

Beating the Yetzer Hara

Posted by ColinColin - 29 Jul 2019 19:05

From Shirat Devorah website:

We are sent down to this world for a short period of time. This world is temporary, it is just the entry hall to the World of Truth, Olam HaBa. All our personal journeys are individually designed to ensure we find our way to the ultimate destination. The tougher the journey, the greater the reward will be at the end. "***They journeyed from Kivros-hata'avah and camped in Chatzeros***" [url=www.chabad.org/parshah/torahreading.asp?aid=2495903&jewish=Matot-Massei-Torah-Reading.htm&p=4]Masei 33:17[/url]] From this verse, remarked R' Yitzchak of Vorka, we learn that for an individual to break the yetzer hara within him, **he must constantly recall the fact that this world is but a temporary one intended to be utilized in preparation for the World to Come.** This is hinted in the verse: "*They left Kivros-hata'avah*" - how will one be able to bury [i]likvor[/i] his lust [i]ta'avah[/i] and subdue his yetzer hara? By remembering that this world is no more than "*Chatzeros*", a yard [i]chatzer[/i] in front of a house, a hallway leading to a palace. "A person who ingrains this thought in his heart, said the Rebbe, will triumph in his war against the yetzer hara. **Source: Rabbi Yisrael Bronstein**

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Re: Beating the Yetzer Hara

Posted by Captain - 04 Aug 2019 04:27

From The Battle of the Generation

(https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation?category_id=149),
Chapter 1:

Overcoming difficulty is so basic to true accomplishment in life that it is the reason Hashem places man into a life so full of challenges (*Mesillas Yescharim*, Chapter 1). Hashem wants to provide man with the opportunity to win his battles and truly accomplish. Challenges are only there to make us great! **Succeeding despite the difficulty is the point of life!** The harder it is, the greater it makes us.

If Hashem hadn't created us with the urge to do wrong, and all we wanted to do was to learn Torah and do *mitzvos*, acting properly or even reaching lofty levels would be no big deal. Our successes are impressive only because the *yetzer hara* challenges us from every direction, trying to confuse and derail us. When we hang in there and try to succeed despite how much we want to give in, we are performing monumental acts of greatness. . . .

We hear over and over how terrible our generation is and how much decadence lurks around us. Everyone seems to either look down on us or feel bad for us for having been born

now. But if we are here at this time, that means that Hashem put us here, and it wasn't by accident! Why did He give us these challenges? Why were we born in this generation?

By now, the answer should be obvious: Hashem put us here to give us the opportunity to accomplish something that was never done before. By succeeding despite the challenges that bombard us daily, we reach monumental greatness. Of course, we will have to work harder to succeed than any prior generation, but it is worthwhile because we will be great forever. It is not supposed to be easy. **Life is meant to be challenging!** That enables us to attain accomplishments that are truly impressive. Accomplishments that aren't achieved in the face of difficulty, even if they look good on paper and are lauded by society, pale in comparison with these real accomplishments.

Our challenges are our opportunity to reach phenomenal heights! Reaching greatness through fighting valiantly in this difficult battle is the destiny Hashem has chosen for us! This is why Hashem gave us such difficult challenges.

We must realize that these challenges mean **we can do what has never been done before in history**. These are challenges and opportunities that Hashem has trusted only our generation with. If we can succeed despite what lures us to do wrong, we will achieve unmatched success.

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