

A powerful weapon for our arsenal

Posted by SiyataDishmaya - 14 Sep 2011 07:13

Here's a secret weapon that we can use (especially in Elul) to

A) Kick our yetzer hara's tuchus and

B) Bond fellow warriors closer together in our all out war on lust, unholy desires, and the sitra achra.

There is a Torah truism that whomever prays for his brother's needs, gets his prayers answered first.

Through our compassion, care, and concern for our fellow Jew, Hashem sees the selfless love that we have for another member of his holy nation and responds in kind towards the one praying.

So can you imagine the power of two people who are struggling with the same thing, and they are praying for their friend to succeed?!

I propose we start a sign up sheet in this thread for serious guys interested in adding this tactic to their arsenal.

1) Add you Hebrew name to the list

2) Check back on the post regularly and daven sincerely for the person's name directly below you. The person above you will be davening for you. This way, we're all covered.

(I will be the first one on the thread and will ask a brother in arms to daven for me).

The tefillah can be one of the many amazing ones that are already posted in previous blogs. Something not too long that can be said in minimal time throughout a busy day -

perhaps an addition to the end of your shemoneh esrei - whatever you decide, just something from the heart.

Post a daily reminder or alarm on your phone to remember.

Commit to doing it for 40 days straight, or even 90 and beyond!

Let's go into Rosh Hashana with a completely new perspective - smiling knowing that were doing our part to add kedusha and tahara to this world!

Let's go!

SiyataDishmaya

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Re: A powerful weapon for our arsenal
Posted by obormottel - 16 Sep 2011 07:38

I am a true believer in this concept. There is a website Daven for Me and someone I know who couldn't have kids was davening on behalf of someone else who couldn't have kids and they both had kids that very year (the conception took place within 1 month for one couple, and ab. in three months for the second!).

So I am in. Where do we sign up?

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Re: A powerful weapon for our arsenal
Posted by SiyataDishmaya - 22 Sep 2011 20:27

Daven for me!

Yosef Shlomo Ben Yaakov Dov

Add your Hebrew name in a post on this thread and make your own "misheberach" list from it.

Yosef

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Re: A powerful weapon for our arsenal
Posted by unomas - 28 Oct 2011 21:40

So what happened to this great idea?

btw, don't you need one's mother's name to daven for them?

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Re: A powerful weapon for our arsenal
Posted by Kedusha - 30 Oct 2011 15:11

[unomas wrote on 28 Oct 2011 21:40:](#)

btw, don't you need one's mother's name to daven for them?

Yes, the mother's name should be used.

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Re: A powerful weapon for our arsenal

Posted by Blind Beggar - 30 Oct 2011 21:49

Here is a great tefila to say, if I may say so myself:

[Blind Beggar wrote on 16 Oct 2011 18:24:](#)

The Sefer [Taharas Hakodesh](#) brings a very big chizuk from the sefer Taharas Hakodesh (Shemiras Einayim chapter 4). Chazal say in Masechta Derech Eretz and the Medrash Rabba at the end of Parshas Acharei Mos "?? ????? ?? ???? ????? ?? ?? ????? ?????, ????? ????? ?? ??" He points out that [Taharas Hakodesh](#) is present tense, which teaches us that whenever we see a woman who we are attracted to and we look away, our soul sees the Shechina at that moment even though we do not realize it while we are still alive.

This is a wonderful time to say a prayer which will go straight to the Shechina. One prayer we can say is from SA, "God, please help me to find in You what I would like to find in that woman". Alternatively, one could write his own prayer. Here is one that I wrote myself from pesukim in Tehillim:

- 1)??" ? : "???? ?????, ?????? ?? ?? ?????".
- 2)??" ?" : "?? ????? ?? ? ??????, ????? ????? ?? ??????".
- 3)??" ?" : "?? ????? ?? ??????, ??? ?? ???".
- 4)??" ?" : "???? ????? ????? ??, ????? ?????".
- 5)??" ?" : "?? ?????, ?????? ?????? ??????".
- 6)??" ?" : "?? ????? ????? ??, ?????? ????? ?????? ??????".

- 7)??" ? : "???? ????? ?????? ?? ??, ??? ????? ?????? ?? ??????".

1) Is praise, and 6) is thanksgiving, which is how Chazal tell us to start and end prayers. To say 3) correctly, you will need to add vowels. The Bais Yosef in Siman 1 explains the order of 3) and 4): We first ask Hashem to remove the things we have already seen from our minds, and then we ask Hashem to guard us in the future.

I added 7) for when I say it at the end of ?????, ????? right before ??? ????? ??? . One of the punishments of zera levatola is not to be ????? ??? ?????? and the Tur in Siman 122 says the reward for saying those four ??? ????? prayers is to be ????? ??? ??????, so I say this posuk to help.

I think this project will be more successful if we all PM our names to Siyata Dishmaya and he compiles a list and tells everyone who is next on the list. If we have to **post** our names, Kalonimus Yosef Kehos Zundel ben Chaya Allegra Rivka Baiyla and I might lose our anonymity.

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Re: A powerful weapon for our arsenal
Posted by coreyavery - 04 Dec 2011 18:37

My hebrew name- Gai

<http://www.sobernation.com>

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Re: A powerful weapon for our arsenal
Posted by chaimyakov - 04 Dec 2011 19:02

Did this go the pm route or did it just fall to the floor?

Either way, i need all the help i can get.

Hatzlacha in all things GOOD.

chaim yakov ben sara sima

shkoach

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Re: A powerful weapon for our arsenal
Posted by Blind Beggar - 04 Dec 2011 19:23

This project fell like a lead balloon. It needs Siyata Dishmaya and then it might work.

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Re: A powerful weapon for our arsenal
Posted by Dov - 04 Dec 2011 20:11

It is hard for me not to gloat when guys talk of "kicking the yetzer hora's tuchess" (see above) and then disappear.

I wonder how the threadmaster is doing now and how it has gone for him so far.

If he has had success, then I pray he comes to share it freely with us - we need help. Period.

And if he has flopped on his own tuchess, R"l, then I pray he shares that openly with us, as freely. Either will help us.

We need help. Our 'kicker' does not seem to work very well.

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Re: A powerful weapon for our arsenal
Posted by tehillimzuger - 30 Jan 2012 17:37

[chaimyakov wrote on 04 Dec 2011 19:02:](#)

Did this go the pm route or did it just fall to the floor?

Either way, i need all the help i can get.

chaim yakov ben sara sima

shkoach

you forgot hatzlacha in all things GOOD

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Re: A powerful weapon for our arsenal
Posted by Dov - 30 Jan 2012 19:37

The sad fact is that the overwhelming majority of people who take their first step into recovery, disappear.

Only by Hashem's Grace (Chessed) are we still here, for today.

Isn't it good to be here?

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Re: A powerful weapon for our arsenal
Posted by gibbor120 - 30 Jan 2012 20:23

[dov wrote on 30 Jan 2012 19:37:](#)

The sad fact is that the overwhelming majority of people who take their first step into recovery, disappear.

Why is that?

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Re: A powerful weapon for our arsenal
Posted by obormottel - 30 Jan 2012 21:54

They can't help it- they're powerless!

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Re: A powerful weapon for our arsenal
Posted by chaimyakov - 31 Jan 2012 13:55

Obermottel,

~~Don't you mean "we" are powerless?~~

Who am i to say what you mean, so if i were to have answered i would have said because we are powerless.

Hatzlacha in all things GOOD.

chaimyakov

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