

I fell :(

Posted by Swift Eagle - 28 Jul 2020 17:11

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I fell, again. I had one of those spiritually disturbing dreams last night. I woke up remembering it & had a hard time not replaying it in my mind. I was feeling completely drained of energy & therefore davened Shachris at home, but with zero energy & feeling quite depressed, I just davened shemoneh esrei without my hat, jacket, tallis or tefilin & without birchas krias shema, Then I went up to bed feeling even more depressed because of how i davened & remembering that I have not learnt any torah yesterday or the day before when i had just decided to make sure to learn an alia a day of shnaim mikra starting this past sunday, because i have not been keeping up with it at all & we just started new sefer - devarim. I landed up being motzi zera. Please forgive me Hashem & all you guys can throw your esrogim on me... I woke up this morning already feeling depressed, lethargic & zapped of energy. Now I'm feeling worse. Alright, I shouldn't write my whole diary out here, though it would probably be quite interesting to read...

Love you all,

pesukei d'zimra etc - just shemoneh esrei & then put on just teffilin for 10 seconds...

"Crazy Eagle", not feeling too swift today, more like a sloth. I think I snapped years ago. Forgive me for the kvetching. Hashem's the best! Pray for me. Thank you. You're the best! Love you all! Be well & Hashem should be with you!

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Re: I fell :(

Posted by ColinColin - 29 Jul 2020 01:53

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The spark is still lit.

You proved this because you davened Shemoneh Esreh and put on Tefillin.

Gently kindle the spark.

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Re: I fell :(

Posted by icandothis18 - 29 Jul 2020 02:51

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Just a thought tomorrow is tisha bav year that's when mashiach is born only from the darkest nights can we reach the highest heights!!

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