

Chizuk from Words of Davening

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In the second brachah of Shemona Esrei we say Hashem is "Someich Noflim, Vrofei Cholim, Umattir Assurim Umikaim Emunasu Lyashaini Afar".

I would like to explain this in the context of SA. Hashem supports us when we fall into the addiction he heals us from our sickness and frees us from our entrapment to the Yetzer Hara of SA. He fulfills his promise to help. **Provided** that we are "Yashaini Afar", "sleep in the dirt". Which means to say a person who stays **humble**, and understand that this battle is **not** in **mans conrol rather it is in Hashems Control!Understanding that without Hashems help he can't overcome the lust,then the beginning of the Tfillah will be Fullfilled!**

Chazal made this Tfillah three times a day, morning afternoon and evening, all times of the day to be a constant reminder for us SA's with the way we can and will deal with and fight for our freedom from SA!!

***How good is it to be a a G-d fearing and Rabbi listening Jew BH!!***

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