

thank you god

Posted by RebYid90 - 03 Apr 2014 08:57

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heres an expirement. ive herd many time from many different people that one of the main ways to create relationships is through hacaras hatov

i cant Give anything to god. he dosnt want anything i have.

all i can do is say thankyou, so here i am, saying thank you

everytime he helps me, eveytime he shows him self to me, he listens to my prayers, he makes the pain and urges go away, i will post here saying thank you hashem

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Re: thank you god

Posted by RebYid90 - 03 Apr 2014 09:00

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april 3rd, 1258 am

i am about to fall, have the browser open, i ask god to make it go away.

somehow i have the strength to tell my self " go on gye and if after posting u still want to, go right ahead. i go on the site an instantly my bodily arowsal is gone, im ok for this moment

so here i am, in front of evry1 here, saying openly and honestly thank you hashem for that moment of strength

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Re: thank you god

Posted by SIB101854 - 04 Apr 2014 04:43

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Certain browsers such as MSN, AOL's "today", and similar browsers all have pictorial content of a sort that can be the beginning of a trigger. If you accidentally such a browser, close it and move on-even if you have gazed even a second or minute too long.

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Re: thank you god

Posted by RebYid90 - 04 Apr 2014 08:29

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12:19am, april 4th

i feel like the worst of it has passed. its been a rough day. but i feel like im over it for now. im still worried if ill wake up on time tomoro but ill cross that bridge wen it comes.

thank you hashem for 3 weeks of being clean.

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Re: thank you god

Posted by dd - 04 Apr 2014 13:55

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gevaldig!!!

keep it up!!!

your doing great!!!!

and we all care!!!!

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Re: thank you god

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Posted by TehillimZugger - 04 Apr 2014 18:55

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Ditto

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Re: thank you god

Posted by RebYid90 - 08 Apr 2014 08:20

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thank you god for giving me the strength to be a little bit happy, even if its just a spec of it in a sea of misery, its still there

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Re: thank you god

Posted by TehillimZugger - 09 Apr 2014 00:11

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Even when you're happy you need to remember the misery?!

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