



## **BEREISHIS** (*in the beginning*)

The FIRST Testament (*Old Testament*) starts with the Pentateuch or Torah (*instructions*), and is comprised of 5 sections: Genesis, Exodus, Leviticus, Numbers and Deuteronomy. The word Genesis means *In the Beginning* and the author of the Book is not identified but traditionally, the author has always been assumed to be Moses and there is no conclusive reason to deny this. The Book of Genesis does not state when it was written but scholars have argued the dates of authorship is sometime approximately between 1450 and 1400 B.C., which is the approximate time that Moses led the Israelites out of Egypt and the approximate time of Moses' death. The Torah is not just a history book, but the charter of man's mission in the universe. This is why Genesis is called the Book of Creation: The real meaning of creation is not primarily the story of mountains and valleys, of oceans and deserts, or even of human and animal life. Creation is the story of the birth of Israel, the nation that inherited the task of Adam and Eve. In this first Book of the Torah we trace Israel's story from the life of Abraham and Sarah until their offspring develop into a family and then a nation.



**1:1** In *the* beginning created, Elohim אלהים the heavens ארץ and the earth. C-MATS

**Question:** Who made the heavens and the earth? Genesis 1:1 links the working of יהוה through את Messiah as the Creator as John states in John 1:1-3 In the beginning was the Word, and the Word was with Elohim, and the Word was Elohim. 2 The same was in the beginning with Elohim. 3 All things were made through Him, and without Him nothing was made that was made.



ELOHIM creates Earth

**Question:** What does the word *created* mean, “In *the* beginning, Elohim אלהים created” (1:1)? The Hebrew verb bara (“created”) employed by this verse specifically means the creation of something from nothing.

**Question:** When did time begin? In the beginning (1:1) refers to the beginning of time --the first, indivisible moment, before which time did not exist. Time was the first creation; thus the first commandment is the dedication of time by setting the months and seasons of the Hebrew calendar.



Darkness was on the waters

**2 And the earth was (*became*) chaos and void; and darkness was over the surfaces of the abyss. The Spirit of Elohim vibrated (*moved, hovered*) over the surface of the waters. C-MATS**

**Question:** Who is the Spirit of Elohim? Gen 1:2 gives us a key to understanding the Ruach ha-Kodesh (Sacred-Set apart Spirit) which is above the surface of the waters and is actually a *manifestation* and working of **יהוה** in Spirit. Insight to this is when Yahshua says in **John 16:7** Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send him unto you...15:26 But when the Comforter is come, whom I will send unto you from the Father, even the Spirit of truth, which proceedeth from the Father, He shall testify of Me...14:26 But the Comforter, which is the Holy Ghost, whom the Father will send in My name, He shall teach you all things...14:16 And I will pray the Father, and He shall give you another Comforter, that He may abide with you forever.” Both **יהוה** and **את** our Messiah works together as ONE.

**3 And Elohim said, Let there be (*cause*) light and there was light. C-MATS**





"Let there be light!"

**Question:** What is the first statement in Creation? And ELOHIM said, "**Let there be light!**" and **there was light**. Each individual is made up of Light. "Light" is therefore the purpose of each person: that he transforms his situation and environment from darkness and negativity to one of light and goodness.



Elohim separated Light from Darkness

**4 And saw Elohim אֱלֹהִים the light, that *it was* good: and Elohim separated the light from out of the darkness. C-MATS**

**Question:** Was darkness created? This is not merely the absence of light, but a specific creation, as is clearly stated in Isaiah 45:7: **He Who forms the light and creates darkness.** This is also indicated by the Sages' characterization that until light and darkness were separated from one another, they functioned "in a mixture", implying that patches of light and darkness were intermixed with one another until Elohim separated them.

**Question:** What does the word "**that it was good**" mean? Throughout the narrative, the term "**that it was good**" means that the creation of the item under discussion was completed. Thus, for example, the light is described as good, because its existence and function were now final. The waters, however, did not receive their final form until the third day, when they were gathered into seas and oceans. Consequently, they were not called good until the third day (Rashi).

**5 And Elohim called the light Day and the darkness He called Night. And there was (*existed*) evening and morning, day one. C-MATS**



Day and Night

**Question:** What lesson can we learn from darkness comes then light? In the beginning, evening came first and then day. Before we can experience the light of any worthwhile accomplishment, it is normal to pass through a period of darkness and difficulty. Knowing this secret gives us the power to persevere when things get tough, and rest assured that the light of dawn is right around the corner.

**Question:** What's the benefit of "paying one's dues" with difficult beginnings? To accomplish anything worthwhile takes a lot of energy, determination, and serious effort. A primary tool to get things done is will-power. The "dues," the difficulties that we may encounter as we try to accomplish our goals are great "will-power builders." They force us to affirm our will to keep going and push through even when things get tough. The "strengthened will" that these difficulties develop within us often makes the difference between reaching our goals or not.

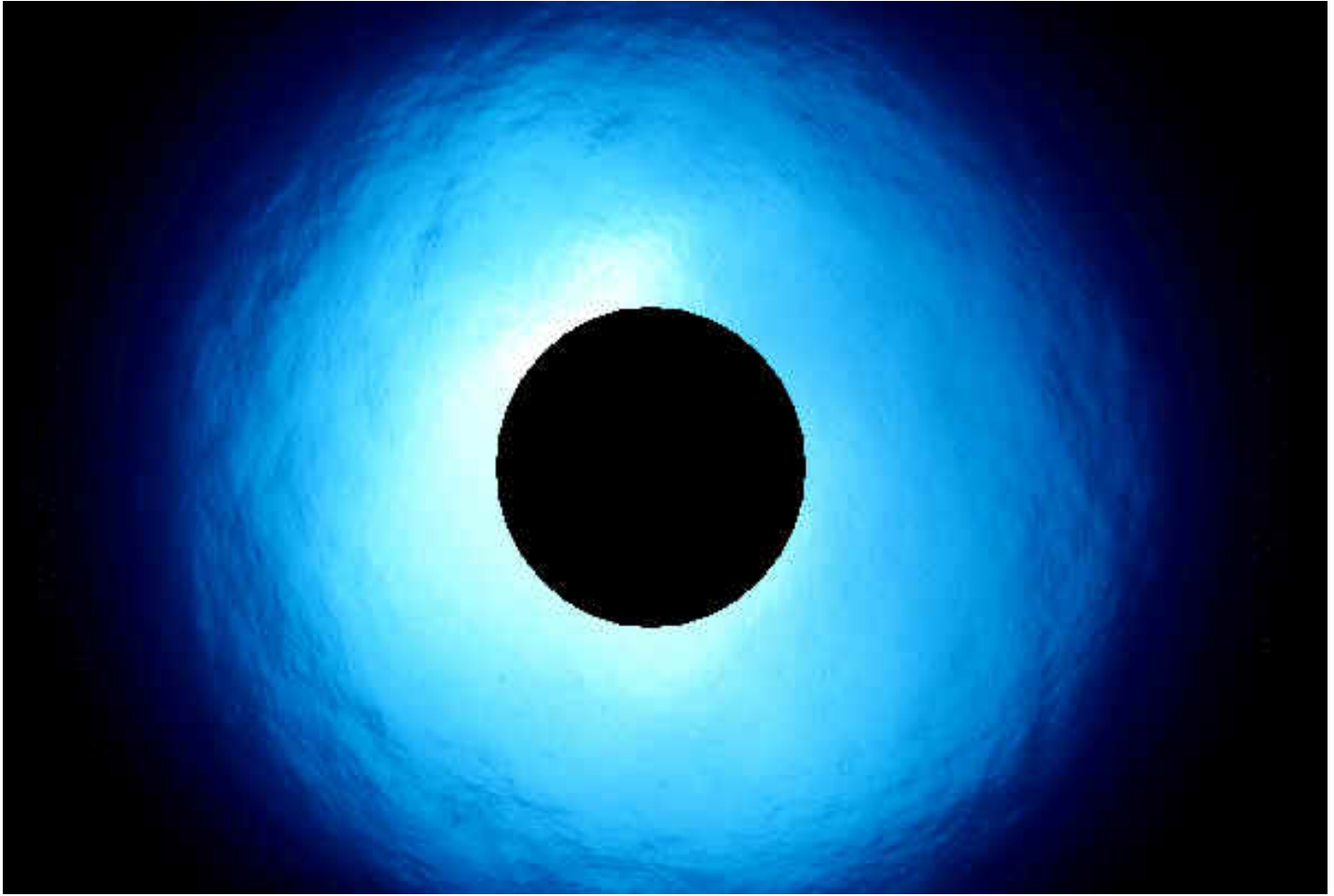
**Question:** Who enjoys his accomplishments more: someone who had to struggle to get there, or someone to whom it came easily? There is no comparison. It is inescapable human nature that the degree of effort that we put into attaining something parallels the amount of satisfaction we derive from it. Therefore the obstacles and struggles along the way, although perhaps not pleasant, are really blessings in disguise that will pay off in the future joy of overcoming them.



