

Holding Back One Time

Posted by Yissie - 15 Jun 2022 19:36

I recently heard a recording from Rav Efraim Wachsman (given erev Yom Kippur 5777) about the importance of holding oneself back once from doing something wrong. Every time someone does something wrong, it does terrible things in shamayim, and will affect this world. This is even for just once looking at something inappropriate.

And if one has a taava and holds himself back just once, how much more he is creating, how much better the world changes from this one act of abstinence. This is even if the next time he will fall, and even if he knew at the time he is just holding off for ten minutes, but this minute held himself back. If one understands this, then maybe he can hold himself just this one time.

And if he holds back enough times because of this recognition, he will ingrain in himself the importance of holding back, and it would become easier, until he considers himself crazy to give that all up just for this one time. But this is all the next level, first just work on this one time.

For me, this was very meaningful. And I hope it helps others.

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Re: Holding Back One Time

Posted by Vehkam - 15 Jun 2022 19:46

[Yissie wrote on 15 Jun 2022 19:36:](#)

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Did you see today's gye boost? Similar theme....

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Re: Holding Back One Time

Posted by jackthejew - 15 Jun 2022 20:33

[Yissie wrote on 15 Jun 2022 19:36:](#)

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For me, this was very meaningful. And I hope it helps others.

On the other hand, thinking that it's your fault it's raining outside because you looked at something inappropriate can really get you down. So I'd say it's sometimes good, but too much of a good thing...

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