

A journey to Hashem

Posted by zvi - 20 Mar 2013 23:54

I am a teenager, aged 16 years old. Since I was 12, I have had lust-related problems. As I have got older, the problems have got worse. It started off with the odd thing, here and there- I was only 12, so I didn't really know what I was doing. I vaguely knew I shouldn't be doing what I was, but it didn't interfere with my life much. As I got older, and I started to find out what I was doing, and the severity of the Aveiros, my 'little problem' developed into an addiction. For the past 2 1/2 years, I have been acting out on a regular basis (at least once a week). Then, finally, I had a clean streak. A proper clean streak. For 66 days. But then it came back. I didn't even see it coming. All I knew was that I was on the computer, doing some school work, and then suddenly I was looking at images that I shouldn't be looking at, and before I could stop myself, I had been motzei zera levatala. Again. That was two months ago. After that, I lasted 14 days, but then it was over. I was doing the aveiros again, but on a much greater level than before. As it stands now, I'm only keeping myself clean for between 1-3 days at a time. Two nights ago, I acted out twice. I was depressed, angry with myself, and- unfortunately- angry with Hashem. How could He do this to me? Didn't he see that I wanted to stop? That I wanted to be close to Him? Anyway, the next day (i.e yesterday), I joined GYE. I'm currently on my second day clean, B'chasdei Hashem. But it's not going to be easy...

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Re: A journey to Hashem

Posted by zvi - 26 Apr 2013 19:20

12 days bechasdei Hashem! Each day I'm clean, the more everything seems to start clicking into place. When I was clean for 66 days a few months ago, I wasn't putting in any particular effort. I didn't watch my eyes particularly, and it was a lot easier because it was winter. Now, it's relatively hot outside, and the pritzus on the street has shot up like crazy. Although it's not perfect, my shemiras ainayim is definitely improving, with the help of the Ribono Shel Olam.

An idea for the oylam before shabbos. I heard this this morning from Rav Zev Leff shlita, who's currently visiting where I live. He was talking about sefiras ha'omer and the difference between humans and animals. In his shiur, he slipped in a beautiful idea. We say every morning: U'mosar ha'adam min habehaima ayin, normally translated as "And the difference between a man and an animal is nothing." However, Rav Leff 'tyched' it as: "And the difference between a man and an animal is ayin- the ability to say no." THAT'S what makes us human! That's what Rav Leff said. Now here comes my own diyuk into his words:

For all of us here on GYE, saying no is difficult. Very difficult. When the pull to m*** comes, there's nothing we can do. Or is there? We can daven. We can turn Hashem and say: "Ribono Shel Olam, you didn't make me an animal, you made me a human. If I'm a human, I should be able to say no, and not do this thing! Please help me to do that."

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Re: A journey to Hashem

Posted by nitzotzeloki - 30 Apr 2013 23:06

i think so. i dont know if its exactly what youre referring to but ive gotten the feeling that i wanted to act out. i didnt let myself go but i wanted to. thats when i need to daven the most

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Re: A journey to Hashem

Posted by zvi - 30 Apr 2013 23:18

I don't think so. I don't want to act out at the moment, it's just that I have some sort of feeling that I wish I wanted to, and then I could do it...

Maybe it's because I'm stressed- exams in a week and a half, and I'm really really worried that I'm going to do badly...

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Re: A journey to Hashem

Posted by syataDshmaya - 01 May 2013 02:08

I've had a similar feeling before. I don't know if this is true for you, but for me, I wanted to face the test of wanting to act out because I wanted to get the chance to overcome the yetzer hara head on. I felt that if I did that, I would know that I was "cured," and I wouldn't have to worry any more, and I would be cleansed of my sins once and for all. This was a dangerous state of mind for me, and it did not end well.

A few things I learned at GYE helped me approach this problem in a different way. For one thing, it is never good to ask for tests. We get plenty of tests and opportunities to grow without asking for them. For me, I think when I would ask for tests (explicitly or just by hoping for them), what I really wanted was to demonstrate my personal strength and greatness. This motivation was actually opposed to what we should really be aiming for here, which is to come close to Hashem. I have been learning to give up the desire to demonstrate my personal strength, and admit that I am powerless without Hashem. That is a big part of what I think it means to "surrender." Instead of trying to fight the Yetzer hara head on, I try to daven to Hashem and say,

"Please save me from my Yetzer Hara. I want to continue coming closer to you!" Ironically,

I feel better about myself when I do that then when I have overcome my Yetzer Hara head on (which is a very rare occasion).

Another point I've learned is to take it one day at a time. When we think of the rest of our entire lives, which, IY"H should be very long, we might feel that the task of staying sober is impossible. We may want to try to defeat the Yetzer hara right now once and for all, so as to avoid a lifetime of fighting. But this thought is a tactic of the Yetzer hara himself. Seeking out tests only makes it more difficult in the future. All we can do right now is live RIGHT NOW!

Perhaps the desire to face tests inorder to show our greatness is a misdirected desire to come closer to Hashem. If that is the case, it might help us to try to channel that energy into something that will fill us with positivity. As the saying goes, "don't love something that won't love you back." Find a productive way to express your desire: Chesed projects, making new friends or really connecting with people, giving to your friends and family, studying hard, learning torah...

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Re: A journey to Hashem
Posted by zvi - 01 May 2013 19:16

Thanks, SD! I have had that before, but this is something different- I want the test, but I want to fail it. Anyway, the feelings gone now, and IYH it won't come back...