Firmament in the midst of the waters

**6 And Elohim said, Let there be a firmament (*dome*) in the midst (*middle*) of the water and let it divide the water from the water. C-MATS**

**Question:** What is the “firmament”? Since there is no solid dome encircling the earth, the term refers to the atmosphere that encircles the world.



Waters above the firmament

**7 And made Elohim אֱלֹהִים the firmament and divided the waters which *were* under the firmament from the waters which *were* above the firmament: and it was so. C-MATS**

**Question:** Where was the water placed in the firmament? It does not say, “on the firmament,” but “the water that was above the firmament” because the waters are suspended in the air in the dome.

**8 And Elohim called the firmament Heavens (*Sky*). And there was (*existed*) evening and morning, day two. C-MATS**

**Question:** What did the earth look like up until this point? Up to now, the entire earth was submerged under water. The earth had been created on the first day, but it was neither visible nor dry until the waters were commanded to assemble in their designated areas (Rashbam).



**9 And Elohim said, Let the waters under the heavens be gathered together in one place and let the dry land appear and it was so. C-MATS**



The dry land appeared

**10 And Elohim called the dry land Earth; and the gathering together of the waters He called Seas: and Elohim saw that *it was* good. 11 And Elohim said, Let the earth put forth grass, seed-producing plants and fruit trees, each yielding its own kind of seed-bearing fruit, on the earth and it was so. 12 And the earth brought forth grass, plants each yielding its own kind of seed and trees each yielding its own kind of fruit and Elohim saw that *it was* good. C-MATS**



Earth brought forth grasses



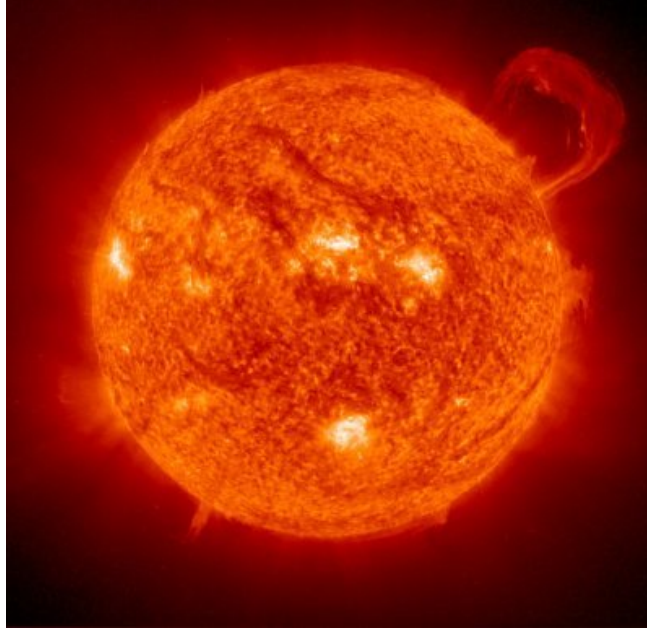
13 And there was (*existed*) evening and morning, day three. C-MATS



Lights in the firmament

14 And Elohim said, Let there be **מֵאֲרוֹת** *lights* in the firmament of the heavens to divide the day from the night; and let them be **לְאֹתוֹת** *for signs, solemnities (sacred festivals), days and years*; 15 And let them serve as luminaries (*lights*) in the firmament of the heavens to give light upon the earth and it was so. 16 And made Elohim **אֵת** Two Great Lights; the Greater **אֵת** Light to rule the day (*sun*) **וְאֵת** and the lesser light (*moon*) **אֵת** and the stars. C-MATS

**Question:** What does ELOHIM mean by the luminaries let them be **לְאֹתוֹת** *for signs, solemnities (sacred festivals), days and years*? This refers to the future, when the Israelites are destined to be commanded concerning the festivals and the festivals begin from the first phase of the moon.



The sun

**17 And Elohim set אֲנֹכְחָם *them* in the firmament of the heavens to give light upon the earth, 18 And to rule over the day and over the night and to divide the light from the darkness: and Elohim saw that *it was* good. 19 And there was (*existed*) evening and morning, day four. C-MATS**



The Earth and its Moon



20 And Elohim said, Let *the* waters swarm abundantly *with* the moving creatures *that have* life and *let* birds fly above the earth in the open firmament of heavens.



Abundant sea life

21 And created Elohim אֵת־ sea-creatures (*whales, monsters*) great אֵת־ and every creature living that moves, which the waters brought forth abundantly after their kind אֵת־ and every kind of winged bird: and saw Elohim that *it was* good. C-MATS



Elohim created great sea creatures

**Question:** What does “**And created Elohim**” mean? This term refers to something unprecedented. On the first day, it referred to Creation from a total vacuum; here, it refers to the huge size of some of the fish; and the last time it is used (v.27), it refers to the Creation of Man, intelligent life in the image of יהוה.



Let birds multiply in the earth

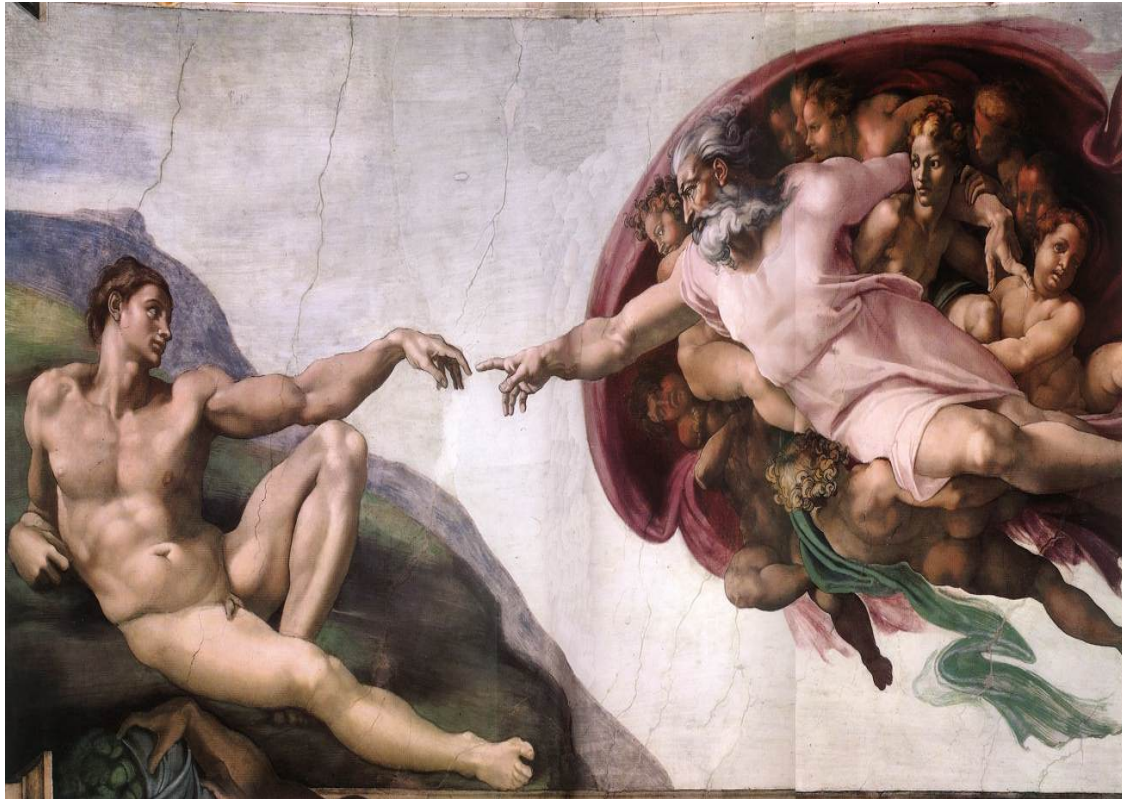
**22** And Elohim blessed **אתם** *them* saying, Be fruitful and multiply and fill **את** the waters in the seas and let birds multiply in the earth. **23** And there was (*existed*) evening and morning, day five. **24** And Elohim said, Let the earth bring forth each kind of living creatures, cattle, crawling animals and *wild* beasts of the earth and it was so.



