



Avoiding Temptation

1. A person should not put himself into a situation of temptation in general. When it involves forbidden sights and interactions with the opposite gender, one should be especially careful. (*Sanhedrin*

107b; Sefer Chofetz Chaim Klal 6, Be'er Mayim Chaim 14)

2. The above applies to every person. It makes no difference how strong-willed, intelligent, or upright the person is. It even applies to those who spend all day studying Torah. Even an elderly person is not permitted to put himself into a situation of temptation. (*Yerushalmi Shabbos*

1:3; Sefer Chassidim 619)

3. Even if a person feels confident that they can overcome any temptation, they are still not permitted to put themselves into a potentially challenging circumstance. There have been many people who were very confident in themselves but nevertheless had an unfortunate downfall.

(Yerushalmi Shabbos 1:3; Sefer HaChinuch, mitzvah 188; Sefer Chassidim 619)

(See upcoming emails for the specific guidelines and possible exceptions to the above.)