

One day at a Time

Posted by Pidaini - 04 Aug 2013 01:29

I thought it would be nice if we could easily find Divrei Torah on each common topic, so here's a thread for divrei Torah on "One day at a time".

and for starters there is the vort that Hashemssoldier mentioned "See, I am giving before you TODAY"

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Re: One day at a Time

Posted by Pidaini - 26 Jun 2014 22:56

Dovid Hamelech says in Tehillim Perek 27 "Kavei el Hashem chazak vey'ameitz leebecha vekavei el Hashem"

The Radak explains

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???? ?? '? , ??? ?????, ?????? ?????, ?????? ?? ?????? ????? ??? ????? ?????? :

"If you will keep strong in your ways [of serving Hashem] He will strengthen your heart so that you will not concede to the taunts of your foes [who say that you have no hope left to connect to Hashem] and you will find your heart strengthened and courageous etc"

I found that to be extremely insightful. Many a time there is something that I know I should do, but I don't really feel inspired to do it, and if I'm not inspired then I tell myself that I won't be able to follow through with it anyway. Dovid Hamelech tells me that I first need to act, when Hashem sees that He will send me the inspiration that I need to get by and continue!!!

Dovid Hamelech is telling us to take it ONE DAY AT A TIME, the rest, Hashem will take of!!!!

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Re: One day at a Time

Posted by Pidaini - 16 Jul 2014 17:47

[unamnumun wrote:](#)

I heard a vort years ago. Avraham Avinu was about to shecht his son on the akeida.

he tied up his son

his hand took the knife

he moved in for the final cut.

one can imagine that if avraham avinu was about to shecht a korban, it was with all the heilige kavanos. with all the hachanos. he went through nisoyon after nisoyon on the way to har habayis. and now he was emotionally prepared for the biggest sacrifice.

just then the malach comes and says STOP. and he did. he backed down on all of his kavanos. all of his intentions of the ultimate sacrifice to Hashem.

He was able to do so because every second of his life he was thinking what does Hashem want from me right now. A second before, Hashem wanted him to shecht. This second Hashem wanted him to refrain. that's why he was able to refrain on the second.

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Halevay we get somewhere near that darga of being constantly aware of what Hashem wants from us every second and doing it besimcha. ??? ????? ????? ????? ??????. we have it in us. we inherited the koach from our alte zeide Avrohom. we just have to work on it slowly,

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Re: One day at a Time

Posted by gibbor120 - 16 Jul 2014 21:02

[Machshovo Tova wrote:](#)

Thanks. As we say in Yiddish:

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Hatzlacha

MT

I know it will lose in translation, but could you please translate for those of us that are yiddish challenged?

Thanks!

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Re: One day at a Time

Posted by Pidaini - 16 Jul 2014 22:26

[lavi wrote:](#)

I'mnois yomainu kain hoidah- teach us to count our days. being that's our whole life- a day after the next. grab your day.

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Re: One day at a Time

Posted by Machshovo Tova - 25 Jul 2014 22:18

[gibbor120 wrote:](#)

[Machshovo Tova wrote:](#)

Thanks. As we say in Yiddish:

??? ????? ????? ?????? ????? ????? ????? ???????

Hatzlacha

MT

I know it will lose in translation, but could you please translate for those of us that are yiddish challenged?

Thanks!

We need not worry what will be tomorrow.

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Re: One day at a Time

Posted by Dr.Watson - 27 Jul 2014 05:05

This is hypocritical of me to say, but it is what I think.

One day at a time may be a method to stay sober, or a good mind-set to have, but I think it can also be abused.

A guy I know from SA (since quit) could never stay sober for long. Every time I asked him how he was doing he sighed and said "today, good". Translation: "I relapsed yesterday, but that's OK today cos this is one day at a time, right?"

Wrong. I think there has to be a commitment to staying sober permanently.

If the one day at a time mentality helps a person stay sober permanently, then great! I'm not certain that this is the mentality we all have to have. It's not a one size fits all program.

But hey, I haven't got this thing figured out, so this is just one old drunk's opinion.