Elohim made wild beasts on the earth.



25 And made Elohim אֱלֹהִים beasts of the earth after his kind אֲחֵרֵי and the cattle after their kind אֲחֵרֵי and everything that crawls upon the earth: and Elohim saw that *it was good*.



יהוה Elohim אֱלֹהִים made man in his image

26 And Elohim said, Let Us make man (*Adam*) in our image, in our likeness: and let them rule over the fish of the sea, the birds of the air, the animals all over the earth and every crawling creature that crawls upon the earth. C-MATS

**Question:** To whom was Elohim saying, 'Let us make man.'? John 1:1 In the beginning was the Word, and the Word was with Elohim, and the Word was Elohim. 2 He was with Elohim in the beginning. 3 Through him all things were made; without him nothing was made that has been made. 4 In him was life, and that life was the light of men. 5 The light shines in the darkness, but the darkness has not understood it. 6 There came a man who was sent from Elohim; his name was John. 7 He came as a witness to testify concerning that light, so that through him all men might believe. 8 He himself was not the light; he came only as a witness to the light. 9 The true light that gives light to every man was coming into the world. 10 He was in the world, and though the world was made through him, the world did not recognize him. 11 He came to that which was his own, but his own did not receive him. 12 Yet to all who received him, to those who believed in his name, he gave the right to become children of Elohim- 13 children born not of natural descent, nor of human decision or a husband's will, but born of Elohim. 14 The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth.

**27 So created Elohim אֱלֹהִים Adam (man) in His own image, in the image of Elohim He created אִתּוֹ him, male and female He created אֹתָם them. C-MATS**

**Question:** What is important about this verse? The אֱלֹהִים shows the connection of covenant ownership by יהוה through אֱלֹהִים (Messiah) in His creation, because on the day Adam is created there appears a אֱלֹהִים in front of Adam's name.

**Question:** How did Elohim create man? Just as Man is unique, so the manner of his creation was unique and exalted. Throughout the chapter, ELOHIM brought all things into being with an utterance, but He created Man with His own hands (Rashi).

**Question:** When was Eve created? Although Eve was created later (2:21), she and Adam were created on the same day (Rashi). Eve was separated from Adam later.

**Question:** If Elohim desired mankind to be comprised of both male and female, why did He not create them that way in the first place--as He did with the other animals? As a single individual, man was without match, without challenge, and thus without potential for growth and creation. "It is not good that man be alone," said the Creator; he requires a "helpmate" and an "opposite". So Elohim created them one, and then split them into two. Thus man searches for woman and woman yearns for man. Thus man and woman cleave to each other and become one.

**28 And Elohim blessed אֹתָם them and Elohim said to them, be fruitful and multiply and fill (replenish) אֶת the earth and subdue it: Rule over the fish of the sea, the birds of the air and every living creature that crawls upon the earth. C-MATS**

**Question:** Are you in sin if you do not have children? One who neglects this law has broken Elohim's commandment, incurring great punishment, because he thereby demonstrates that he does not wish to comply with the Divine will to populate the world (Sefer HaChinuch).

**Question:** What does it mean that He told Adam and Eve to "rule over... every living creature that crawls upon the earth"? He did not permit Adam and his wife to kill a creature and to eat its flesh; only every green herb they were all permitted to eat equally. The animals were tame and were their companions. They were to care for the animals. When the sons of Noah came He permitted them to eat flesh, but Elohim placed the fear of man in the animals when He allowed man to eat them.

**29 And Elohim said, Here! Through the whole earth, I am giving you אֶת every herb bearing seed which is upon the face of all the earth אֶת and every tree which is in the fruit of a tree yielding seed to you it shall be for meat (food). 30 And to every beast of the earth, every bird of the air and every animal that crawls upon the earth in which there is life (soul), I am giving אֶת every green herb for food and it was so. 31 And saw Elohim אֶת everything that He had made and indeed it was very good. And there was the evening and the morning, a sixth day. C-MATS**





Elohim gives man all the animals of the earth

**Question:** What does the six days of creation correspond to in history? The six days of creation embody the whole of history, for the world shall exist six thousand years which is why it is said that "**Elohim's day is as a thousand years**"

0-1000 The first day of creation was the millennium of Adam. Adam lived to be 930 years old. (Light)

1000-2000 The second day was the Flood, which wiped out a corrupt humanity and spared only the righteous Noah and his family. (Firmament)

2000-3000 The third day was when Abraham began teaching the truth of the One ELOHIM and the Torah was given on Mount Sinai. (dry land and grasses)

3000-4000 The fourth day was when the First Temple and the Second Temple in Jerusalem served as ELOHIM's dwelling. (Sun, moon, and stars)

4000-5000 The fifth day is the Dark Ages of the fifth millennium. (birds and fish)

5000-6000 The sixth day is our millennium--a millennium marked by strong, forceful empires, whose beastly rule will be followed by the emergence of Messiah, who ushers in the seventh millennium--the World to Come--a time of perfect peace and tranquility. (Man and animals)

**Question:** Elohim didn't "need" the world. He only created the world in order to be able to give to us. When we act as "givers" we are doing something great and acting like Elohim. It's a wonderful feeling when we are able to choose to give. What do you think is the difference between the pleasure of taking and the pleasure of giving? Which one is a greater pleasure? There is a pleasure in taking. There's a certain thrill in getting what we want. But this pleasure often fades pretty soon after we get it. This is especially true if we had to take it from somebody else. The pleasure of giving is more subtle. At first we may even not feel like giving. But usually when we do, we receive a warm glowing feeling of the pleasure that we've done the right thing.

**Question:** To whom would you say a person feels more love, to one from whom he receives or to one to whom he gives? One to whom he gives. Giving is itself an act of love. Even when the feeling of love doesn't exist from the start, eventually the feeling grows. A great piece of advice to someone who wants to learn how to love is to learn how to give.

**Question:** It has been said that the recipient is really the giver and the giver really the recipient. How would you understand this statement? When we have a chance to give, we get the chance to become a more spiritually oriented, righteous person. This is a great opportunity since this is really one of life's primary goals. People in need "give" us this opportunity, which is in a real sense, more valuable than anything we could possibly give to them.





**2:1 So the heavens and the earth and everything in them were finished. 2 And on the seventh day Elohim ended His work which He had made; and He rested on the seventh day from all His work which He had made. C-MATS**



**Question:** What is important about Sabbath besides the fact that the work of heaven and earth were complete? The world of the Sabbath is far above that of the six days it succeeds, but they are not separate from one another. The bridge between the mundane and the sacred, between the weekdays and the Sabbath, is Man. Adam and Eve were created last, just before the Sabbath, because only Man has the intelligence and wisdom to bring the sacredness of the Sabbath into the activities of the workweek. Of all the creatures in the universe, only he can create sacredness. Angels are sacred, but they are fixed. They cannot improve themselves or the world. Only Man can do both. The Sabbath is Elohim's seal, and Man is the one who must impress it upon Elohim's universe; indeed, Man's activities transform the universe from an apparently aimless combination of matter into the mirror of Elohim's will.

**Question:** How is Sabbath different from the other days? Elohim rested on Sabbath and wanted us to also have rest from our labors. Ordinarily, people must work to earn money to pay their bills, but on the Sabbath, work is forbidden – yet the Sabbath is a day that is blessed with more food and enjoyment than the rest of the week (Or HaChaim).

**3 And blessed Elohim אֱלֹהִים Day, the seventh and sanctified (set apart, consecrated) אֶת־ it (him), because בּוֹ in it (him) He rested (shabath) from all His work which created Elohim and made.**

**Question:** Why does Elohim give us such a brief description of Creation? The Torah did not mean for Man to understand that entire process -- that is beyond human capacity -- but only to know that Elohim is the Creator.

