

Letter to Lust Addiction and to Hashem

Posted by davidt - 20 Mar 2024 20:39

Here is a letter that someone shared with me. (I am posting it with his permission)

Hi lust addiction. I don't know if you're an addiction or a big Y"H or something else, and I don't really care.

What I do know is that I hate you and you hate me. You have been so mean to me for so many years. You keep on fooling me and pulling me into your traps.

You are pure evil, but I am a fool!

You have conditioned my brain to think that there is something to be gained by gazing at inappropriate things and fantasizing. You are a big liar! Not only is there nothing to be gained but there is so much to be lost! You took away from me so many hours of life! You made me feel like a piece of trash! You took away my passion for learning and davening! How evil can you be?!

But all you do is come again with the same lie and somehow you manage to fool me again.

I might be crazy but I'm not stupid. Enough is enough.

I want life! You offer only death and destruction!

You might be much stronger than me as you've proven in the past but you are all about darkness and there is a power stronger than you. A bit of light pushes away a lot of darkness.

I beg you, please leave me alone. Please don't fool me anymore. I don't want to know you any more.

Now is the time to say: Good bye and good riddance! I'm telling you clearly "I hate you!, you're pure evil! What you offer is disgusting and I hate it!"

Hashem, you created the world. You created me. You created lust. You want me to come closer to you.

I thank you Hashem for all the times that I was able to stay strong in the face of temptation. I thank you for all other great blessings that you've bestowed upon me. I know you don't owe me anything and I owe you everything. But you are my father, and ONLY you can help me. Please help me! I can't do this myself! I am literally drowning! The waters have risen till above my broken yearning soul!

If it's a sickness, please help me heal. If its sin, please forgive me and help me repent.

If it's a weakness, please strengthen me!

If there's nothing to do about it, why do I need life?

I know you will help me. I am relying on you. I will never give up! Thank you Hashem!

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Re: Letter to Lust Addiction and to Hashem
Posted by ??????? - 21 Mar 2024 12:39

"David" this is Powerful and Energizing this is exactly how I fee and everyone else does!!!

Keep it up!!

We all are getting fooled by a stupid temptation that only this time let me watch, one more time and that's it (remember) and after looking what happens felling like a pease of garbage

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Re: Letter to Lust Addiction and to Hashem
Posted by chaimoigen - 22 Mar 2024 02:56

Oh, the heartbreak....

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