

Shabbos afternoons

Posted by inastruggle - 19 May 2013 09:08

I've noticed that a lot of people (myself included) having a harder time on shabbos afternoons, so i want to say some stuff that are working for me and if anyone else has some ideas that are working for them then please post.

The things that might be causing it to be a bit harder

1)there's less physical activity on shabbos

2)a lot of unstructured time without being able to do some things that would normally keep us busy

3)the shabbos nap that a)puts you in bed when you aren't so tired b)keeps you up later at night c)makes you a bit sleepier when you get up (that's the way it is for me, at least for a while after i wake up)

4)maybe that shmiras einaim is harder because everyone is dressed up

so far what i've been doing.

1)trying to take a long walk

2)trying to learn a bit more, i try to do things that are light and interest me like pirkei avos, nach,and small dvar toras on the parsha

2)reading kosher magazines (there may be problems with reading the news section on shabbos), biographies, and plain kosher fiction

(like the tale of an emu and giraffe soon in a store near you)

2)maybe find a shiur

3)i decided not to go to sleep at all during the afternoon

another thing i found helpful was to learn in a shul and not at home, it's fuller there plus i find that i think about lust less there.

if anyone has any ideas please post since these aren't really filling up the whole afternoon especially since i'm not sleeping.

=====

Re: Shabbos afternoons

Posted by Gevura Shebyesod - 19 May 2013 09:15

Something

(Inna asked me to write something)

=====

Re: Shabbos afternoons

Posted by inastruggle - 19 May 2013 09:16

that does not count.

try again

uhhh you messing wit me? cause you better not be messing wit me...

=====

Re: Shabbos afternoons

Posted by Gevura Shebyesod - 19 May 2013 09:21

See what happens when you take a loooooong Shabbos nap and then you're up late and bored?

=====

Re: Shabbos afternoons

Posted by zvi - 19 May 2013 23:03

I have no idea where you live, but I know that in my area there are a million and one shalosh seudos's (no idea how to write that in the plural :-)) for bochurim/teenagers. Find one and go to it- that'll take up the last hour and a half-2 hours of Shabbos afternoon.

=====

Re: Shabbos afternoons

Posted by mr. emunah - 22 May 2013 20:53

Try meditation..

=====

Re: Shabbos afternoons

Posted by Achievingmyname - 31 May 2013 06:45

I find the best thing is to learn with a chavrusa. Boruch Hashem, I've never had a mishap on Shabbos. After Shabbos is a different story... no matter how amazing my Shabbos was.

=====

Re: Shabbos afternoons

Posted by ???? ???? - 31 May 2013 18:27

for me it doesn't work. first of all the say in hebrew that if you eat cholent you are "chayav-mitah".... (ok not missa - moves. but mitta - bed to sleep)

as far as magazine - as you said it is a problematic idea - especially when you can't avoid the

advertisements there.

taking a walk? is shabbos becoming our exercise day?

finally learning. beside the point that except of parsha/shnaim mikro i have a very short daily learning (nach) other than that i don't open a sefer unless i need to learn with my boys (or i find another even-hozer tshuva) the "?" of the word "?" we all know it's either ?????? or ?????? or ?????? r' yaakov galinsky said it's not a stira. you can be ?????? just open the sefer & fall asleep on top of it... (better ??' ??? or ??????, the other ones are not as thick pillow)

=====

Re: Shabbos afternoons

Posted by gibbor120 - 31 May 2013 21:57

[???? ???? wrote:](#)

taking a walk? is shabbos becoming our exercise day?

=====

Re: Shabbos afternoons

Posted by inastruggle - 31 May 2013 23:00

if you take a walk after the cholent (especially to an air conditioned beis medrash) then i don't find it too hard to stay up.

Rema shin aleph, sif beis says it's mutar to go on long walks.

about the advertisements, i think i remember reading in the daily halacha discussion that it isn't l'katchilah and b'nei torah should rather learn, BUT if your wife and kids enjoy it then ain mochin. I would assume that if it stops us from hirhurim then it's probably pashut that it's muttar.

Also if before shabbos you cover the advertisements or take the pages out, (this is easier in

some magazines than others, it would be a lot less problematic (though lav davka l'katchilah))

about the learning, there are plenty of good english seforim on all sorts of interesting topics. Also there are plenty of gedolim story books and biographies.

DISCLAIMER: I don't take responsibility for the following links, since i don't know about this site, but the articles i linked to seem to be ok.

here's an article about newspapers on shabbos:

torahmusings.com/2012/11/newspapers-on-shabbos/

here's one that mentions walks:

torahmusings.com/2013/01/shabbat-changing-one/

=====

Re: Shabbos afternoons

Posted by ???? ???? - 03 Jun 2013 21:07

[gibbor120 wrote:](#)

[???? ???? wrote:](#)

taking a walk? is shabbos becoming our exesise day?

i don't have "masturbation day" i do it 24/7

=====
=====

Re: Shabbos afternoons

Posted by mr. emunah - 03 Jun 2013 22:54

so don't

=====
=====

Re: Shabbos afternoons

Posted by Chachaman - 04 Jun 2013 01:13

Tzaddik Gamur:

what happened to joy in learning? is Shabbos just a day of torture due to restrictions, or is it a day of spiritual growth and regeneration?

=====
=====

Re: Shabbos afternoons

Posted by ???? ???? - 05 Jun 2013 02:07

yes you are a chacham-man

=====
=====

Re: Shabbos afternoons

Posted by SIB101854 - 14 Aug 2013 05:01

For starters, try taking a nap for the same time and duration as your wife, and think about a short nap followed by a walk with your wife, and arrange for a seder in some area of Torah followed by Mincha and Seudah Shlishis.

=====

=====