**4 These are the generations (history) of the heavens and of the earth when they were created. On the day that יהוה our Elohim made the earth and the heavens. C-MATS**

**Question:** Why is יהוה first used here? יהוה stands for His Attribute of Mercy. At first, Elohim created the world exclusively with the Attribute of Justice [Elohim], because the ideal state is for Man to be judged according to his deeds, without a need for special mercy, but Elohim knew that Man cannot survive without mercy and forbearance. Therefore He added יהוה signifying mercy, to teach that He would temper justice with compassion (Rashi to 1:1). The Name יהוה also signifies the eternity of Elohim, because its letters are also those of the words "He was, is, and will be." יהוה "is the very first and the very last." Everything in the created universe must have a moment when it came into existence, but יהוה is infinite; He transcends time. In recognition of this concept, the Four-letter Name is often translated the Eternal One.

**5 There was no wild bush on the earth and no wild plant had sprung up: for יהוה our Elohim had not caused it to rain upon the earth and there was no Adam (man) to till אֶת־ the ground. 6 But a mist came up from the earth which watered אֶת־ whole face of the ground. 7 And formed יהוה our Elohim אֱלֹהִים Adam (man) of the dust of the ground and breathed into his nostrils the breath of life; and Adam (man) became a living soul. C-MATS**



From the dust of the ground



**Question:** How did Elohim bring life to Man? Elohim made Man out of both lower [earthly] and upper [heavenly] matter: his body from the dust and his soul from the spirit (Rashi). In the words of the Zohar, "one who blows, blows from within himself," indicating that Man's soul is part of Elohim's essence, as it were. This soul made Man a living being, or a speaking spirit. Accordingly, the life that is unique to Man and which only Elohim could "blow" into him is the rational soul that includes the power of intelligent speech. This is what elevates a human above animal life: the ability, and therefore the responsibility, to use his intelligence in ELOHIM's service.

**8 And יהוה our Elohim planted a garden eastward in Eden; and He put there אִתּוֹ Adam whom He had formed. C-MATS**



The Garden of Eden

**9 And out of the ground made יהוה our Elohim to grow every tree that is pleasant to the sight and good for food. The tree of life was also in the midst of the garden and the tree of knowledge of good and evil. C-MATS**





Tree of Life

**Question:** What was the effect of eating the Tree of Knowledge of Good and Evil? As Adam and Eve were originally created, their natural impulse was to do good. Although they knew in the abstract that there was such a thing as sin, it was not something that they craved, just as we know that there is such a thing as cannibalism, but it has no appeal for us. By eating of the tree, they brought evil into themselves and made it part of their nature. Once they ate from the tree, they changed the nature of Man. From then on, Man was born with evil impulses, such as greed, selfishness, and lust for whatever suits his developing appetite. Through study, thought, and self-discipline, he must curb his base nature and desires, and fill himself with a desire for good and a disgust for evil.

**10** And a river went out of Eden to water **את** garden; and from there it was divided into four streams. **11** The name of the first is Pison (*dispersive*), which compasses **את** whole land of Havilah (*circular*), where *there is* gold; **12** And the gold of that land is good: there is bdellium (*aromatic resin*) and the onyx stone. **13** And the name of the second river is Gihon (*gush forth*), which compasses **את** whole land of Ethiopia (*or Cush*). **14** And the name of the third river is Hiddekel (*usually identified as Tigris, meaning swift*), which goes *toward* the east of Assyria. And the fourth river is Euphrates (*the great stream*). **15** And took **יהוה** our Elohim **את** Adam (*man*) and put him into the Garden of Eden to cultivate it and care for it. C-MATS

**16 And commanded יהוה our Elohim concerning Adam, you may eat freely of every tree of the garden, 17 But of the tree of the knowledge of good and evil, you may not eat from it, because in the day that you eat from it you will certainly die. C-MATS**

**Question:** What does this verse mean? On that day the evil impulses of jealousy, lust, and honor will be aroused within you, making it impossible for you to attain the goal of complete spirituality as long as you are still on earth. Thus, eternal life will be an intolerable burden for you (Malbim). Since Adam lived to the age of 930, it is clear that he was not to die as soon as he ate the fruit. Rather, he would become subject to death, whereas if he had never sinned, his righteousness would have kept him alive forever.

**Question:** Why didn't Adam die the day that he ate the fruit? **“because in the day that you eat from it you will certainly die.”** He died in the same day that he ate of the fruit of the Tree of the Knowledge of Good and Evil. **2 Peter 3:7 “with ELOHIM one day is as a thousand years, and a thousand years as one day.”** He died before 1000 years or one day was over.



The Tree of Knowledge of Good and Evil

**18 And said יהוה our Elohim, It is not good that Adam should be alone; I will make him a helper suitable for him.**

**Question:** What is meant by this verse? If man is worthy, his wife will be a helpmate. If he is not worthy, she will be against him, to fight him (to reform him). The ideal marriage is not necessarily one of total agreement in all matters. Often it is the wife's responsibility to oppose her husband and prevent him from acting rashly, or to help him achieve a common course by questioning, criticizing, and discussing. Thus, the verse means literally that there are times a wife can best be a helper by being against him.

**Question:** Adam was all alone in the world, but then ELOHIM revealed to him that it wasn't good for him always to be alone and made Eve as his partner and companion. Is there ever an advantage to being alone? A person alone has time to think about things and can get to know himself and ELOHIM and a little 'alone' time is a plus. But, in general, life is happier and fuller when it's lived with family and friends.

**Question:** Having a friend makes life feel more worth living. Why do you think that is? Having a genuine friend is an invaluable gift. It makes the good times feel so much better and the hard times feel so less bad. It's worthwhile reaching out to make - and keep - good friends. (Your marriage partner should be your best friend and helpmate.)

19 **And out of the ground ירהוה our Elohim formed every beast of the field אה and every bird of the air; and brought them to Adam to see what he would call them: and whatever Adam called every living creature (soul) that was the name of it.**

**Question:** What does “whatever Adam called every living creature” really mean? Every living creature to which man would give a name-that was to be its name forever.

**Question:** Why do we say the original garden was located somewhere in the Mesopotamian region (around present day Iraq) where the modern Tigris and Euphrates rivers flow? The Bible records a devastating worldwide Flood, many centuries after Adam and Eve were expelled from the Garden. Sedimentary layers sometimes miles thick, bear mute testimony to this massive watery upheaval which tore apart and buried forever the pre-Flood world. After the Flood, the survivors (Noah's family) moved to the plain of Shinar (Sumeria/Babylonia) which is where we find rivers today called Tigris and Euphrates. These are therefore clearly not the same rivers. They run on top of Flood-deposited layers of rock containing billions of dead things (killed by the Flood). These rivers were probably named after the original pre-Flood rivers, just as settlers from the British Isles to America and Australasia applied familiar names to many places in their “new world.” The Bible speaks of one river breaking into four. This is not what is found in the Middle East today. The Garden was destroyed by the Flood. Its actual location on the globe can never be established.





