

Does anyone know a daily Tefilah to stay focused...

Posted by yossichaim - 12 Oct 2010 13:29

I often find myself suddenly remembering half way through the day that just today I'm going to stay clean. I'd prefer to remind myself at the beginning of each day. Does anyone know a short tefilah or something of the kin in Hebrew or English (preferably English) that prepares me for the day - reminding me that just for today I'm going to stay clean etc.

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Re: Does anyone know a daily Tefilah to stay focused...

Posted by ZemirosShabbos - 12 Oct 2010 14:24

take a look here

www.guardyoureyes.org/forum/index.php?topic=2879.0

it is a wonderful Hebrew/English tefilla written by HashemsSoldier

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Re: Does anyone know a daily Tefilah to stay focused...

Posted by kutan - 12 Oct 2010 14:26

Dov's tefila:

I honestly suggest doing the following. Spend 50 seconds - just 50 seconds (I timed it!) - before and after each davening and bentching to say something like the following to Hashem:

Hashem. Please help me see how using pornography and masturbating is damaging to me. Help me see how it sets me up for unhappy relationships with others including my wife and children, and with women and with all your people, in general. Help me see clearly how damaging it is to my very sanity and to my relationship with You, my Best Friend who will be the only one here with me after my life here and for eternity (except maybe for my wife...You know how that works, not me).

Please help me see clearly how my life will be better without my habit, and help me get over the terror I might feel when I imagine really giving it up and not having porn to turn to any more. Show me that You love me and will take really good care of me.

Even more than that, please help me enjoy every step of recovery You give me.

Thanks for everything You have given me to this point even though I deserved none of it. And in that same spirit, please give me what I ask of You now.

Help me be Yours today.

This is not nuclear option, just another tool on the way. In the z'chus of the Chofetz Chayim (whose yor tzeit it is TODAY) who made up a personal tefilloh of this nature for Hashem's help to be saved from loshon hora during that day - one day at a time.

Have fun, and have a good Shabbos!

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Re: Does anyone know a daily Tefilah to stay focused...
Posted by 7yipol - 12 Oct 2010 15:07

Right after birchas hashachar is a paragraph which seems custom made for addicts!.

It begins "Yehi ratzon milphanecha.....shetatzileinu hayom.....bein she hu ben **bris** u'bein she hu lo ben **bris**

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Re: Does anyone know a daily Tefilah to stay focused...
Posted by Shteeble - 12 Oct 2010 15:43

Here's a short one:

"Please Hashem help me stay clean today."

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Re: Does anyone know a daily Tefilah to stay focused...
Posted by ZemirosShabbos - 12 Oct 2010 15:45

[world wrote on 12 Oct 2010 15:43:](#)

Here's a short one:

"Please Hashem help me stay clean today."

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Re: Does anyone know a daily Tefilah to stay focused...
Posted by Me3 - 12 Oct 2010 16:15

[7Up wrote on 12 Oct 2010 15:07:](#)

Right after birchas hashachar is a paragraph which seems custom made for addicts!.

It begins "Yehi ratzon milphanecha.....shetatzileinu hayom.....bein she hu ben **bris** u'bein she hu lo ben **bris**

As well as the Yehi Ratzon immediatally before that. V' Al Tiviainu Lo Liyday Aveira....V'Dabkainu B'Yetzer Hatov, V'Chof es Yitzainu, etc...

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Re: Does anyone know a daily Tefilah to stay focused...
Posted by mnman415 - 13 Oct 2010 01:56

[ZemirosShabbos wrote on 12 Oct 2010 14:24:](#)

take a look here

www.guardyoureyes.org/forum/index.php?topic=2879.0

it is a wonderful Hebrew/English tefilla written by HashemsSoldier

hey,,, thats me!

also...in the bracha of hashiveinu.

you know that before teffilen and many other mitzvos we say a le'shem yichud? ya you know? so my rav told me that he knew someone that at the beggining of his day, and every time he left his house he said a leshem yichud....and said the mitzvah of "lo sasuru acharei le'vavchem ve'acharei eyaichem. and also the mitzvah of kedoshim tihyu

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Re: Does anyone know a daily Tefilah to stay focused...
Posted by Dov - 13 Oct 2010 03:22

Through the day i often just say "Help me" to Him, and speak to Him a few times over the course of a normal day, at least in short phrases like "Help" and the random, "Thank-You".

