaShem to forgive me when I don't have the confidence in myself that I will always be able to abstain

. And logically I know it's not about being perfect it's about the efforts of trying your best....yet emotionally i'm not on the same page.

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Re: Taking responsibility / productive guilt

Posted by Captain - 13 Jul 2020 14:33

"The yetzer hara's first argument is that your sin makes you worthless and it is as if you are completely irreligious. This is a dirty lie. First, Hashem loves you no matter how badly you have

sinned. His love for each of His children is unconditional, as He taught us when He didn't allow the angels to sing shira after the wicked Egyptians drowned (see Chapter 5). Hashem values you no matter what you have done. He still cherishes you just as much. He does not reject you or angrily demand revenge.

Of course, our actions matter a lot. Our sins have consequences, as most unintelligent decisions do. But these repercussions don't come from real anger. Hashem still cares about us just as much. He only wants us not to sin because it is bad for us.

Further, you must remember that true greatness does not depend on how religious you look. It is not even determined by your actual level. The greatness of your deeds is determined by the effort you exerted and the difficulty the situation presented, due to its specific circumstances and your overall life-setting. No failure can take away from your toil.

You must not think badly of yourself because of your mistakes. Hashem realizes how hard your challenges are. He views everything fairly. He doesn't fall for the yetzer hara's distorted perspective. Hashem knows you are a good person who deep down wants to do what's right, even if you are often overpowered by desire. He knows that you wish you had acted differently. Hashem sees the goodness within you and thinks so highly of you, even if you don't. Hashem believes in you! He knows you can overpower the yetzer hara and regain control.

Could it be that the One Who created desire and gave us our challenges doesn't know how hard they are? Of course not. Hashem knows how difficult each of our challenges is. He doesn't look down on any person who struggles with his desires, no matter how badly the person has fallen.

Hashem is so proud of every bit of effort, even if we haven't attained mastery. He takes pride in any person who puts in any effort not to go down without a fight, because He knows how difficult the battle is. Hashem values these accomplishments far more than achievements that seem huge but lack the same difficulty. He knows that we are accomplishing and becoming great people even if our actions don't look the part of a great individual, because it is the effort that counts. And if He is proud of us, that means we are people to be proud of, no matter what we look like."

Source: The Battle of the Generation

(guardyoureyes.com/ebooks/item/the-battle-of-the-generation), Appendix A. Read there for more on this topic.

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