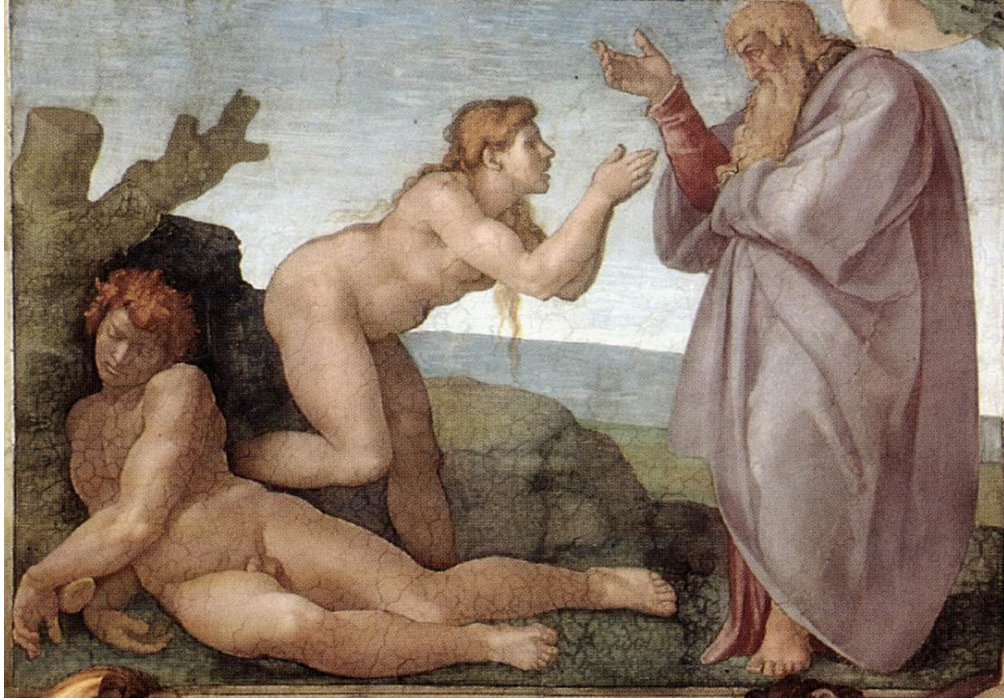


Adam in the Garden

**20 And Adam gave names to all cattle and to the birds of the air and to every *wild* beast of the field; but for Adam there was not found a helper for him. C-MATS**

**Question:** Why did ELOHIM bring all the creatures to Adam to find a mate? ELOHIM brought all the creatures to him so that he could see for himself that none was suited to his needs, and he would ask for a companion. Then he would appreciate his newly fashioned mate and not take her for granted. Adam named her gender Ishah [Woman], because she was taken from Ish [Man]. That name comes from eish or fire, because Man is unique among all living beings in the characteristics symbolized by fire: energy and enthusiasm, lust and initiative. These characteristics enable Man to achieve dominance, attain wisdom, and develop culture. But the same fire can cause the mass destruction that has marred humanity almost since the beginning of time. Controlled and directed, that fire can create spiritual kingdoms that surpass the angels.





יהוה Elohim creates Eve

21 And יהוה *our* Elohim caused a deep sleep to fall upon Adam and he slept: and He took אֶת *one* of his ribs and closed up the flesh in its place: 22 And made He, יהוה *our* Elohim אֶת the rib, which *He* took from Adam *and formed* a woman and brought her to Adam.



23 And said Adam אָדָם This is now bone of my bones and flesh of my flesh, לְזָאתָ for this (she) will be called Woman, because out of Man was taken אָדָם this (she). 24 Therefore, will leave a man אָדָם his father אָבִי and his mother and will cling to his wife: and they will be one flesh. 25 And they were both naked, but Adam and his wife and were not ashamed. C-MATS

**Question:** What does this verse mean? The Torah does not mean that a man should not continue to serve or honor his parents. It implies only a physical separation; that his attachment to his wife should be so strong that he will move out of his parents' house and establish a new home with her. Let him cling to his wife and to none other, because man and wife are in reality one flesh, as they were at the beginning of Creation (Tur). But that can happen only if they also become one mind, one heart, one soul ... and if they use all their strength and effort to the service of ELOHIM (R' Hirsch).

3:1 Now the serpent was more prudent (*counsel*) than *any* living of the ground, which יְהוָה our Elohim had made. And the serpent said to the woman, Did Elohim really say that you are not to eat of every tree of the garden? C-MATS



**Question:** Who was the serpent? Is the word "serpent" mistranslated from Hebrew to English? 3 Hebrew letters make up the word Serpent. n NUN means FISH DARTING, IMPARTING LIFE. jHET n means FENCE, BORDER, ENCLOSE. c SEEN-SHIN w means TEETH, CONSUMING FIRE. An angel is what this word "serpent" is describing in Paleo Hebrew. A being that is made up of "light" who is one who "protects life". The KJV-based *Strong's Concordance* means "shining one, light-bearer". According to **Ezekiel 28:12** "**You had the seal of perfection, Full of wisdom and perfect in beauty. 13 "You were in Eden, the garden of ELOHIM,"**" Lucifer was in the Garden of Eden. **The Book of Adam and Eve 8:1** Then Adam cried and said, "O, ELOHIM, when we lived in the garden, and our hearts were lifted up, we saw the angels that sang praises in heaven, but now we can't see like we used to; no, when we entered the cave, all creation became hidden from us."



**Discuss:** Adam and Eve saw angels and trusted angels as their protectors. Why wouldn't they trust Lucifer to tell them the truth and not be afraid to talk to him in the Garden? Would ELOHIM actually put an evil creature in the Garden? Adam and Eve were very intelligent. Wouldn't they be able to discern an evil creature when they saw it?



Lucifer as an Angel of Light before He fell

**Question:** How did the Evil One deceive her? The Evil One made her question ELOHIM and not trust Him. He said, "Did, perhaps, ELOHIM say." "Is it possible that ELOHIM has not allowed you to eat of any of the trees? The Evil One also said, "Why would He have created them if they are not to be enjoyed?" This is a classic trick of the Evil One: Pleasures are meant to be enjoyed, so it is foolish to believe that ELOHIM could have commanded one to control oneself from doing so.

**Spiritual Exercise:** Are you being tricked by the Evil One? Are you enjoying pleasures of the world that ELOHIM wants you to stay away from? Do you long to be entertained all the time? Do you spend your money foolishly? Beware of the devices of the enemy and turn away from the things of the world and find pleasure only in ELOHIM and serving Him.

**2** And the woman said to the serpent, We may eat of the fruit of the trees of the garden, **3** But of the fruit of the tree which *is* in the midst of the garden, Elohim said you should not eat of it, neither should you touch it, or you *will* die. **4** And the serpent said to the woman, You will not die, **5** Because Elohim knows that in the day you eat of it, then your eyes will be opened and you will be like Elohim, knowing good and evil. C-MATS

**Question:** What was the first lie? “You will not die.”

**Question:** What error did Eve make when she said, “neither should you touch it”? She added to the command not to eat of the tree. Prov. 30:6 says: “Do not add to His words.” Then the serpent pushed her until she touched it. He said to her, “Just as there is no death in touching, so is there no death in eating it.”

**6** And when the woman saw that the tree *was* good for food and that it *was* pleasant to the eyes and a tree to be desired to make one wise, she took the fruit and ate it and gave some to her husband who was with her; and he ate some also.



Eve gives Adam the fruit to eat

**Question** Why did Eve eat of the tree? She trusted Lucifer because she talked and walked with the angels often and felt safe with them. She understood his words and they appealed to her because she wanted to be like ELOHIM (Creators of worlds) so she believed him.

**Question:** Adam was standing next to Eve during this conversation. Why didn't Adam stop Eve from eating from the tree? Adam also trusted what Lucifer was telling him or he would not have eaten the fruit also.



Adam and Eve walked and talked with the angels

**Question:** In your opinion, if 'A' hires or otherwise engages 'B' to do something wrong for him, who is ethically responsible? Both of them. 'A' is responsible for putting a stumbling block in front of 'B' by tempting him to do wrong, and 'B' is responsible for actually doing it. Ultimately each of us is responsible for our own choices and the fact that someone pressures or convinces us to do something wrong is not a valid excuse. Even though Lucifer tempted Eve, who then convinced Adam to eat from the tree ELOHIM had warned them not to eat from, all three of them had to face the consequences.



**Question:** What if the person who is telling us to do something unethical is someone in authority, are we then permitted to do it? Each of us, as human beings created by ELOHIM, has an ethical obligation to live according to true and healthy values. There is no person who has the authority to make us override that. We should, however, ascertain that what we are being asked to do is truly unethical and not merely unpleasant, etc.

