

Very confused!

Posted by baalteshuva - 31 Dec 2009 00:43

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I went to the ohr sameach yeshiva in Israel for a few weeks. I learnt that everyone has there level of free-will, someone who is brought up in a completly secular inviroment and has never heard of Shabbat will not be juged for shabbat, if he died without knowing any better. I learnt that on must grow spiritulaly in steps otherwise one will not get anyware. I have been keeping friday night and next week pease G-d i am going to try keep shabbat day to.

I think Hashem is like a loving father who has a lot of compassion.

Then I saw the video "the seal of truth" the person died completly secular he never knew about mitzvot, yet he was publicly shamed for masturbation and Shabbat! If I die now. G-d forbid, will I be publicly shamed for not yet keeping shabbat fully? The video has really effected my growth, I now feel the urge to masturbate more then I evey have in my life.

I would be grateful if someone can clear up my confusion

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Re: Very confused!

Posted by baalteshuva - 31 Dec 2009 13:50

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Thanks everyone for the warm support.

I found the website of Dr. Sorotzkin, these two articles shed a lot of light on this discussion, especially for FFB's

<http://drsorotzkin.com/bechira.html>

[http://drsorotzkin.com/pdf/pursuit\\_of\\_perfection.pdf](http://drsorotzkin.com/pdf/pursuit_of_perfection.pdf)

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Re: Very confused!

Posted by help613 - 31 Dec 2009 17:11

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Just a random Q. if som1 dose an aveyro you feel really bad about it after...Is that feeling just the guilty consence that you have done something you have been thought all you life you are

not allowed or is it a deeper feeling like your neshama crying...??? i just think about it sometimes and would love to get an answer from som1 who was not brought up like that ! i wish you loads of hazloche on your path to sucesss...

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Re: Very confused!

Posted by silentbattle - 31 Dec 2009 17:30

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I was brought up frum, too - but maybe both our true! When we do an aveirah, our neshama cries. But very often, we're not in touch with that - it's only when we start to become aware of the value of our actions, that we realize that certain things are wrong.

But, there's a third option - the yetzer hora can make us feel bad so that we'll get depressed, and fall even further.

Our job is to focus on getting healthy again, not on regret. Remember, even in halacha, "azivas hachet" comes before "charata"...

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Re: Very confused!

Posted by Kollel Guy - 31 Dec 2009 17:38

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As a rule of thumb, if you want to know of a feeling of regret or pain over aveiros - is real and sincere, notice your attitude towards the future.

If you have a strong desire to correct everything and do as much as you can to make up for it - then oh baby is it real.

If your reaction is "I'm such a rasha (evil low person) that there's no use in me doing mitzvos" And the feeling does not drive you to correct your misdeed - then it is the evil inclination in the clever disguise of 'regret over sins'. And naturally, you should completely disregard that feeling.

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Re: Very confused!

Posted by the.guard - 31 Dec 2009 18:10

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[help613 wrote on 31 Dec 2009 17:11:](#)

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Excellent Question! See the Nesivos Shalom in Chizuk e-mail #341 on [this page](#) (scroll down to get to #341).

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