

7. Giving the fight over to Hashem

Posted by anonymous_14 - 01 Apr 2015 01:15

This is a summary of point number 7 in Guard Your Eyes Handbook. I strongly recommend you read this Handbook often.

Did you know that the most renowned addiction centers in the world from AA to SA whether Jewish or not always mention G-d and the absolute necessity to include Him in your attempts to quit?

These are serious organizations, from years of experience they know there is no other way. An addiction is a physical habit that has grown too strong for you and therefore you find it hard to control. If you are in a state where you cannot control it, from where are you going to gain the strength to control? The only thing that can now turn it around is beyond your physical, in other words connection to G-d.

If you have a serious addiction I believe the only way is complete dependence on G-d. From prayer to study to kind deeds.

Trying to control your own addiction leads to fear. Since controlling an addiction is difficult and we logically ask ourselves will I be able to stay this course? Can I do this? These types of questions alone are enough to be an obstacle to success.

The secret to success is to ask G-d for help. Those who let G-d do the fighting see how they are kept sober and well. With G-dly strength you shall be able to tame your natural physical drives.

When you learn to trust G-d, to "let go and let G-d", G-d does the fighting and you do not have to "overcome" on your own which is very difficult, you just have to attach yourself to G-d. You have to take the steps to beat the addiction and trust in G-d that He will help you to succeed.

And if you have to daven 100 times a day for help, is it not worth it? To beat an addiction that is, ruining you and your loved ones, what is praying 100 times a day? It is like asking a ?? patient with a terminal illness to take the only pills that can save him 100 times a day. Do you think he is going to complain about it?

Have you ever heard the saying by Chabakuk that "The tzadik will live by his faith?" perhaps you do not, consider yourself righteous but if you take this struggle on, in this struggle, you are

righteous. In order to succeed you must live by your faith.

If you have complete dependence on G-d through thick and thin you will most probably succeed.

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