**7 And the eyes of them both were opened and they knew that they *were* naked; and they sewed fig leaves together and made themselves aprons. 8 And they heard **את** voice of יהוה *our* Elohim walking in the garden *in* the cool of the day. Adam (*man*) and his wife hid themselves from the presence of יהוה *our* Elohim among the trees of the garden. C-MATS**

**Question:** Whose voice did they hear in the garden? **את** (Yahshua)

The entire Tanakh gives us a perfect picture of the Yah-head as יהוה Father works His will in conjunction with and through **את** Yahshua together as ONE, but please understand, it is Father's will that is predominate and insight into this is every time Yahshua speaks about Father in the Gospels. Matt 20:23 *to sit on My right hand and on My left, is not Mine to give, but it shall be given to them for whom it is prepared of My Father...* John 14:10 *The Words that I speak unto you I speak NOT of Myself: but the Father that dwelleth in Me, He does the Works.* For it is unto יהוה Father that the 24 elders in the throne room bow down and cast their crowns before His feet in Revelation 4:10. Genesis 3:8 **And they heard **את** voice of יהוה *our* Elohim walking in the garden...**confirming what we thought all along, that the one walking and speaking to Adam and Eve in the cool of the day was **את** Yahshua working together as ONE with יהוה Father by the power of His Holy Spirit.



Elohim walks in the Garden of Eden

9 And יהוה *our* Elohim called to Adam and said to him, Where are you? 10 And he said, אֶת־ Your voice I heard in the garden and I was afraid, because I *was* naked; and I hid myself. 11 And Elohim said, Who told אֶת־הָאִשָּׁה *you* that you *were* naked? Have אֶת־הָאֵלֹהִים *you* eaten of the tree, which I commanded that not אֲכַלְתָּ *you eat*? 12 And Adam said, The woman whom you gave *to be* with me, she gave me *some fruit* from the tree and I ate it. C-MATS



Adam blames the woman

13 And said יהוה Elohim to the woman, what *is* אֵת־ *this* you have done? And the woman said, The serpent tricked me and I ate it. C-MATS

**Question:** Did Adam and Eve ask to be forgiven? They blamed each other for their sins and did not repent.

14 And said יהוה Elohim to the serpent, because you have done אֵת־ *this* cursed *are* אֶת־הָאֱדָמָה *you* above all cattle and every *wild* beast of the field. You will crawl on your belly and eat dust all the days of your life: 15 אֲשִׁית *I will put* enmity (*hatred*) between you and the woman and between your seed (*descendants*) and her seed; He will bruise (*overwhelm*) your (*Satan*) head (*chief*) וְאֶת־הָאֱדָמָה *and you will* bruise His heel. C-MATS

**Question:** How was this prophecy fulfilled: **He will bruise (overwhelm) your (Satan) head (chief) וְאַתָּה and you will bruise His heel?** Heb 2:14 **Since the children have flesh and blood, he too shared in their humanity so that by his death he might break the power of him who holds the power of death—that is, the devil.** Isaiah 53:10 "Yet it pleased יְהוָה to bruise Him. Matt 1:18. **His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be pregnant through the Holy Spirit.**

Fall from Heaven



**Question:** How was Lucifer cursed? Did ELOHIM take away his ability to fly (crawl on your belly) and made him stay on earth (eat dust) until the Day of Judgment (all the days of your life)? Was this the reason for Lucifer's fall? Did he lose favor with ELOHIM at this moment and was cast out of Heaven? ELOHIM said that Lucifer would hate women (and her offspring) and try to destroy them (enmity between you and the woman) and so it has been ever since that day.



Ezekiel 28:12 So says Adonai יהוה: **אתה** You sealed up the sum, full of wisdom and perfect in beauty. 13 You were in Eden, the garden of Elohim; every precious stone was your covering, the sardius, the topaz and the diamond, the beryl, the onyx and the jasper, the sapphire, the emerald and the carbuncle and gold: the workmanship of your tabrets and of your pipes was in you; in the day that you were created they were prepared. 14 **את** (You?)\* are the anointed cherub that covers: and I set you, *so that* you were upon the Sacred mountain of Elohim; you have walked up and down in the midst of the stones of fire. 15 **אתה** You were perfect in your ways from the day that you were created, until unrighteousness was found in you. 16 By the abundance of your traffic they filled the midst of you with violence and you have sinned: therefore, have I cast you as profane out of the mountain of Elohim; and I have destroyed you, O covering cherub, from the midst of the stones of fire. 17 Your heart was lifted up because of your beauty; you have corrupted your wisdom by reason of your brightness: I have cast you to the ground; I have laid you before kings, that they may behold you. 18 By the multitude of your iniquities, in the unrighteousness of your traffic, you have profaned your sanctuaries; therefore, have I brought forth a fire from the midst of you; it has devoured you and I have turned you to ashes upon the earth in the sight of all them that behold you. C-MATS

**Question:** What was Lucifer's position? Lucifer was one of 5 cherubim created to guard and carry the throne of ELOHIM. Lucifer was the cherubim placed on the top of the throne. Lucifer had the highest of all positions. Lucifer was the wisest creature ELOHIM ever created. No other angel, no other being was created with the intelligence that ELOHIM gave to this creature. We have here in Ezekiel a picture of the highest of ELOHIM's creatures, perfect in wisdom, beautiful beyond description, a musician and on top of all that, he was given this high, exalted position. But, this creation, with all of these wonderful attributes also had a free will. In the garden, ELOHIM says to this marvelous creature, "**unrighteousness was found in you.**"

Isaiah 14:12 How are you fallen from heaven, O Heylel (*howling*), son of the dawn! How are you cut down to the ground that did lay low the nations! 13 **אתה** And you, **אמרת** you said in your heart, I will ascend into heaven, I will exalt my throne above the stars of Elohim; and I will sit upon the mount of congregation, in the uttermost parts of the north; 14 I will ascend above the heights of the clouds; I will make myself like the Most High. C-MATS

**Question:** What sin was found in Lucifer? Did you notice in this passage all of the "I will"? He said he would exalt his throne above the "stars of ELOHIM". The word "stars" here does not refer to what we see in the night sky. It refers to the princes of ELOHIM. In other words, "I will rule over the princes of ELOHIM". Who are the princes of ELOHIM? We are the co-heirs to the throne. He is the King and we are His princes. He does not want to be ELOHIM's servant. He does not want to do what he was created to do. He wants to be served and there are millions who have chosen to do just that; serve him. They have listened to his lies and chosen to follow him. Eve believed the lie that she would be like ELOHIM. The reason Lucifer tempted her with that was because it is the very thing that he wants -- to be ELOHIM.

Rev 12:7 And there was war in heaven. Michael and his angels fought against the dragon, and the dragon and his angels fought back. 8 But he was not strong enough, and they lost their place in heaven. 9 The great dragon was hurled down-that ancient serpent called the devil, or Satan, who leads the whole world astray. He was hurled to the earth, and his angels with him.



Lucifer and his angels were cast out of heaven

**Question:** Where is heaven? Heavens is always plural in Hebrew, with seven levels of heaven, noted in Scripture. The names are: Vilon, Rakia, Shechakim, Zevul, Maon, Machon, and Aravot.

1. Vilon is a “curtain” which is rolled over the earth at nighttime to block the sun;; contains the atmosphere, minor stars, snow and dew; abode of Adam and Eve; governed by Gabriel; called *curtain* or *veil* because it veils or hides the other six levels. **It is He that sits above the circle of the earth and the inhabitants are as grasshoppers; that stretched out the heavens as a curtain (Vilon) and spreads them out as a tent to dwell in. (Isaiah 40:22).**

2. Rakia (“*expanse*,” “*canopy*”): possibly refers to the frozen canopy over the earth before the Flood **And made Elohim אֶת־הַרְקִיעַ the firmament and divided the waters which were under the firmament from the waters which were above the firmament: and it was so. And Elohim called the firmament Heavens (Sky). (Genesis 1:7-8)** Moses visited Paradise here to receive the Ten Commandments; fallen angels are imprisoned here for marrying human women. **The Nephilim were on the earth in those days; and this was when the sons of Elohim came in to the daughters of men and they gave birth to children; these were the ancient heroes, men of renown. (Genesis 6:4);** dwelling place of souls awaiting judgment including “men of renown,” called *expanse* it is the part of the heavens that can be seen: stars, sun, moon, and planets. **And Elohim set אֶת־הָאֵלֹהִים them in the firmament (Rakia) of the heavens to give light upon the earth, (Gen 1:17)**

3. Shechakim (“*clouds*”) is the atmosphere. **“He commanded the skies (Shechakim) above and opened the doors of heaven; and He rained down manna upon them to eat.” (Psalm 78:23)**

