

Does anyone know a daily Tefilah to stay focused...

Posted by yossichaim - 12 Oct 2010 13:29

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I often find myself suddenly remembering half way through the day that just today I'm going to stay clean. I'd prefer to remind myself at the beginning of each day. Does anyone know a short tefilah or something of the kin in Hebrew or English (preferably English) that prepares me for the day - reminding me that just for today I'm going to stay clean etc.

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Re: Does anyone know a daily Tefilah to stay focused...

Posted by Dov - 13 Oct 2010 21:10

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What Chaza"I wrote for us expresses our deepest needs and desires, though we might not be aware of it.

Our own begging and speaking to Him reflects what we are aware we need, here in the darkness of the golus inside our bodies.

We are yidden. We have always done **both**.

(See the Me'iri on the sugya of t'fillas haderech in b'rachos. He explains that the tefillos haderech and suchh that chaza"I composed were just springboards for every yid to make up his own words and express his present needs to Hashem in an open and honest way.)

So there is no argument here, it seems....

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Re: Does anyone know a daily Tefilah to stay focused...

Posted by jewinpain - 14 Oct 2010 01:16

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[7Up wrote on 12 Oct 2010 15:07:](#)

Right after birchas hashachar is a paragraph which seems custom made for addicts!.

It begins"Yehi ratzon milphanecha.....shetatzileinu hayom.....bein she hu ben **bris** u'bein she hu lo ben **bris**

i recently realized how powerful this paragraph is, & i try to say it with gr8 kavuna every day & i gota say it helps

but we all know that hashem aint care what exactly words u use, as long as u ask him in a nice way & wont hurt if u mention that u ask for ????? ?????

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Re: Does anyone know a daily Tefilah to stay focused...  
Posted by Stuart - 11 Nov 2010 04:36

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How about extra kevana when saying "Somech nophlim veroiphe cholim"

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Wow! thats a chap only a rebetzen can come up with, nice

Re: Does anyone know a daily Tefilah to stay focused...  
Posted by Dov - 11 Nov 2010 15:41

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How about it?

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Re: Does anyone know a daily Tefilah to stay focused...

Posted by Stuart - 12 Nov 2010 18:12

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I also like the pasuk " Somech Hashem lechol hanophlim, vezokeph kephuphim". Somehow anything with the word "Nophel" gets to me. Considering that we say this and the other 6x a day, theres' plenty of opportunity.

I also heard a chasideshe vort on "Mashiv Haruoah umorid haGeshem", meaning that we should mashiv, lift, our ruchiniyos and morid, drop our gashmiyos. I guess this could apply to anything and everything, but having in mind this addiction could help.

Come to think about we could probably go through every bracha in shmone esreh and apply it to our struggles. For instance;

Chonen – Hashem give me the daas to get out of this addiction

Hashivenu – Return me to YOUR ways

Rephaeinu – Heal us from this sickness

Gotta run, but feel free for anyone to continue...

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Re: Does anyone know a daily Tefilah to stay focused...

Posted by the.guard - 13 Nov 2010 16:50

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[www.guardureyes.com/GUE/Tips/Tehhilim.asp](http://www.guardureyes.com/GUE/Tips/Tehhilim.asp)

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Re: Does anyone know a daily Tefilah to stay focused...

Posted by ovadia - 15 Nov 2010 15:10

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From Michtav Me'Eliyahu. (Vol. 2 Chanuka.)

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“A psalm by David. How long HaShem will you endlessly forget me? How long will you hide your countenance from me?” David expresses his feelings of how alone and abandoned he feels when HaShem does not reveal Himself. HaShem’s “hiding” seems endless.

???-????? ????????? ???????, ???????????????

“How long must I set schemes within myself?” There are more and more questions, and I need to constantly devise new ways to strengthen myself.

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“Is my heart melancholy even by day?” **I live in fear that I will stumble and falter.**

???-?????, ??????? ?????????? ??????

“How long will my enemy triumph over me?” **My Yetzer Hara overpowers me, and it seems that there is no way out.**

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“Look! Answer me! HaShem my G-d; enlighten my eyes, lest I sleep the sleep of death. Lest my enemy boast: I have overcome him!” the danger is becoming worse, and if I am not saved immediately I will be lost.

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“Lest my tormentors rejoice when I falter.” At least save me so as not to cause a desecration of Your Name.

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“But as for me, I trust in your kindness,” **What do I do when there seems to be no way out; place my complete trust in HaShem.**

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“my heart will exalt in your salvation” Already now I can rejoice in the knowledge of Your salvation.

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Re: Does anyone know a daily Tefilah to stay focused...  
Posted by Me3 - 15 Nov 2010 16:40

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Hashem please help me!

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Re: Does anyone know a daily Tefilah to stay focused...  
Posted by ZemirosShabbos - 15 Nov 2010 16:52

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you left out the 3...

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Re: Does anyone know a daily Tefilah to stay focused...  
Posted by Me3 - 15 Nov 2010 16:55

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True

True

True

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Re: Does anyone know a daily Tefilah to stay focused...  
Posted by Yesod Tzadik - 24 Nov 2010 17:35

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Tehilim kapitel 38 is very powerfull for me.

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Re: Does anyone know a daily Tefilah to stay focused...  
Posted by Yosef Hatzadik - 24 Nov 2010 20:18

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There is a tefilla from Reb Chaim Volozhiner in Keser Rosh asking Hashem for help when going out ....

Does anyone have Otzar Hachochma so that he can search for it?

I remember hearing some of the words "Hineni holech b'gei tzalmaves u'mokom mesuken..."

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