Anything *longer* is not practical for me 'in the trenches', so I keep it as simple as possible.

Before (or sometimes instead of) "Modeh Ani", I ask Him to "please help me be *Yours* today."

The longer versions of prayers are nicer for me when I have time, like during or after a meal, or a mincha or ma'ariv, etc.

I like seeing meaning in a posuk and schlepping it with me through at least a part of the day.

Hatzlocha! This was such a beautiful question to get onto the forum, yossichaim. Thank-you!!

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Re: Does anyone know a daily Tefilah to stay focused...
Posted by yossichaim - 13 Oct 2010 07:11

I am grateful to everyone who posted a suggestion - they have all helped me get off the ground. I've realized that the best idea is to compose my own - one that comes from my heart and comprises what I need to hear and feel.

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Re: Does anyone know a daily Tefilah to stay focused...
Posted by Yosef Hatzadik - 13 Oct 2010 16:28

Rashi in Megilla (17:) explains that in the brocho in Shmoneh Esrei: *R'ei b'anyeinu v'riva riveinu* ... We ask Hashem to see our pain and fight out fights and to redeem us etc.

IT IS **NOT** A PRAYER FOR MOSHIACH & THE ULTIMATE REDEMPTION! There are separate brochos later (*V'lirushalayim ircha b'rachamim tashuv, Ess tzemach Dovid...*) Rather it is a brocho about Hashem's redeeming us in our

Daily struggles in everyday life!!!!!!

Remember:

A brocho written & instituted by the **Anshei Kneses Hagdolah** is surely much more powerful & valuable than the 'nicest' tefilla that we can compose ourselves!!!!

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Re: Does anyone know a daily Tefilah to stay focused...
Posted by ZemirosShabbos - 13 Oct 2010 16:53

it is definitely true that there is a special power and quality to the words of the Anshei Kneses Hagedola.

however Reb Nachman Breslover writes that the forces of evil lie in wait for the tefilos of klal yisrael to come through, but that is only for the established and mandated tefillos, if someone makes their own tefilos then there is an element of a surprise attack, sort of and they can have a different effect.

i guess both have value.

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Re: Does anyone know a daily Tefilah to stay focused...

Posted by Yosef Hatzadik - 13 Oct 2010 17:06

CLARIFICATION:

[Yosef Hatzadik wrote on 13 Oct 2010 16:28:](#)

Remember:

A brocho written & instituted by the **Anshei Kneses Hagdolah** is surely much more powerful & valuable than the 'nicest' tefilla that we can compose ourselves!!!!

This is not meant to be understood as belittling personal tefilos, chas v'sholom!

On the contrary, oftentimes it is specifically, or even **only**, the tefilos that are said in our own words that is being said with the heart/from the heart!!! Tefilah is *Avodah Sheb'lev*!!!!

I meant to add to the earlier posts - not to argue with them!!!

..... but, we mustn't underestimate the power of the Prophets! Our Sages taught us that EVERY personal struggle that ANY Yid will EVER encounter has been uniquely incorporated in the tefilah that they wrote!!! By harnessing their power, there is NO limit to what can be accomplished with tefilah!!!

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Re: Does anyone know a daily Tefilah to stay focused...

Posted by ZemirosShabbos - 13 Oct 2010 17:21

i used to say kapitel 69 in tehilim when i would struggle.

i also find the kapitel of tachnun/nefilas apayim to be very relevant.

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Re: Does anyone know a daily Tefilah to stay focused...

Posted by Yosef Hatzadik - 13 Oct 2010 18:38

I was told to say Perek 51 & 69 of Tehilim every morning for this struggle.

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