4. Zevul ("*habitation*") is the location of celestial Jerusalem and the temple with the heavenly altar where Michael offers a sacrifice. **“Look down from heaven and surely from the habitation (Zevul) of Your holiness and of Your glory. (Isaiah 63:15) “I have certainly built you a house (Zevul) to live in, a settled place for you to abide in forever.” (1Kings 8:13)**

5. Maon ("*refuge*") is where His ministering angels stay, singing in the night. *Yet יהוה* will command His loving-kindness in the day-time; and in the night His song shall be with me, *even* a prayer to the Elohim of my life. (Psalm 42:8)

6. Machon ("*city,*" "*established place*") is the location of the storehouses of snow, rain, hail, whirlwinds, storms, etc. A multitude of angelic beings dwell there and sing praises to ELOHIM day and night. יהוה shall open to you את His treasure, the goodness את of the heavens (Machon) to give rain to your land in His season and to bless את all the work of your hands: and you will lend to many nations ואתה and you will not borrow. (Deuteronomy 28:12) ואתה and You hear from heaven your dwelling-place (Machon) and forgive and render to every man according to all his ways, whose You know את heart; for אתה You know, *even* you only, את hearts of all the children of men; (1Kings 8:39)

7. Aravot ("*deserts*") is the home of ELOHIM and his divine Throne of Glory and the highest order of angels, which include the Seraphim, and Cherubim. It also holds the spirits of the righteous that are human souls waiting to be born. **Cast up a highway for Him that rides upon the heavens (Aravot) by Yah (בְּיָה) is His name and exult you before Him. (Psalm 68:4)** It is called *desert* because it has no moisture and no air; Yah also said to be above the seventh heaven.





**16 To the woman He said, I will greatly increase your pain in childbirth, but your desire *will be* for your husband and he will rule over you. C-MATS**



Eve is cursed

**Question:** What does it mean “**he will rule over you**”? Her punishment was measure for measure. She influenced her husband to eat at her command; now she would become obedient to him (Ramban). The new conditions of life that made food the product of hard labor would naturally make women dependent on the physically stronger men. Obedience to the Torah, however, restores her to her former and proper status as the crown of her husband and pearl of his life [Proverbs 12:4, 31:10] (R' Hirsch).

**Question:** How should a man treat his wife? A man should honor his wife more than himself, and love her as himself. If he has money, he should increase his generosity to her according to his income. He should not cast fear upon her excessively and his conversation with her should be gentle -- he should be prone neither to sadness nor anger. They also say that a wife should honor her husband exceedingly and respect him ... and avoid doing anything that he hates.

**Question:** Do you think life would be better if there were no rules or laws and everyone could do whatever he wanted? It sounds like a dream - but it would really be a nightmare. It is human nature for one person to take what he wants, even at someone else's expense, and without rules and limits the world would soon fall apart.

**Question:** The Torah has been described as 'instructions for living'. What do you think this means, and why do you think this might be valuable? Life is the ultimate game - the ultimate challenge. It is potentially amazing and wonderful and potentially the opposite. There is no way that the loving Elohim would put us down into life, with all of its complexities and not give us a set of instructions how to maximize the experience. The Torah gives us just the right balance of options and limits in every area of life to make the most of our trip through it and get to a great place afterwards, too.

**17 And to Adam He said, Because you have listened to the voice of אִשְׁתְּךָ *your wife* and have eaten from the tree, which I commanded you not to eat from. The ground is cursed on your account. In toil you will eat *of* it all the days of your life; 18 It will produce thorns and thistles for you; and you will eat אֲרָבִים *herbs* of the field. 19 You will eat bread by the sweat of your forehead till you return to the ground, because you were taken out of it, for dust אֲדָמָה *you are* and to dust will you return. C-MATS**



**Adam and Eve by Johann Ramboux**

Adam is cursed by sweating to produce his food.

**Question:** What was the man's curse? The ground will bring up cursed things for man, such as flies, fleas, and ants. When man sows the earth with legumes or garden vegetables, it will cause thorns and thistles and other grasses of the field to grow for him. When man toils (labors) with the land, he will sweat very much.

20 And Adam called אִשָּׁתוֹ *his wife* name Eve, because she was the mother of all living. 21 To Adam and his wife did יְהוָה *our Elohim* make coats of *animal* skins and clothed them. C-MATS

**Question:** What was the first blood sacrifice? ELOHIM killed an animal so that its blood would cover their sins and he covered them with the skins of the animal.

22 And יְהוָה *our Elohim* said, See, Adam *has* become like one of Us, knowing good and evil: and now, he may stretch out his hand and take from the Tree of Life and eat it and live forever. 23 Therefore, יְהוָה *our Elohim* sent him out from the Garden of Eden to till אֶת-הָאָרֶץ the ground from which he was taken. C-MATS



Adam and Eve are driven from the Garden of Eden

24 So He drove out אֶת-אָדָם Adam; and He placed at the east of the Garden of Eden אֶת-כְּרֻבִים cherubim אֶת-חֶרֶב flaming sword which turned every way to guard אֶת-דֶּרֶךְ way of the Tree of Life.

**Question:** What are Cherubim? Cherubim/cherubs are angelic beings involved in the worship and praise of ELOHIM. The prophet Ezekiel describes them as a tetrad of living creatures, each having four faces: of a lion, an ox, an eagle (or griffon vulture), and a man. (The face of the Cherubim would change according to the mission at hand.) They are said to have the stature and hands of a man, the feet of a calf, and four wings. Two of the wings extended upward, meeting above and sustaining the throne of ELOHIM; while the other two stretched downward and covered the creatures themselves. The cherubim serve the purpose of magnifying the holiness and power of ELOHIM. This is one of their main responsibilities throughout the Bible. Lucifer served as the Chief Cherubim before he fell.





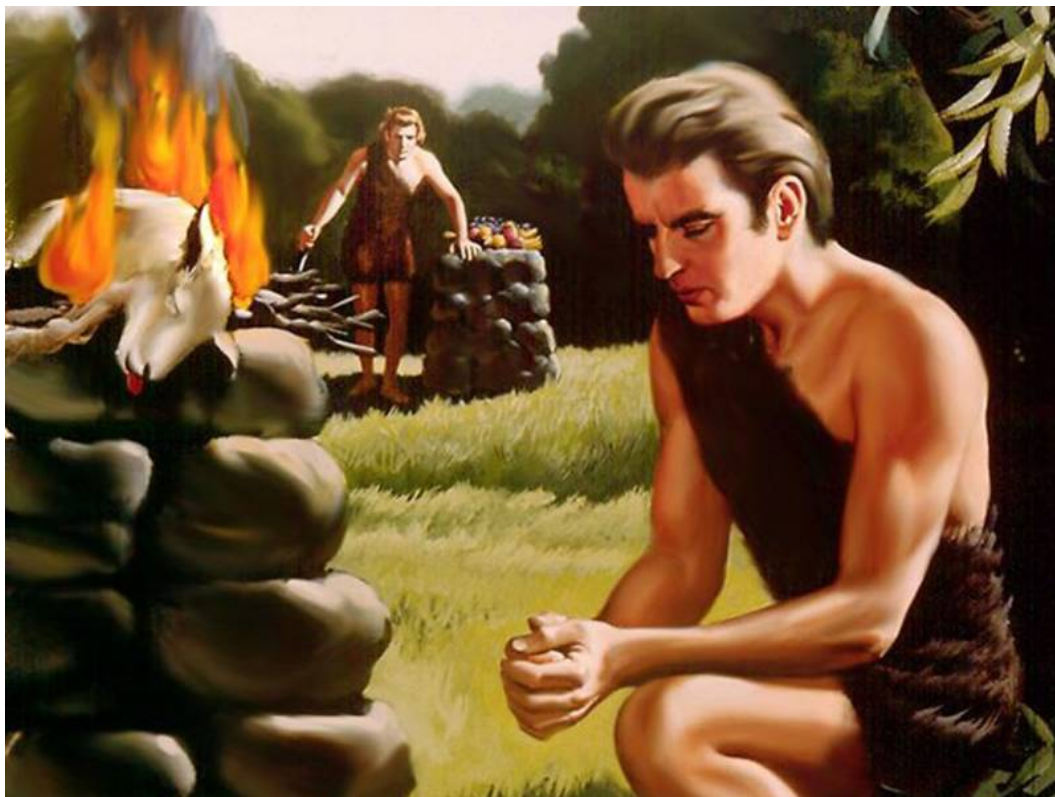
**4:1 And Adam knew **את** Eve **אשתו** *his wife*; and she conceived and gave birth to **את** Cain (*to acquire*) and she said, I have acquired a man *from* **את** יהוה. C-MATS**

**Question:** What is important about this verse? This is the first and only time **את** appears in front of Eve's name. Adam has intercourse with her for the first time and she conceives Cain. When Eve is taken from Adam, only Adam's rib is marked by the **את**.

