

Tehillim/Daven for me!!

Posted by jerusalemsexaddict - 06 Sep 2009 01:20

---

Ok so a couple of things.

First of all,I think we should all accept to say a perek of tehillim at least every day for the GYE family.

Many of us have a list of the people who frequent the forum and that is great,but whoever does not just try also to say just one perek a day for the family.

I further think that it would be great if we'd say the same perek together.It would really unify us and remind us that **we are not alone**

Sunday, the 17th of elul,september 6th we will be saying the first mizmor "Ashrei Haish".

That is the first thing.

The second thing is that people who are going through a tough nisayon that day can request that we daven for them special and I think that will give us an extra boost as we feel that everyone is really behind us.

This is different from the "Im about to fall" thread.this is more like im going through a very tough nisayon/time.please daven for me!

So that's the second purpose of this thread.

Sound good?

=====  
=====

Re: Tehillim/Daven for me!!

Posted by the.guard - 30 Sep 2009 21:11

---

Uri, I once said that you'll be Rosh Yeshiva of GYE one day. I take it back. You'll be the GYE **ADMO"R** for sure!

=====  
=====

Re: Tehillim/Daven for me!!

Posted by jerusalemsexaddict - 01 Oct 2009 21:29

---

Sorry guys i totally forgot to write todays tehillim and by now im too tired

iy'h tommorow i will write a summary of todays

=====

Re: Tehillim/Daven for me!!

Posted by Noorah BAmram - 02 Oct 2009 02:33

---

[Uri wrote on 30 Sep 2009 20:17:](#)

Today, October 1st, 13th of Tishrei, we are saying Perek 25.  
Sorry, I forgot to post until now. And I had a busy day, Baruch Hashem.

Today, September 30th, 12th of Tishrei, we will be saying Perek 24, Mizmor Ledovid LaHashem Haaretz

Known as the Psalm Of The King His Majesty.

"Raise up your heads, O' gates, and raise up, you everlasting entrances, so that the King of Glory may enter!"

"Who is He, this King of Glory? Hashem!!"

These are the words that Shlomo Hamelech spoke to the Beis Hamikdash doors that got them to open up and let the Yidden in to the holiest place in the world.

How do we proclaim Hashem's majesty?

Do we walk down Mea Shearim and announce on a speakerphone:

Yehudim Yekarim!!Listen up!Hashem is the King!

That's one way.Maybe.

But there is another way.

A more global way.

Allow me to share the following famous mashal...

A king sent his servant to a different country as an emmisary to visit a different king.

Before he left,the king gave him one warning.

"Do not make any bets,no matter what!"

The servant of course obeyed,albeit a little confused.

So he went to visit the king,and on his way back,he stopped at an inn.

There were these guys drinking there and joking around.

One of them said to the servant:

"Wow.You have a huge hump on your back!"

The servant was shocked and offended.

"No.I do not!"

"Yes,you do."

After arguing the point back and forth a bit,the drunk guy said:

"Ok.I'll bet you 200 rubles that you have a hump on your back!"

The servant thought for a moment.

On one hand,he was not supposed to be making any bets.

On the other hand,this was an easy 200 rubles in his pocket,or for the king's treasury,even.

So he took off his shirt,proved that he had no hump,and collected his prize.

When he got back to his king's palace,the king asked him immediately:

"So,did you make any bets?"

The servant answered:

"Well actually yes.I wasn't gonna,but then this guy basically made this ridiculous bet that won me an easy 200 rubles.Here you go,Your Highness."

The king let out a cry.

"Fool!! made a 5000 ruble bet with the other king that no matter what,you would not make any bets,and would remain loyal to my command!!"

My friends,every time we say no,a shock is heard 'round the world.

The malachim sing Hashem's praises.

The trees,the birds,everything.

It's a tremendous revelation of Hashem's majesty and kingship.

And that's what a Kiddush Hashem is.

### **The greatest Kiddush Hashem**

Suddenly he feels a need to act out,

he turns to shamayim and starts to shout out.

HASHEM!You know what I really want to do,

But I wont do it,because I love you.

A commotion takes place up above.

It is now very clear that the angels are in love.

In whose zchus was this one born,

this mortal man who takes the heavens by storm??

