

The Value of Tefillah

Posted by HangingInThere - 04 Nov 2016 21:48

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It's of course part of the 12-step groups, but I also just feel I need to ask for G-d's help to deal with this whole addiction problem. I also believe in, as I mentioned in my introduction, going on GYE every day, talking to people on here, reading Divrei Chizuk, and setting up a regularly scheduled "program", which includes these things and other kinds of Hishtadlus, like saying the 10 Kapitlach of Tehillim of Rebbe Nachman, aka Tikun Klali, and just making up some general Tefillah to use to ask Hashem for help, or using one that has already been created -- has such a thing been created already? Any thoughts anyone has on Tefillah would be helpful, like what people say, what helps, if anything doesn't help, and any other tips you think I would find helpful. Thanks!

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