

Daily Dose of The Battle of the Generation

Posted by EccentricComposer - 30 May 2023 00:32

RULES:

1) We are starting from the beginning.

2) We will read around 3 pages a day, I will try to put the page numbers on my post for the day, everyone should try to stay around the same place.

3) This program is open for anyone to join, whenever they like, the more the merrier!

4) This thread is open for anyone and everyone to participate, even if they haven't read the days section, its a way to keep everyone motivated to read the section, and remember it.

5) All haaros are welcome, try to keep it pertaining to the relevant section though so we don't get too distracted.

6) Everyone participating should try to post as often as they can to keep everyone else motivated.

Hatzlacha Rabba!

Click [here](#) for a link to the ebook!?

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Re: Daily Dose of The Battle of the Generation

Posted by Captain - 24 Sep 2023 18:44

Yom Kippur:

Postscript: Pages 341-343

“We must take our “medication” against the yetzer hara every single day.”

I'll be back with the schedule for Appendix A after Yom Kippur.

Have a gmar chasima tova and an easy and meaningful fast!

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Re: Daily Dose of The Battle of the Generation

Posted by Captain - 26 Sep 2023 02:15

Schedule for the next few days:

We will be starting Appendix A: The Yetzer Hara in Our Brain

Tuesday: Pages 345-347

Wednesday: Pages 348-350

Thursday: Pages 351-353

Friday: Pages 354-356

Yom Tov: Pages 357-360

How to know whether Appendix A is for you:

Do you relate to any of the following? (Takes from pages 351-352)

“I am a failure. The sin I just did makes me worthless. I am off the derech, exactly like those who have rejected everything. I am just as bad. I am a sinner.

“I should have controlled myself. I could have done better. If I had just pushed myself harder, I would have won the battle. It would have been so simple for me to control myself had I tried harder, but I blew it again! I should have much more control over myself.

“I am so ashamed. I’m embarrassed to even go near anybody. Anyone who would know what I did would look down on me. Nobody would empathize with me about my struggles, not that there is much to empathize with anyway. Everybody does much better than me. I am probably the only person who does these things. No one else sins in this area, and I give in left and right. I am messed up.

“All the good I ever did is meaningless because I did this huge sin. I am horrible. How hard I fought and my effort to change myself is irrelevant; my sin is all that matters.

“Even though I labored and managed to control myself for the past two days, two weeks, or two months, that is worthless. I am the same out of control person I always was. All my effort was a waste; I’m just as horrible as I was before.

“Besides, any good I did doesn’t count because I was obligated to do it anyway. All that matters is falling short — which I just did when I violated my obligations.

“I bet Hashem is furious with me. He hates me and has rejected me. It is hopeless! He will always look down on me. Even if I do teshuva, Hashem won’t accept it. It’s impossible to undo something this severe. I did it; how can I get rid of it?

“Further, what happened is all my fault. I brought everything upon myself when I befriended those people and experimented with these sins. Had I controlled myself then, things would be so easy. If I didn’t watch those movies and hang out with those friends, I would still be pure. I activated my desires.

“And now that I have awakened my temptations, it is too late. I can’t stop myself. I am incapable, as I just proved. I do these things. I am an addict and I will never regain control, no matter what I do. I can’t even improve the situation. I’m doomed.”

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Re: Daily Dose of The Battle of the Generation
Posted by Captain - 26 Sep 2023 12:53

Pages 345-347Limiting beliefs and the destruction they cause.

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Re: Daily Dose of The Battle of the Generation
Posted by Captain - 27 Sep 2023 13:36

Pages 348-350

The Yetzer Hara's devious strategy.

And how to figure out whether our inner voice is being manipulated by the Yetzer Hara to make us feel bad about ourselves so he can overpower us.

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Re: Daily Dose of The Battle of the Generation

Posted by HeChochma - 27 Sep 2023 21:02

"Even though I labored and managed to control myself for the past two days, two weeks, or two months, that is worthless. I am the same out of control person I always was. All my effort was a waste; I'm just as horrible as I was before"

Resonates x 100!!!

Every time I fall - that little voice says "I am just the same out of control person I always was"

Bam - all of my work smashed to smithereens

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Re: Daily Dose of The Battle of the Generation

Posted by Captain - 28 Sep 2023 14:00

"Even though I labored and managed to control myself for the past two days, two weeks, or two months, that is worthless. I am the same out of control person I always was. All my effort was a waste; I'm just as horrible as I was before"

[b]

Resonates x 100!!!

Every time I fall - that little voice says "I am just the same out of control person I always was"

Bam - all of my work smashed to smithereens

This is one of the Yetzer Hara's sickest tricks. Then A) bam 5 falls in 3 days. And B) a loss of interest and motivation to fight.

Check out the Appendix for more.

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Re: Daily Dose of The Battle of the Generation
Posted by Captain - 28 Sep 2023 14:03

Pages 351-353

Painful thoughts caused by the yetzer hara. And how to realize that they are lies.

Also I found this line inspiring: "Could it be that the One Who created desire and gave us our challenges doesn't know how hard they are?"

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Re: Daily Dose of The Battle of the Generation

Posted by Captain - 29 Sep 2023 13:17

Pages 354-356

“You didn't sin out of rebellion; you sinned out of weakness.”

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Re: Daily Dose of The Battle of the Generation

Posted by Captain - 29 Sep 2023 21:46

Yom Tov: Pages 357-360

“Those who struggle would never look down on you, and those who haven't been challenged cannot fathom its difficulty.”

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Re: Daily Dose of The Battle of the Generation

Posted by Captain - 02 Oct 2023 14:39

Schedule for the next few days:

Monday: Pages 360-362

Tuesday: Pages 363-365

Wednesday: Pages 366-368

Thursday: Pages 369-371

Friday: Pages 372-374

Yom Tov: Pages 375-378

Monday: Pages 360-362

Hashem never hates us or is truly angry at us.

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Re: Daily Dose of The Battle of the Generation
Posted by Captain - 03 Oct 2023 14:01

Pages 363-365

Teshuva really works! It wipes away the sin for real as if it never happened!

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Re: Daily Dose of The Battle of the Generation
Posted by Captain - 05 Oct 2023 03:09

Wednesday: Pages 366-368

The yetzer hara's nasty trick that you made it hard for yourself so it's not impressive when you win but terrible when you lose.

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Re: Daily Dose of The Battle of the Generation
Posted by Captain - 05 Oct 2023 13:27

Pages 369-371

“We can escape the clutches of desire and take control”

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Re: Daily Dose of The Battle of the Generation
Posted by Captain - 06 Oct 2023 04:52

Friday: Pages 372-374

“Who knows where we can reach?”

Yom Tov: Pages 375-378

Tricks from the Yetzer Hara to try to ruin our excitement about victories, and how to overcome them.

We're almost done the book! We should be finished within a week! Should we start again? If you're interested in joining (about 3 pages a day) please click “Thank You” and then we will decide.

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