Hashem sits on his throne,proud as can be,

as he watches the angels jump up and sing.

He says to himself with a smile on his face,

if only my boy knew what he does to this place.

My dearest friends,

How often do we say no?

Ok,sometimes we say yes.

But all of us here have said no.

Do you know what that no does?!

It is the greatest Kiddush Hashem possible.

We are offered this amazing pleasure,and we say "No thank you,Hashem said no."

Or even if we dont say those words.

We have no idea what it does up in Shamayim.

So for today's project.

Whatever's left of today,that is.

When you say Aleinu,which is the tefilla that proclaim's Hashem's majesty.

Think for a moment.

I am a big part of that.

I cause Hashem's majesty to be proclaimed across the world every day.

Wow.

The above is absolutely, positively and unequivocally holiest of holy!!!Kodesh Kodoshim!!

Definitely from the holiest post on the forum!!

All the love in the world to Uri, such a great lover of Hashem and His people.

Noorah

=====

Re: Tehillim/Daven for me!!

Posted by jerusalemsexaddict - 04 Oct 2009 10:00

---

Chevra,I'm so very sorry that my posts have been erratic at best and non-existent at worst.

Anyone who has been following my thread is aware that I am currently not allowed back home,and am therefore lacking a constant source of computer access.

I have not posted since perek 24.

Today is perek 28.

I shall iy'h first write a summary of today's kapitel and follow it iy'h with the previous kapitlech that i didn't get the chance to do yet.

Today,Sunday,October 4th,the !6th of Tishrei,Second Day of Succos,we are saying perek 28-ledovid.

I want to discuss one specific pasuk in today's kapitel that I feel is a very important yesod.

"Hashem is my strength and my shield, in Him **my heart** trusted and I was helped."

What does that mean, "my heart trusted"?

Obviously, there are different types of trust.

One is intelectual, and the other (and in my opinion,the high level) is trusting with the heart.

There is a famous phrase "Let go and let G-d."

I think that line is completely brilliant.

People find bitachon so so very hard.

I think it's because they are missing the first part.

They are trying to "let G-d" without "letting go".

What comes out is that they're "bitachon" is really just a form of trying to be in control.

We must drop the control.Yes,drop it.

And then let G-d take over.

Let the trust go directly to the heart.

It really took me so long to finally get this concept.

For years,I could never get bitachon down in the slightest.

I think that if anyone reflects on this idea enough,they will realize the absolute emes of this

yesod.

The Brisker Rav was known to say this all the time:

Bitachon is the awareness that "ein od milvado-there is nothing besides Him".

We must first acknowledge that there is nothing else.

Nothing has any power without His consent.

We should try letting go of the need to control, the need to always feel that we are "stabilizing" every situation.

And just let go.

And then let G-d..

This is Succos my friends.

The Succah=Clouds of Glory=reality.

When we realize this,we will stop being frightened of the snakes and arrows.

And we will let Hashem do what He does best....

Run this world.

-uri

=====

====

Re: Tehillim/Daven for me!!

Posted by Noorah BAmram - 05 Oct 2009 01:39

---

Great insight, love the tehilim idea its a really a fantastic uplifting way to unify all the forum



The only problem is that I get confused with where we are holding, especially when I miss a day or two - maybe we can get a different system that the onus of reminding everyone doesn't fall all on you. If guard would consider making a rss feed or something like that or include it in the daily chizuk email.

In any event keep on posting your uplifting "shiurim" on the perek of the day, I really look

All the love in the world

Noorah

=====  
=====

Re: Tehillim/Daven for me!!

Posted by habib613 - 05 Oct 2009 01:58

forward to them.

i also love the tehillim idea, but i do forget what day we're on. I think R' Guard putting the tehillim in the daily email is a great idea.

and i really like your insights. and how you write them.

KUTGW!!

=====  
=====

Re: Tehillim/Daven for me!!

Posted by jerusalemsexaddict - 05 Oct 2009 07:38

---

[Noorah BAmram wrote on 05 Oct 2009 01:39:](#)

Great insight, love the tehilim idea its a really a fantastic uplifting way to unify all the forum

The only problem is that I get confused with where we are holding, especially when I miss a day or two - maybe we can get a different system that the onus of reminding everyone doesnt fall all on you. If guard would consider making a rss feed or something like that or include it in the daily chizuk email members. Sorta like the daf yomi. Gets everyone on the same page!!!!

