

In The Face of Temptation, What Do You Say?

Posted by TalmidChaim - 23 Feb 2015 01:23

Hey Guys,

I would like to know what little motto (mantra) you repeat to yourself when temptation rears its ugly head. Something like, "I'm powerless over this; I'm powerless of this. HaShem, guide me through this!"? Or maybe reciting something in your head is not the best option. I don't know. I'd just like to have something to repeat, even just mentally, when I feel desires creeping up.

As usual, thank you SO much!

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Re: In The Face of Temptation, What Do You Say?

Posted by cordnoy - 23 Feb 2015 01:39

Do you know the serenity prayer?

As this is a family friendly site, I cannot tell you what I said this mornin'.

b'hatzlachah

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Re: In The Face of Temptation, What Do You Say?

Posted by TalmidChaim - 23 Feb 2015 01:53

Haha!

I've heard the prayer, but haven't committed it memory. As long as the words really resonate

with me, and it's not just rote recitation, that might work. I want something that stings, though!
Something that cuts through the desire and guides me out of a temptation.

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Re: In The Face of Temptation, What Do You Say?
Posted by cordnoy - 23 Feb 2015 02:03

God, grant me the serenity to accept the things I cannot change

The courage to change the things I can

And the wisdom to know the difference.

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Re: In The Face of Temptation, What Do You Say?
Posted by kilochalu - 24 Feb 2015 00:09

you have paid your ???? (post 4+?

16=??

7=?

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Re: In The Face of Temptation, What Do You Say?
Posted by kilochalu - 24 Feb 2015 00:10

and i have become

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