

Learning or davening right after porn/JO
Posted by Dexterboy - 06 Mar 2016 22:43

From a halachic/spiritual standpoint is it considered an abomination to go to Shul to Daven with a minyan right after looking at porn or JO? Sometimes I feel like it's a guarantee my prayers have no chance of being accepted and/or my learning will do nothing for me, in fact I wonder if it's straight out disrespectful to Hashem and Torah to go from something so earthly and low and then to try and approach God. I want to know if anyone know of any halachic reference concerning this and/or spiritual insight into this idea/dilemma.

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Re: Learning or davening right after porn/JO
Posted by Watson - 06 Mar 2016 22:50

I'll let the talmidei chachamim around here answer your question.

But please let me ask you a much more important question in return - what do you plan to do to stop looking at porn or JO in the first place?

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Re: Learning or davening right after porn/JO
Posted by cordnoy - 06 Mar 2016 22:59

Howbout learnin' or davanin' prior to performin' these activities?

Howbout durin'?

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Re: Learning or davening right after porn/JO
Posted by Dexterboy - 06 Mar 2016 23:21

I plan on visiting this website and talking to people like I am now. Thanks

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Re: Learning or davening right after porn/JO
Posted by Dexterboy - 06 Mar 2016 23:22

That was a productive answer thanks

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Re: Learning or davening right after porn/JO
Posted by doingtshuva - 06 Mar 2016 23:40

[Dexterboy wrote on 06 Mar 2016 22:43:](#)

From a halachic/spiritual standpoint is it considered an abomination to go to Shul to Daven with a minyan right after looking at porn or JO? Sometimes I feel like it's a guarantee my prayers have no chance of being accepted and/or my learning will do nothing for me, in fact I wonder if it's straight out disrespectful to Hashem and Torah to go from something so earthly and low and then to try and approach God. I want to know if anyone know of any halachic reference concerning this and/or spiritual insight into this idea/dilemma.

I understand that you are not asking if I may look at porn before davening, rather you are asking what should I do if I fell with porn before I davened. Right?

From your question I can see that you are well aware of the prohibitions of porn and JO. It's just that you have not yet learned how to overcome your struggle.

For me it sounds more like the yetzer hara telling you, you can't go now daven you just saw the worst things and hashem wont even listen to your tefila. Right?

But I think that if you'll listen to him you'll end up porning even more.

So instead start reading the Handbook, try to avoid falls, but if you fell don't let lead to a second one. Instead get up, go daven, go learn, get into contact with people and get out of the isolation.

There is hope, it just requires work.

Bhatzlacha

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Re: Learning or davening right after porn/JO
Posted by Balabos - 07 Mar 2016 11:12

Dear Dexterboy

This I found on the GYE website:

Principle 16: Getting back up after a fall

...

The Lechevitcher Rebbe (a student of R' Shlomo of Karlin) once went as far as to say that even if a person just killed someone and the knife is still dripping with blood, and he feels unable to stand up and daven Mincha (the afternoon service) with all his strength and heart, then he has not yet tasted from the waters of Chassidus!

Source:

https://guardyoureyes.com/the-gye-program/the-30-principles/21-principles-for-the-struggle/item/principle-16?category_id=279

Whether we are chasidish or not (I'm not), it is pretty clear what we are to do. Although I do admit that it is everything but easy to go daven with these terrible feelings of ???? ??????.

Maybe the thinking and remembering of these feelings are of some benefit... (thinking first!).

Halevay.

Wishing you much Hatzlocha

Balabos

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