In any event keep on posting your uplifting "shiurim" on the perek of the day, I really look

All the love in the world

Noorah

you could write it down on a calendar.

we do one per day unless it is more than 50 pesukim,and then we divide it into 2.

forward to them.

it keeps the posts coming

=====

Re: Tehillim/Daven for me!!

Posted by jerusalemsexaddict - 05 Oct 2009 08:15

---

Today, Monday, October 5th, the 17th of Tishrei, 3rd Day of Succos, we will be saying perek 29.

Mizmor Ledovid.

We say this by Kabbalos Shabbos every week.

Why?

"The voice of Hashem comes in power!"

"The voice of Hashem comes in majesty!"

"The voice of Hashem breaks the cedars!"

"The voice of Hashem comes attached to shafts of fire!"

What is this voice of Hashem?

As we all (should) know, Hashem created the world.

With what?

His voice.

"And G-d said 'Let there be light.' And there was light."

And just as He created the world, **He continues to create the world every day.**

That means:

Every day Hashem says "let there be light"

And so on for everything that is.

Hashem has complete rulership over the universe.

He runs everything that happens with the power of His voice.

Let us step outside.

Look at the trees.

Hashem's voice gives them life.

Hashem's voice gives them growth.

Hashem's voice gives **us** life

Just listen.

Is there anything that belongs more in Kabalos Shabbos?

This world is not hefker.

Hashem didn't create the world and go for a beer.

**He runs it.**

Afraid?

Don't be.

Be in awe. But not afraid.

"Hashem shatters the cedars of Lebanon"

These are our enemies, physical and spiritual, who look so intimidating and imposing, but who Hashem cuts down with a simple "word".

"Hashem **will** give might to His nation (that's us)."

"Hashem **will** bless His nation with peace."

This is not something that might be.

This is something that will be.

That is.

Why do we deserve this?

And why is this mentioned in this perek davka?

The answer my friends is so so beautiful.

Hashem created this world with song.

And He gave us this power too.

This is the power of the Torah.

The power of Kedusha.

The power of Tefilla.

The power of the Neshama.

The power of Ratzon.

They have the ability to create.

To give life.

Our struggles give light to the world.

When we say no, what we are really beetzem saying is

"Let there be light!"

And there is light.

-uri

=====  
=====

Re: Tehillim/Daven for me!!

Posted by the.guard - 05 Oct 2009 08:38

---

Hashem said, "let my light shine!" -and there was Uri (my light).

=====  
=====

Re: Tehillim/Daven for me!!

Posted by 7yipol - 05 Oct 2009 10:04

---

Uri,

These insights are beautiful in their unique combination of depth and simplicity.

Keep 'em coming son!

=====  
=====

Re: Tehillim/Daven for me!!

Posted by jerusalemsexaddict - 05 Oct 2009 15:56

---

:-[

mom please!

=====  
=====

Re: Tehillim/Daven for me!!

Posted by nishmas - 06 Oct 2009 15:04

---

Uri,

Just got to read the past couple days "shiurim". Thanks! I love the Bitachon stuff, it's something I've been working on incorporating into my life. It changes the whole way you look at and deal with the world and the daily events in your life.

I hope you have all of these "shiurim" in a file somewhere, because at some point, I'd love to get a file with all this information. It will make it much easier for chazarah.

Thanks again. A gutten Moed.

Nishmas

=====

Re: Tehillim/Daven for me!!

Posted by jerusalemsexaddict - 12 Oct 2009 09:19

---

I'm sorry I havent posted in this thread for the whole last week.

I went through a pretty intense bout of depression, baruch Hashem, and did not have the koach or inspiration to write summaries of the perakim.

We are still continuing of course.

Perek 36-Lamnatzeach le'eved Hashem

A good day to all

=====

Re: Tehillim/Daven for me!!

Posted by 7yipol - 12 Oct 2009 16:51

---

Depression? Dont let

Keep singing along with Dovid hamelech

=====