

Why cant I connect to god?!?! :-(((

Posted by Al Tisyaesh - 20 Oct 2015 01:16

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Hey all

So im celebrating 10 months today but im feeling very lost and down...

I cant get myself to go to shul or daven at all. Im usually a guy that makes 2/3 tfillos a day but I've missed tfillin in ages.

It all started in elul when like every year i started getting into a guilt trip about everything i used to do/how my whole year is decided on RH and i dont deserve anything , so i decided to cancel elul and forget abt it all this and that worked , until YC night when i totally freaked out under pressure like my whole year is gonna be decided now and what do i have to bargain with???

To cut the long story short. I survived YC but I found it so pressurizing that i find it hard to get back into a shul ever since.

Now i keep on feeling empty cos im not davening but i just as much find it hard to daven shachris .

Lost and afraid

Al

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Re: Why cant I connect to god?!?! :-(((

Posted by Al Tisyaesh - 25 Oct 2015 00:29

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Serenity

The message still hit home

To answer your question, the intensity of yom kippur created a sense of negativity towards tefilla for me. I havnt been going to shul properly for a while and itd been making me feel like im letting myself/god down and im a bad person for that

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Re: Why cant I connect to god?!?! :-(((  
Posted by serenity - 25 Oct 2015 01:03

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I can relate to that disconnect. I usually call Dov, if I'm feeling that way. He'd probably say something like "just live life" and focus on the positive. Maybe give him a call.

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Re: Why cant I connect to god?!?! :-(((  
Posted by Shlomo24 - 25 Oct 2015 01:15

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how have the shmuzzin with hashem going?

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Re: Why cant I connect to god?!?! :-(((  
Posted by yiraishamaim - 25 Oct 2015 01:56

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[MBJ wrote:](#)

[yiraishamaim wrote:](#)

[MBJ wrote:](#)

... Yell at Him if you feel He is being unfair.

I understand raising your voice in frustration screaming " I don't know what to do any more? ..."

Is this what you mean? or you have genuine *taynos* and you're venting.

Please elaborate

Let me put it this way, I have what feels like genuine *taynos*. And truthfully they are good questions and really not so simple. In this particular case, I am sure I am not alone on this forum that an addiction that I developed as an pre teen is now destroying my marriage. Frankly it seems unfair. So yes I FEEL like it is a genuine *tayna*. I know that I have no *taynos* to Hashem. And I feel differently now then I did then. But expressing how I felt to Hashem in an open and honest way helped me come to grips with my situation. So while my situation is still tough, I can say that I can deal with it in a more equanimity that I could have before. Perhaps because I have been working on building that trust and relationship with Hashem.

MBJ you clearly are calling out sincerely to Hashem. That is the only way to go. As for your frustration. Yes, haven't we all been so frustrated and wonder if we really have a chance of making it. With thoughts like: I have sinned so often and so badly I seem not to be able to live without acting out? will Hashem really help me? Those guys who are sober have more strength of character than me!

MBJ this forum has had guys (many are not current posters) who were at their wits end at one point Now live their lives with meaning and happiness that they never thought possible - kedusha is my personal inspiration in this regard but he is by no means an exception.

Also Hashem gives a test that helps us improve in the ways we need to. Example: Shvatim Shimon and Levi had an anger problem so they became *melamdei tinokos* who can only succeed if they learn patience and self-control. We are in *galus* for *sinas chinum* we can only succeed as a people in *galus* by *achdus* and *ahavas chinum* or we are all cooked.

If you follow the ways that have proven to work for sobriety - with an emphasis to those particular tactics that speak loudest and most effectively to you and your personality. you will succeed. You will begin to form a relationship with Hashem(you have mentioned this already)that is deeper by the day.and you -in the course of time- will say loudly and proudly as so many of before you have said" I didn't ask for this mighty challenge of addiction but now that I have it *and have reacted accordingly* I am so much the better and happier man for it.

This take perseverance and TIME. As well many a spouse has said the same.

I hear your frustrations. I feel for you and your present pain. But buddy there is so much hope.

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