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Re: A journey to Hashem
Posted by gibbor120 - 01 May 2013 22:23

[syataDshmaya wrote:](#)

...what I really wanted was to demonstrate my personal strength and greatness. This motivation was actually opposed to what we should really be aiming for here, which is to come close to Hashem.

If I could add... to "humble" ourselves before him. Humility is the ticket outa this mess. Humbly

accept HIS will, rather than trying to force MY will on Him (and other people).

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Re: A journey to Hashem
Posted by zvi - 03 May 2013 01:53

I'm feeling a bit weak... I was sitting at my desk at home doing my geography revision (large yawn) when some images suddenly popped up in my mind. I caught myself after about a minute, but the yetzer hara's found an opening into me now and he's not letting go... I'm feeling extremely stressed at the moment as well, and the possibility of releasing that stress through m*** appears ever tempting. I learnt by now that if I sit there just going "I'm not going to fall! I'm not going to fall! I'm not going to fall!" I'll have fallen within about 45 minutes absolute maximum. Instead, I have to step away from the battle. Except how do I do that when I can't leave the house (it's currently nearly 11PM in the UK), and the images aren't on a screen in front of me where I can stop looking, they're in my head. They're not just made up images either (which I'm quite good at conjuring, unfortunately), they're genuine, bona fide memories... So how do I 'step away from the battle?'

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Re: A journey to Hashem
Posted by broadlife - 03 May 2013 02:01

Calmness is key. Think about having a calm relationship with hashem. the idea is not to be perfect with him.

its to have a calm **relationship** with him, and by not being calm and trusting in him to maintain that relationship, you distance yourself from him.

Also, think about all of the beautiful gifts hashem gives you in life.

Start making a mental or written list and dont stop until your love of hashem for being so kind to you exceeds your lust/temptations of that moment.

If you can't come to these thoughts on your own, then open Mesilat Yesharim and Read the beginning of Chapter 8 'Acquiring Zerizut': "*Omnam...Mitzvotav*."

He basically presents that idea crystal clear in the context of the middah of zerizut. Work on that idea, think about that idea.

No one said having a real relationship with hashem is easy, but its for you to determine if its Hatzlachah! You've made significant progress

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Re: A journey to Hashem

Posted by syataDshmaya - 03 May 2013 03:38

Thank you for posting Zvi,
100% worth it to you

I think Broadlife's advice is great! Also, literally verbally speaking to Hashem, and asking him to help may help as well. These are times when you have a special opportunity to open your heart to Hashem.

Thank you gibbor120. It's interesting to me that the word humility slipped my mind as I was writing. It's tuff even to say, kal vchomer to do. I have to work on admitting to myself that Hashem's way is the best way when I'm feeling challenged.

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Re: A journey to Hashem

Posted by zvi - 03 May 2013 18:21

Thanks broadlife. Calmness... yes, that is something I need to work on. I'm always stressing and panicking about everything- I'm the sort of person who gets stressed if he misses Borchu at ma'ariv.

A vort for Shabbos: (which is actually related to the parsha, unlike the last 3 weeks...)

I heard the following from one of my Rebbeim this morning: In this week's sedra, we have the mitzva of Shemita. To let the land rest every 7 years. This actually could be seen to have a

logical basis to it. It is good for land to be allowed to rest every few years, in order to get its nutrients back. However, if a human being were writing the torah, he would put it on a rotatory basis. In the first year, the shevatim of Reuven and Shimon don't work their land. In the second year, the next two tribes, and so on. This way, there will always produce and food for everyone to eat. However, the torah doesn't do that. It says that in the 7th year, EVERYONE should rest, and Hashem will ensure that there is enough for everyone. This, say the Chasam Sofer and the "????", is proof not only that Hashem wrote the Torah, but that HE RUNS THE WORLD AT EVERY SECOND. He is able to promise that despite no one in the entire country working the land, no one will starve.

Chances are that there is no one on here who, at some point, has not felt disheartened, and thought that surely Hashem doesn't care for me. Who am I anyway? A ba'al taiva and ba'al aveirah? But NO, my friends, we're WRONG. Hashem loves us at every second, and He is always waiting for us to turn to Him, and say "Hashem! I need You! I can't do this any more!

Internalise this, and know it! Have an incredible Shabbos!

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Re: A journey to Hashem

Posted by gibbor120 - 04 May 2013 00:12

[zvi wrote:](#)

Chances are that there is no one on here who, at some point, has not felt disheartened, and thought that surely Hashem doesn't care for me. Who am I anyway? A ba'al taiva and ba'al aveirah? But NO, my friends, we're WRONG. Hashem loves us at every second...

Check this out: this guardyoureyes.com/forum/4-Wall-of-Honor/115354-Home-of-Gibbor120?limit=15&start=60#118862

and this: guardyoureyes.com/forum/4-Wall-of-Honor/115354-Home-of-Gibbor120?limit=15&start=60#118861

[zvi wrote:](#)

I'm the sort of person who gets stressed if he misses Borchu at ma'ariv.

You might want to check out the dr sorotzkin link in my signature. He has some great articles and audio on perfectionism and acting out too.

It helped me to learn to "let go". Let Hashem run the world. I don't have to be in control of everything. I just have to deal with the hand Hashem deals to me (so to speak).

Have a great Shabbos!

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