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Re: One day at a Time

Posted by cordnoy - 27 Jul 2014 07:30

Doc,

I think the commitment to stay sober permanently (and im talkin' about a real live commitment - one that actually means somethin') can only happen after serious recovery time. This, by the way, regardin' myself and one of my struggles has just happened in the last few days. I was able to "turn the corner." A certain struggle - although I was one day at a timin' it the last 14 months, I was never able to say - even to myself that it is permanent - now I can and did say it. Will I keep the commitment? That is one day at a time. So gettin' back to practicalities, I think one must begin with one day at a time, but it must be together with some sort of action. There are people here that fall every three days, seven or twelve. They might be practicin' it; might not be, but even if they are, they probably need to increase action. Like you pointed out, they should not look at a fall as, "Oh well, it is one day at a time," for that will not get them too far.

b'hatzlachah

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Re: One day at a Time

Posted by Pidaini - 27 Jul 2014 17:33

Thank you Doc for the honesty!

Everything in life can be abused, or rather, taken out of context. I know that I didn't have the answers, for I was falling right and left, and even when it slowed down, there was still something I was missing.

If I don't have it then I need to learn from those that do, and most of them, if not all of them, have expressed that this works for them. Do I wish it weren't that way, maybe I used to, but not any more.

One day at a time is really just the fact of life! I can't change what I am right now, and I need to do what I need to do based on what I am right now! Of course, many a time I wish I were different, many a time I hope that I will one day be different, but does that change what I need to do now? No!

Same thing btw, with anything in my life. I need to do what I can and should right now based on where I am, I can't start doing things the way I will when and if I change, because right now that's not what I am!!

One day at a time is acceptance, it's humility, in realizing that I'm not where I would want to be, even though what I want to be is a very good place to be....but I'm not there right now, and right now if I focus on that then I will for sure fail with where I am now.

When taken out of context it can be foolish, but why should I lose out because there's someone

foolish out there who's disfigured the truth?

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Re: One day at a Time

Posted by gibbor120 - 28 Jul 2014 21:31

[cordnoy wrote:](#)

This, by the way, regardin' myself and one of my struggles has just happened in the last few days. I was able to "turn the corner." A certain struggle - although I was one day at a timin' it the last 14 months, I was never able to say - even to myself that it is permanent - now I can and did say it.

You are making me curious. Can you elaborate?

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Re: One day at a Time

Posted by cordnoy - 28 Jul 2014 21:42

Gibbor,

I wrote about it here:

[No More Clubs!!!](#)

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Re: One day at a Time

Posted by gibbor120 - 28 Jul 2014 23:21

I checked your link and some posts before and after, but I don't see where your aha moment was, and what changed, and how? Am I missing something?

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Re: One day at a Time

Posted by cordnoy - 29 Jul 2014 00:08

I clarified here:

[One truck; two trucks](#)

Did you wanna know what caused this?

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Re: One day at a Time

Posted by dms1234 - 29 Jul 2014 05:22

You married guys with your secret bb forum. UGH!

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Re: One day at a Time

Posted by cordnoy - 29 Jul 2014 05:27

Sorry...here was the post:

[cordnoy wrote:](#)

[cordnoy wrote:](#)

One of my trucks have been found, and when it is drivin' down the highway, it will be barrelin' down the road in the left lane; it will not be stoppin' at any clubs....not even to see if we can hold

out....no reason for that....the Rambam's teshuvah can wait.....and although I have not seen the inside of one in 14 months, I was never confident that it will remain that way; now, because of a few things, I am....not overconfident mind you; not to the point that I don't need to remain vigilant, but to the point that it will not be an uncertainty rattlin' around in this lust-addicted head of mine.

Thank you

b'hatzlachah

To clarify: I had a p and m issue for several decades.

Since i came here last June, I have that under control.

My eyes have always wandered and they still do....I now have tools to deal with that. I win some and I lose some...(don't know score).

My big issue still left was when I am alone (either I go away or wife goes away).

I had desire for the Norwegian woman and to frequent clubs.

Since last June, I fell with the woman 3x.

I have not fallen with clubs....but....I have been several times in the parkin' lots or nearby. T'was a struggle and always on my mind. I always think that eventually I will find my way back there.

Last week (and for now, let us not get into the Waterloo moment), it became clear to me that I will NEVER EVER enter one of those clubs again. That is the truck I am now drivin'. It will be stayin' on the highway. How confident am i? Pretty confident. It does not weigh on my mind any longer. It is now like other lust issues...I concentrate on the moment before me.

Regardin' the woman, i was so disgusted with what happened last time, she has not entered my mind at all. [For those of you who are deep thinkers....I did not conclude in my mind the same conclusion as the clubs; i have not said that i will never contact her again. She is simply far away and far removed from my mind. Perhaps that is the lost truck with the \$20.00 bill under the carpet.]

"Hope" this was clearer.

Thanks

b'hatzlachah

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