

The life of a soldier in hashems army

Posted by mnman415 - 16 Nov 2010 03:54

my last thread was called starting over after 37 days and the one before that was called this time im in it to win it.

very quickly. im 16. got into this at 11 years old. always said ill stop after my bar mitzvah. in 8th grade i talked to girls. in summer going into 9th i decided to stop talking to them because i felt guilty about m*****. skipping ahead. here i am now as an addict. a teenage addict trying to get close to hashem.

the only way i can do it is with his help, without hashem i am helpless.

so here is what we are doing. we are DAVENING 3 times a day. not saying the words but talking to hashem. if possible, talk to hashem often.

filling my day with as much torah as possible.and maintining kedusha. thursday nights i will try to exercise to get rid of some extra hormone buildup. and get rid of sexual energy.

there is so much more to do, but this is the main outline.

today was day 1. it was good, i was careful with my eyes. i learned a lot. i feel really good. i just decided. by next schoolyear, going into 12th grade, i WILL know how to learn. im still pushing myself in shiur. but out of shiur, i am taking a jastrow (dictionary) and learning torah. i am learning the entire masechta bekiyus that we are doing in school. we are only going to cover 20 or so dafim of gemorah so i am doing thr whole thing. over the vacations when i have more time i will try to learn how to learn be'iyun. but i first need to get down the basics.

anyways. i feel really pumped to keep going and really make it to 90 days this time. and with hashems help and only with his help will i be able to make it.

HS

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Re: The life of a soldier in hashems army

Posted by ZemirosShabbos - 23 Dec 2010 22:43

there is a sefer called Hilchos Shabbos Beshabato (i think) written last year by Rabbi Shlomo Dikman from Lakewood

one volume. seems like a good comprehensive sefer

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Re: The life of a soldier in hashems army
Posted by mnman415 - 23 Dec 2010 23:10

if i knew yiddish, i have a hilchos shabbas book in yiddish. to bad i dont know yiddish.

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Re: The life of a soldier in hashems army
Posted by mnman415 - 24 Dec 2010 00:12

i dont know the best way to explain this so here we go:

i noticed that in the past 5 days, there were three times the when i went to the bathroom (for mei raglaim) and when i was done going to the bathroom at the end i had some zera come out completly by itself, without me makeing it come out,(no hirrhurim etc) is this the same concept as a wet dream? that it builds up and just has to come out?

unfortunatly, we have a cleaning lady here (ARGGGGGG- a sound of being annoyed) but im controlling my eyes. shes not the most attractive person ever (unfortunatly i realized that) but im trucking on.

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Re: The life of a soldier in hashems army
Posted by silentbattle - 24 Dec 2010 06:29

Even less of an issue than a wt dream. Don't worry about it.

Glad to hear you doing well!

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Re: The life of a soldier in hashems army
Posted by ZemirosShabbos - 24 Dec 2010 15:34

[HashemsSoldier wrote on 23 Dec 2010 23:10:](#)

if i knew yiddish, i have a hilchos shabbas book in yiddish. to bad i dont know yiddish.

the sefer i referenced earlier is in hebrew, not yiddish

another idea might be to ask your rav or rebbe what they recommend for hilchos shabbos

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Re: The life of a soldier in hashems army
Posted by ZemirosShabbos - 24 Dec 2010 15:47

[silentbattle wrote on 24 Dec 2010 06:29:](#)

Even less of an issue than a wt dream. Don't worry about it.

entirely agree

don't worry about it at all

you are doing super work!

have a great shabbos

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Re: The life of a soldier in hashems army
Posted by mnman415 - 24 Dec 2010 18:08

pat yourself on the back and keep it up

[silentbattle wrote on 24 Dec 2010 06:29:](#)

Even less of an issue than a wt dream. Don't worry about it.

Glad to hear you doing well!

[ZemirosShabbos wrote on 24 Dec 2010 15:47:](#)

[silentbattle wrote on 24 Dec 2010 06:29:](#)

Even less of an issue than a wt dream. Don't worry about it.

entirely agree

don't worry about it at all

you are doing super work!

have a great shabbos

thank you, and you have a good shabababas also. shabbos has become my favorate day of the week. (its not lishma) its the day i get to daven at my shul of choice and be where i want to be with people who serious about yiddishkeit. i love leil shabbas onegs (too bad we dont have to many of them and not so often) good shabbas everyone!

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pat yourself on the back and keep it up

Re: The life of a soldier in hashems army
Posted by frumfiend - 24 Dec 2010 20:29

Lishma dosent mean when we are sitting with a scowl on our face hating every moment. Lishma means enjoying life on hashems terms. His davening his shabbos and even good food on shabbos is lishma.

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Re: The life of a soldier in hashems army
Posted by Eye.nonymous - 25 Dec 2010 17:06

[Frumfiend The star wrote on 24 Dec 2010 20:29:](#)

Lishma dosent mean when we are sitting with a scowl on our face hating every moment. Lishma

means enjoying life on hashems terms. His davening his shabbos and even good food on shabbos is lishma.

How's this:

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Re: The life of a soldier in hashems army
Posted by mnman415 - 26 Dec 2010 00:27

thnks!

im a little weak, a little (lot) of annoyance. i think that the fact that i am putting an effort into shmiras habris in my house (with all the shtus and the garbage from the outside world) is a neis galei

gut voch

btw i think today is 6?

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Re: The life of a soldier in hashems army
Posted by mnman415 - 26 Dec 2010 03:57

oy. i had another fall. its so hard to be clean and in the house where i live. theres so many triggures. magazines, tvs always on. wtvr.....i didnt spill seed (lashon naki) so that meens i still have a strong desire to finish the act. im so frustrated and confuzed, and angry. i guess RID. im trying to control myself from these feelings.

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Re: The life of a soldier in hashems army

Posted by mnman415 - 26 Dec 2010 20:12

today is dya one.

for some reason, in my mind, the release is the worst part and the part that always got me the most worried/depressed. and the mast*** is not AS bad. I know that its not true, but my BRAIN doent understand it yet. idk why. this is something i have noticed.

i really need to get myself to email my rebbi, as i said i would whenever i fall. aspecialy since i didnt have a release yesterday, that would teach my brain that the mast**** is also very bad.

anyways, the first nesivos shalom on this parsha is a must see. it talkes about the galus that we ourselves are in and being controlled by aveiros which are above nature, AKA an addiction. its a must see.

hs

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Re: The life of a soldier in hashems army
Posted by mnman415 - 28 Dec 2010 19:02

still here

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Re: The life of a soldier in hashems army
Posted by ZemirosShabbos - 28 Dec 2010 19:38

c'mon HS, how about a compound sentence?

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