

Short insights with long lasting results  
Posted by gyehelp2017 - 17 Jun 2019 19:15

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A new thread I would like to start,  
With all of you dear friends taking a part,  
"Short insights with long lasting results" it will be,  
So that chizuk, inspiration and strength you can see,  
So if you have any short insight to share,  
Please have us all in mind and post it right here,  
May Hashem give us Hatzlucha on our way,  
With spreading Kidusha each and every day!!!!

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Re: Short insights with long lasting results  
Posted by gyehelp2017 - 17 Jun 2019 19:19

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#1

Only someone trustworthy is given big missions to accomplish. So if we see that we have really strong urges in the most essential parts of Yidishkeit, we should realize that we are trusted by Hashem himself with His most essential missions, and in the end we 'will' win, because He knows who can be trusted!

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Re: Short insights with long lasting results  
Posted by Gevura Shebyesod - 17 Jun 2019 20:20

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A wonderful idea with lots of "Taam"  
I'm sure it will be received with great aplomb  
for Chizuk and inspiration and insight

The Yetzer Hora to help us fight

only one question I have at this time

Is it necessary for our posts to rhyme?

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Re: Short insights with long lasting results  
Posted by gyehelp2017 - 18 Jun 2019 14:19

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#2

If we define even 'one' wrong move as a 'fall', so then withholding even 'one' wrong look should be defined as 'success'. So lets keep in mind, that any given day that we keep our eyes to ourselves even just 'once', is a successful day!

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Re: Short insights with long lasting results  
Posted by sbj - 19 Jun 2019 02:35

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This comparison is a very true, important point and also very hard to accept & register. Because practically it just doesn't measure equally to the human mind, a fall is activity playing out in the world, refraining is just inaction, lack of any physical happenings. Looking for reinforcement on this one. Hopefully someone can elaborate here.

For clarity's sake, not 'every' wrong move is a 'fall'. There are slips and there are itches which should just be dismissed and gegangen veiter. Acting out is a fall, a glance on the street, even a look is not a fall. Being too harsh will backfire.

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Re: Short insights with long lasting results  
Posted by gyehelp2017 - 19 Jun 2019 14:06

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#3

Parents have a special soft spot for children that go through struggling times, and especially when those children are in pain, the parents mercy has no end. So to Hashem - our father, has a special soft spot for us, and his mercy on us has no end.

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Re: Short insights with long lasting results  
Posted by Dave M - 19 Jun 2019 16:06

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[sbj wrote on 19 Jun 2019 02:35:](#)

This comparison is a very true, important point and also very hard to accept & register. Because practically it just doesn't measure equally to the human mind, a fall is activity playing out in the world, refraining is just inaction, lack of any physical happenings. Looking for reinforcement on this one. Hopefully someone can elaborate here.

R' Aharon Lopiansky talks about this in his book, *Ben Torah for Life*. ?This is what makes it so hard. We feel that we are not accomplishing anything thing since we are not proactively doing good. It's why we need to change our perspective on this and recognize that refraining from acting out is a big accomplishment.

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Re: Short insights with long lasting results  
Posted by gyehelp2017 - 20 Jun 2019 14:15

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#4

Overcoming challenges is a necessity for growth. So next time you confront a challenge don't look at it as an obstacle, rather look at it as an opportunity for growth.

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Re: Short insights with long lasting results  
Posted by sbj - 20 Jun 2019 17:23

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Recently saw a good video here relating to this:

[gye.vids.io/videos/709bd1be1d10eec7f8/rabbi-dr-abraham-twerski-on-dealing-with-adversity](http://gye.vids.io/videos/709bd1be1d10eec7f8/rabbi-dr-abraham-twerski-on-dealing-with-adversity)

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Re: Short insights with long lasting results  
Posted by gyehelp2017 - 21 Jun 2019 13:51

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#5

Feeling depressed after a fall, is like feeling depressed after a slip on the ice. Of course it hurts, but we all understand that the right thing to do is to stand up and continue on our way, even though we cannot be sure not to slip again.

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Re: Short insights with long lasting results  
Posted by gyehelp2017 - 23 Jun 2019 15:18

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#6

True story: A guys house burnt down while he was away for Shabbos, after Shabbos the wife called her husband. Wife: Right everything Hashem does is good? Husband: Yes! why do you ask? Wife: Because our house burnt down! Husband: You got me on this one, you are right, it must be good, being that everything comes from Hashem. So my friends, right everything Hashem does is good? . . . . Yes! So then all our struggles and hardships are truly good, because Hashem is the one making them!

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Re: Short insights with long lasting results  
Posted by gyehelp2017 - 24 Jun 2019 14:10

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#7

Definition makes all the difference. So having a trigger does not have to be defined as 'acting out', all it means is, a few min/hours (sometimes days, but not forever) of discomfort, nothing more than that. Please have that in mind next time you get triggered!

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Re: Short insights with long lasting results  
Posted by gyehelp2017 - 25 Jun 2019 14:18

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#8

When R' Akiva saw that after a long period of time even water can make a hole in a rock, his life was changed forever. It was not the 1st drop that did it, nor the 2nd or 3rd, all those drops together did it. So yes, every time we say no to our urges, even those that are just a small drop, they DO make a difference.

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Re: Short insights with long lasting results  
Posted by gyehelp2017 - 26 Jun 2019 14:32

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#9

Healthy parents love their children not because they are the best, but because they are THEIR children. Hashem loves us not only if we at our best, He loves us because we are HIS children!

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Re: Short insights with long lasting results  
Posted by Hashem Help Me - 26 Jun 2019 16:26

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[gyehelp2017 wrote on 26 Jun 2019 14:32:](#)

#9

Healthy parents love their children not because they are the best, but because they are THEIR

children. Hashem loves us not only if we at our best, He loves us because we are HIS children!

As it says in the possuk, "Ani Hashem ha'sho'chein eetam b'soch tum'a'sam"

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