

Thank You Hashem! - A solution to our struggles?

Posted by Teshuvah4real - 15 Dec 2022 16:32

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Hi all,

I wanted to share a thought that I've been having the past couple of days.

For the last couple of years there has been a major "Thank You Hashem" movement. The goal, and proven strategy, is that the more you thank Hashem for what you have, the more Hashem will give you. The same is true with thanking Hashem for what we perceive as bad, if we Thank Hashem for "even" that, He says, "Oh, your thanking me for the bad, or for what you don't have, I'll show you what's really good and I'll give you what to really be thankful for",

Which brings me to my point. All of us here on GYE are currently struggling (whether we're clean for a day or for 300 days - it's a struggle!). Perhaps the best solution, as crazy as it sounds (and of course devices must be filtered), is to take a few min each day and **truly Thank Hashem** for the struggles that he has given us! It's a known fact that the more you thank Hashem the more brochus he showers uponus.

There was a story about a couple who were childless for 10 years. They went to Rav Sholom Arush for a brocha - he told them to thank Hashem for the next 40 days for the mere fact that they don't have children. It ain't easy, but eventually they started seeing al the good they have etc. and started **really** Thanking Hashem (not just lip service, but truly meaning it) about a year later they had a baby...

Perhaps (no, definitely) if we Thank Hashem for 40 days for all the struggles he gave us - just think about it, how much stronger are we than our peers who don't have these insane struggles. Yes, we fall from time to time, but the self control we have is incomprehensible! Thank you Hashem for making us so strong!

If everyone can write on this thread something that they are thankful for **because of their struggles** - we can all learn and grow from it and hopefully by Thanking Hashem he will remove (or at least truly minimize and make easier) our crazy struggles and temptations etc.

Would love to hear thoughts on this.

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Re: Thank You Hashem! - A solution to our struggles?  
Posted by Shtarkandemotional - 23 Dec 2022 03:10

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I haven't been active much on the forum here, but this post caught my eye.

this is something that resonates a lot with me. Being someone that every time I've thanked hashem sincerely for my Tzaros - He's never failed to help me out of my mess. It works and when you mean it you will reach a place that you don't even need a yeshua because the pain and the mess is just so good (that's when you know your sincere)

However, in my humble opinion.. one should not use this as a way of fighting the battle of lust. This can be our form of teffilah to hashem for a yeshua but hishtadlus in this field is extremely important. We were put in this world to overcome the YH which requires a tremendous amount of effort and real work of being careful with thoughts and actions etc. one should not think to say TYH and do aveiros they want.

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Re: Thank You Hashem! - A solution to our struggles?  
Posted by Shtarkandemotional - 23 Dec 2022 03:14

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why we should really be grateful..

1. I think for the first point we can take from the mesilas yesharim as he writes challenge was put in this world to reward us. And the pleasure of reward tastes good when we've worked up to it. if every battle would be easy then reward would be something cheap as well. **Thank you hashem, because this battle gives me a chance to grow and become my best self.**

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Re: Thank You Hashem! - A solution to our struggles?  
Posted by Teshuvah4real - 02 Jan 2023 20:09

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Thanks for responding to my post!

You are correct, this is not the solution to fight the battle of lust. However, I believe this should be an additional tool - in other words, by us Thanking Hashem and doing everything else that we need to do to fight this battle - we will succeed!

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Re: Thank You Hashem! - A solution to our struggles?  
Posted by Teshuvah4real - 02 Jan 2023 20:11

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Beautiful!

## **2. Thank You Hashem for giving me the ability to strengthen my self control!**

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Re: Thank You Hashem! - A solution to our struggles?  
Posted by afcf - 03 Jan 2023 03:13

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Shalom,

Truly is important be thankful to HaShem for everything. I'm grateful to HaShem for let me descent through dark places in order to reach and ascend the lights hidden there and be closer to Him.

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Re: Thank You Hashem! - A solution to our struggles?  
Posted by Teshuvah4real - 03 Jan 2023 15:08

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AH! What a beautiful thanks to Hashem!

**With each fall, we can ascend to so much higher, so much light!**

Thanks for sharing!

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