

made by a struggler for strugglers

Posted by mnman415 - 18 Aug 2010 16:55

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You are the one who created us humans, you created us with a yetzer harah which give us a natural burning desire for women, a desire that can be used for holiness or g-d forbid for impurity. You commanded us to be circumcised on the 8th day of our life. Something that starts on the 8th day but must be maintained for the rest of our life. Therefore, may it be your will hashem our g-d and the god of our fathers, that you will constantly at every moment help us control our eyes from anything that will trigger our desires. And help us constantly control our thoughts and our fantasies from any image or idea or anything that will cause us to fall and damage the middah of yesod, including helping us in our middos and asspecialy anger. And that we will always be in a state of happiness of kedusha. Help us for the sake of yosef hatzaddik who controlled himself and for the sake of david hamelech who fell in this area but did a complete teshuvah.

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Re: made by a struggler for strugglers

Posted by mnman415 - 18 Aug 2010 17:49

print it out and say it every day.! it might not be made my the shela, or the cidah, or the anshei kneses hagedolah, or any other hold person. but this teffilah basically covers everything. and it has the oral haskama of the rav of my shul

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Re: made by a struggler for strugglers
Posted by StrugglingGuy - 18 Aug 2010 20:20

Thanks HS

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Re: made by a struggler for strugglers
Posted by mnman415 - 19 Aug 2010 23:49

its my please SG ;D ;D

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Re: made by a struggler for strugglers
Posted by shomerbris - 31 May 2011 07:28

At which point in shmoneh esrei can one insert a personal tfila like this one?

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Re: made by a struggler for strugglers
Posted by mnman415 - 01 Jun 2011 01:52

i would assume during the bracha of hashivainu or shma koleinu or right before you take 3 steps baack

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Re: made by a struggler for strugglers
Posted by shomerbris - 02 Jun 2011 11:22

[HS wrote:](#)

i would assume during the bracha of hashivainu or shma koleinu or right before you take 3 steps baack

Right, I think I've previously heard that you can do it "during" shma koleinu. But I never understood what was meant by "during." Before shma koleinu or after shma koleinu?

Thanks, HS!

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Re: made by a struggler for strugglers
Posted by mnman415 - 03 Jun 2011 00:30

in the middle, say the whole bracha and then right before you say baruch atah hashem you can say the teffilah (any teffilah....even in english!) and when you are done you say baruch atah hashem shomeya teffilah and continue like normal.

this applies to any bracha of the MIDDLE brachos, but in all the others it has to be specific to the teffilah, like in atah chonene i can ask for help on a test. etc etc. but sham koleina is a general bracha for anything so you can ask anything in it

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Re: made by a struggler for strugglers
Posted by tehylimzugger - 22 Aug 2011 17:02

[HashemsSoldier wrote on 18 Aug 2010 16:55:](#)

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beautiful but a little too ivritacized

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Re: made by a struggler for strugglers
Posted by ur-a-jew - 22 Aug 2011 17:25

[TehillimZugger wrote on 22 Aug 2011 17:02:](#)

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beautiful but a little too ivritacized

The RBSO wants and accepts tefillos that come from the heart in any language and this one seems to fit the bill.

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Re: made by a struggler for strugglers
Posted by tehillimzugger - 22 Aug 2011 20:59

yeah you're right.

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Re: made by a struggler for strugglers
Posted by mnman415 - 23 Aug 2011 02:49

i only wrote it in english, someone else translated it

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Re: made by a struggler for strugglers
Posted by tehillimzugger - 23 Aug 2011 06:11

here's another translation, feel free to prefer whichever version you like

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Re: made by a struggler for strugglers
Posted by shomerbris - 24 Aug 2011 05:44

I made a few modifications to the English version.

You are the One who created us humans

I replaced "humans" with "men"--just makes more sense to me.

including helping us in our middos and asspecialy anger.

I removed this part. Just a personal thing--damaging yesod is the big thing for me, I don't personally have problems with anger, although I have many other problems.

Help us for the sake of yosef hatzaddik who controlled himself and for the sake of david hamelech who fell in this area but did a complete teshuvah.

In each case, I replaced "sake" with "zechus." Like in the "Aneinu" piyut that Sephardim use on rosh hashana--"Aneinu bizchutei d' Bar Yochai, aneinu."

On a separate matter, I have a general question. Why is this tefilla written in the plural? For instance, why do we say "who created us" instead of "who created me?" I know all tefillos in the siddur are in the plural, but can this (or anything of the general sort that would fit in shma koleinu) be in the singular? I thought that the siddur tefillos were in the plural because we're then speaking for all of Klall Yisroel, but not all of Klall Yisroel have the shmiras bris problems that we have.

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Re: made by a struggler for strugglers

Posted by HockShmockGeshmock - 25 Aug 2011 04:16

Hi, not to contradict what anyone said about where to add the Tefillah, just to work on getting the proper place right - I believe in Shema Koleinu you can add personal Bakashos (in any language) right before the words Ki Atah Shome'ah.

Thanks for the Tefillah!

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