

Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 04 May 2009 05:15

Hi fellow Yiddin,

I am new to the site, but what I've seen so far is extremely comforting. Before I saw this sight, I thought my cause was hopeless. I knew I could never tell anyone my sins in person and here comes this website to allow me to gain advice from people who are in the same boat as me and from poeple who have gone beyond the natural tendencies of man and succeeded.

I am a college student who learns half the day. I need to stop immediately. The internet is the biggest Yetzer Harah since the Nachash in the story of Adam and Chava. Many times I feel they are comparable. The Nachash told Chava that Hashem said she couldnt touch the tree. When in reality Hashem said she couldnt eat from it. After the Nachash pushed Chava into the tree, she saw that maybe the whole condition is canceled and she could now even it from it. We all know the rest of the story. And what was Chava's punishment? She had to go through painfull childbirths. From the Men's perspective we can see this as us doing the same. When we are Nichshal and do this evil sin, we are causing ourselves to go through a painfull childbirth. I dont know about anyone else, but after I finish giving in to my Yetzer Harah, I have the worst feeling in the world. It hurts more than any exterior wound. I really feel like "Shir Hama'alos Mimamakim Kerasicha Hashem!" It genuinely feels like calling to Hashem for help from the depths of earth, like Im on the brink of entering Gehinom. So, if we are about to be Nichshal we should try to rememebr that feeling that we had after the previous time, like were are going through childbirth so that next time we will actually think about our actions and not let our minds go astray.

I really daven everyday that everyone who wishes to, should have the Koach to destroy this Yezer Harah.

Hashem: Please all the Jews here have such holy intentions, give them the strength!

everyone should have a great day and keep your eyes down when walking, constantly think about Torah and what Hashem would want, and daven. (i wish that would all be as easy to do as it is to write)

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Re: Please gimme some Chizuk and or Mussar.

Posted by bardichev - 24 Sep 2009 15:17

MY PERSONAL SHITTA IS...

TURN AWAY EVEN SLOWLY

BUT DONT TAKE A SECOND LOOK (JUST TO MAKE SURE)

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 25 Sep 2009 00:51

Hey would any1 a=out there like 2 chat with me? I would love to just talk with some1 on gmail chat be4 yom kippur starts and i have a really bad fealing that Im going to slip tonight. Can any1 out there chat with me? my email on gmail is Yiddle2@gmail.com, hurry!

-INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 13 Oct 2009 02:20

Hey Holy Jews,

INH is back but hes not better than ever. I havent posted in a while and Bein Hazmanim has been very very tough for this Jew in need of a reawakening. I fell many times over the past couple of weeks. BE'EZRAS HASHEM YISBORACH I want to really start new today. I just need all of your chizuk and a little more yiraas Hashem. Please someone help me! Email me at Yiddle2@gmail.com if you care to help me and guide me in my ways.

Love always,

-INH

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Re: Please gimme some Chizuk and or Mussar.

Posted by Sturggle - 13 Oct 2009 13:31

INH,

back but not better than ever?!

and at the same time,

many falls in the past couple of weeks, yet still has a desire to start new today, with Hashem's help?!!

Better every day INH! Every day!!

If you are here today, you are here for today,

and only you and only today can do that.

Better than ever? As if we may possibly know...

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 13 Oct 2009 23:12

Thank you sturggle for your uplifting words of wisdom. Every word you put on my thread is just more chizuk. I see how much you care along with everyone else. Chasdei Hashem that today I am feeling upbeat and confident that WE can do this. I thought of a great idea if anyone approves or disapproves please tell me. I think we should set a time when we try to get as many people as we can at the same time to say a Tefillah. If we start doing this we can make a thread where people sign up to commit to come on to the website at a certain and surely Hakadosh

Baruch will see this as a sign that we really want to get better. I figured we could say a Perek of Tehillim. Maybe well do it tomorrow because those that live in Eretz Yisrael are hopefully asleep. Any comment?

-INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by Kedusha - 14 Oct 2009 00:18

Dear INH,

I'm very glad to hear that you're doing better today.

Your idea sounds similar to Uri's - see this thread.

rehab-my-site.com/guardureyes/forum/index.php?topic=905.0

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 14 Oct 2009 03:48

He had a similar idea, but I want us all to be saying the same perek of Tehillim at the same time. so for example we say were gonna say perek 125 with intense kavanah at 3 pm eastern time.

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Re: Please gimme some Chizuk and or Mussar.
Posted by Sturggle - 14 Oct 2009 09:25

i think it's a good idea. maybe you can post your idea on uri's tehillim thread and see if ppl are interested. also maybe we can have two times a day. that way ppl can decide wherever they may be from what works for them.

and you are welcome. and thank you for the chizuk in return.

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 15 Oct 2009 17:07

Hey GUE Communnity,

B'H i on day 3 and doing well. Thursday night is always my biggest struggle. Its the night I fall the most. I am not in Yeshivah and I have no Yeshivah or school the next day. I need to ask you guys for help to keep me clean tonight. If someone could be here to chat with me on gmail that might really help me and save my life. Motzei Shabbos is usually the same story. Please invite me or email me for gmail chat immedietly at Yiddle2@gmail.com

Thanks a ton

-INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by Dov - 15 Oct 2009 23:47

Dear INH - You are definitely a heilige yid and I love you. The Gmail thing is still not for me, and I hope you are in *recovery* one day at a time, rather than just "holding on" one day at a time.

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 18 Oct 2009 00:12

Hi everyone,

Just an update on my matzav. So today is day 5, for all those who arent math majors that means 4 days completed. Feeling great. Shabbos was so nice. I got so much learning done. Decided that I'm going to make a real effort this year to finish Shnayim Mikrah which for me is tough even though I am a Yeshivah Bachur. Well I learned 2 hours Shabbos night and another 2 Shabbos afternoon. Tonight is a huge test cause Motzei Shabbos, the Menuval is right at my side. Right now I'm ok, but who knows what happens in a few minutes. If someone is able to chat with me tonight on Gmail that'd be amazing. Thanks email is Yiddle2@gmail.com

-INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by 7yipol - 18 Oct 2009 06:21

Shavua Tov INH,

Glad to hear you're holding on.

Hope you found someone to chat with on gmail, but remember, even if no one is awake online, Hashem's chat line is always open and operating!

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 18 Oct 2009 13:46

Thanks 7up for the Chizuk (i always liked u better than sprite).

Baruch Hashem day 5 is complete working on day 6 which is really day cause im just taking it one day at a time. Have a good chodesh all.

-INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by Dov - 18 Oct 2009 21:45

Hatzlacha!

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INH - ...make sure to take Him with you