

Hi, I suppose

Posted by ZmagamSi? - 12 Jun 2018 14:35

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Hi everyone, only just started using, but I have lurked quite a bit before. I am not a Jew, rather a Noachide, but I hope that I can find the help I need here.

I have fallen into the problem fairly late, being 25 years old. I had dabbled in porn before, but not habitually, and didn't start masturbating until about three months back, but since then, the sudden urge will grab me, and then I just can't think of anything else until I have done. I know that I am sinning at the time, I am fully aware of it, and though I am not deliberately wanting to offend G-d by doing this, I also can't claim to be fully unaware of the fact that I am sinning, so, alas, the knowledge of that hasn't really helped. If anyone has any tips regarding this, I would be most grateful.

I will soon be moving out to go and study at university, which I am imagining may be a fairly stressful time, and it will be the first time I have ever lived alone, so I am worried that the problem will get worse. I know I need to find things to occupy myself, so I don't fall into the trap, but I have always been an indoors computer-type person, so I am always stuck for ideas.

As for praying, I mostly say psalms. If anyone can suggest any useful psalms in this struggle, or any other prayers that I as a non-Jew could use, that would be very helpful.

A side note somewhat apart from this struggle, I am an ex-Catholic Christian, and have a couple of times gone back and forth between being a noachide and being a Catholic. It is not that I am convinced of the arguments of Catholicism, but rather it is sense of belonging and knowing that one has a place to worship. As a noachide I do feel that I lack that sometimes, and if anyone offer advice on this so I don't fall back into false religion again, I am sure that would be a great merit.

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Re: Hi, I suppose

Posted by mzl - 12 Jun 2018 14:42

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Have you tried an in-person 12-step meeting, to see if you like it?

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