**2 And she again gave birth to **את** his brother **את** Abel (*vanity*). And Abel was a keeper of sheep, but Cain was a tiller of the ground. C-MATS**



**Question:** Why was Abel a shepherd? Like the Patriarchs, Moses, and David, Abel chose a profession that permitted him to spend his time in solitude and mediation of ELOHIM.



Cain and Abel bring their sacrifice to ELOHIM

**3** And in *the* process of time it came to pass, *that* Cain brought some fruit of the ground *as an offering* to ליהוה. **4** And Abel also brought one of the firstborn (*first-born*) of his flock and the fat (*best*) of it. And יהוה accepted Abel and his *offering*:

**Question:** What kind of gift did Abel bring to ELOHIM? Cain's offering was from the inferior portions of his crops, while Abel chose only the finest of his flock. Therefore, Abel's sacrifice was accepted, because it was a blood sacrifice to cover his sins, but not Cain's (Ibn Ezra; Radak).

**Question:** What does it mean “And יהוה accepted Abel and his offering”? Fire descended and consumed Abel's offering and not Cain's.

**5** But He did not accept Cain and his *offering*. And Cain was very angry and his countenance fell. **6** And יהוה said to Cain, Why are you angry and why *has* your countenance fallen? **7** If you do well, you will be **שָׂאתָ** lifted up (*accepted*) and if you do not do well, **חַטָּאת** sin is crouching at the door, it wants you, **וְאַתָּה** and you can rule over it (*him*).

**Question:** What was ELOHIM saying to Cain? ELOHIM wished to teach Cain how to repent: The Evil One desires continually to entice you, yet you can conquer it -- you can prevail over it if you wish (Rashi), for you can mend your ways and cast off your sin.



**Question:** What should we do when we become jealous of someone? Jealousy is a natural but negative feeling that can cause big problems. Cain's jealousy of his brother, Abel, led to tragedy. We must remember that everything a person has - including his natural talents, his possessions, whether earned or given, etc, are ultimately gifts from ELOHIM. And ELOHIM gives each of us exactly what we need for our best, spiritual good.

**Question:** Is there ever a good time to be jealous? When we see someone with a positive character trait, it's good to be jealous - not to wish he didn't have it - but to motivate ourselves to work to acquire it too.

**8 And Cain talked with Abel his brother: and it came to pass, when they were in the field, that Cain rose up against Abel his brother and killed him. C-MATS**



Cain kills Abel

**9 And יהוה said to Cain, where *is* Abel your brother? And he said, I *do* not know: *Am* I my brother's keeper? C-MATS**



**Question:** Why does ELOHIM say, “Where is Abel your brother?” To enter with him into gentle conversation, perhaps Cain would repent and say, “I killed him, and I sinned against You.” Instead Cain said, “I do not know.” He acted as if he could deceive the Most High.

**Question:** Getting along with siblings has been a challenge ever since time began. Do you think that the people who are siblings are a random twist of fate? Not at all. Every person we encounter has been sent to us from ELOHIM as a spiritual test and growing experience, how much more so then are our family and the people close to us. Remembering this is a great tool for getting along with our siblings - and everyone else.



ELOHIM curses Cain

**10 And He said, “What have you done? *The* voice of your brother’s blood cries to Me from the ground.” C-MATS**

**Question:** Why is the Hebrew word for blood plural? The word is in the plural, implying that Cain's crime was not limited to one person; he had shed Abel's blood and the blood of his potential descendants.



Adam and Eve weep over Abel

**11 And now cursed are **אתה** you from the earth, which has opened **את** her mouth to receive **את** blood of your brother's from your hand. 12 When you till **את** the ground, it will no longer yield to you her strength. You will be a fugitive wandering the earth. 13 And Cain said to **יהוה**, My punishment is greater than I can bear. C-MATS**

**Question:** What was Cain's curse? Cain would be “fugitive wandering the earth” having no permission to dwell in one place. ELOHIM's vengeance will be brought upon him sevenfold. ELOHIM did not wish to bring vengeance upon Cain now. At the end of seven generations, ELOHIM will bring His vengeance upon him, for Lemech, one of his grandchildren, will rise up and slay him.

**14 You are banning **אתי** me today from the land and your presence and I will be a fugitive wandering the earth; and everyone that finds me will want to kill me. 15 And **יהוה** said to him, therefore, whoever kills Cain, vengeance will be taken on him sevenfold. And **יהוה** set a **אות** mark/sign upon Cain so anyone finding **אתו** him would not kill him. 16 And Cain went away from the presence of **יהוה** and lived in the land of Nod, on the east of Eden. C-MATS**

**Question:** Where is the land of Nod? The word “Nod” means wandering, so that Cain was banished to a place where exiles wander ... to the east of Eden, where his father had been exiled when he was driven out of the Garden [cf. 3:24].

**17 And knew Cain אִשְׁתּוֹ אֵת his wife; and she conceived and bore אֵת Enoch (dedicated or teacher): and Cain built a city and called the name of the city after the name of his son, Enoch.**

**Question:** Who did Cain marry? Probably he married his sister. During their lives, Adam and Eve had a number of male and female children. Adam did live to be 930 years old. In fact, Josephus wrote, “The number of Adam’s children, as says the old tradition, was thirty-three sons and twenty-three daughters.” The name of Cain’s wife comes from the word *ishshah* and is the word for “woman,” and it means “from man.” It is a derivation of the Hebrew words *‘iysh* (pronounced: *eesh*) and *enowsh*, which both mean “man.” This can be seen in *Genesis 2:23* where the name “woman” (*ishshah*) is given to one who came from Adam. Thus, Cain’s wife is a descendant of Adam/man. Therefore, she had to be his sister (or possibly niece).

**Question:** Should Cain have married his sister? When Adam and Eve were created, they were perfect. Everything ELOHIM made was “very good” (*Genesis 1:31*). That means their genes were perfect—no mistakes. But when sin entered the world because of Adam (*Genesis 3:6*), ELOHIM cursed the world so that the perfect creation then began to degenerate, that is, suffer death and decay (*Romans 8:22*). Over a long period of time, this degeneration would have resulted in all sorts of mistakes occurring in the genetic material of living things. Thus ELOHIM forbid future generations not to marry their close relatives.

**18 And was born to Enoch אֵת Irad (fugitive/runner): and Irad was the father of אֵת Mehujael (smitten of god): and Mehujael was the father of אֵת Methusael (man of god): and Methusael was the father of אֵת Lamech (great/despair). 19 And Lamech took to him two wives: the name of אֵת the one [was] Adah (ornament) and the name of the other Zillah (dark). 20 And gave birth to Adah אֵת Jabal (water course): he was the father of those who live in tents and have cattle. 21 And his brother’s name was Jubal (small stream): he was the father of all those who play the harp (lyre) and organ (flute). 22 And Zillah also gave birth to אֵת Tubal-cain (craft of Cain), an instructor of every craftsman of brass and iron tools: and Naamah (pleasantness) אֵת and sister of Tubal-cain.**

**Question:** What does the name **Tubal-cain** mean? He refined the craft of Cain. Tubal is related to the word תְּבַלִּין (spices). He “spiced” and “refined” Cain’s craft to make weapons for murderers- He sharpened the tools [for working with] copper and iron

**23 And Lamech said to his wives, Adah and Zillah, Hear my voice, you wives of Lamech, listen to אֵת my speech: for I have killed a man (possibly Cain) for wounding me and a young man for hurting me. C-MATS**

**Question:** How did Cain die? Lamech was blind and his son Tubal-cain use to lead him. One day, Tubal-cain saw Cain and, mistaking him for an animal, he bade his father to shoot an arrow, which killed Cain. When Lamech realized he had killed Cain, he beat his hands together in grief and accidentally struck his son, killing him, too.





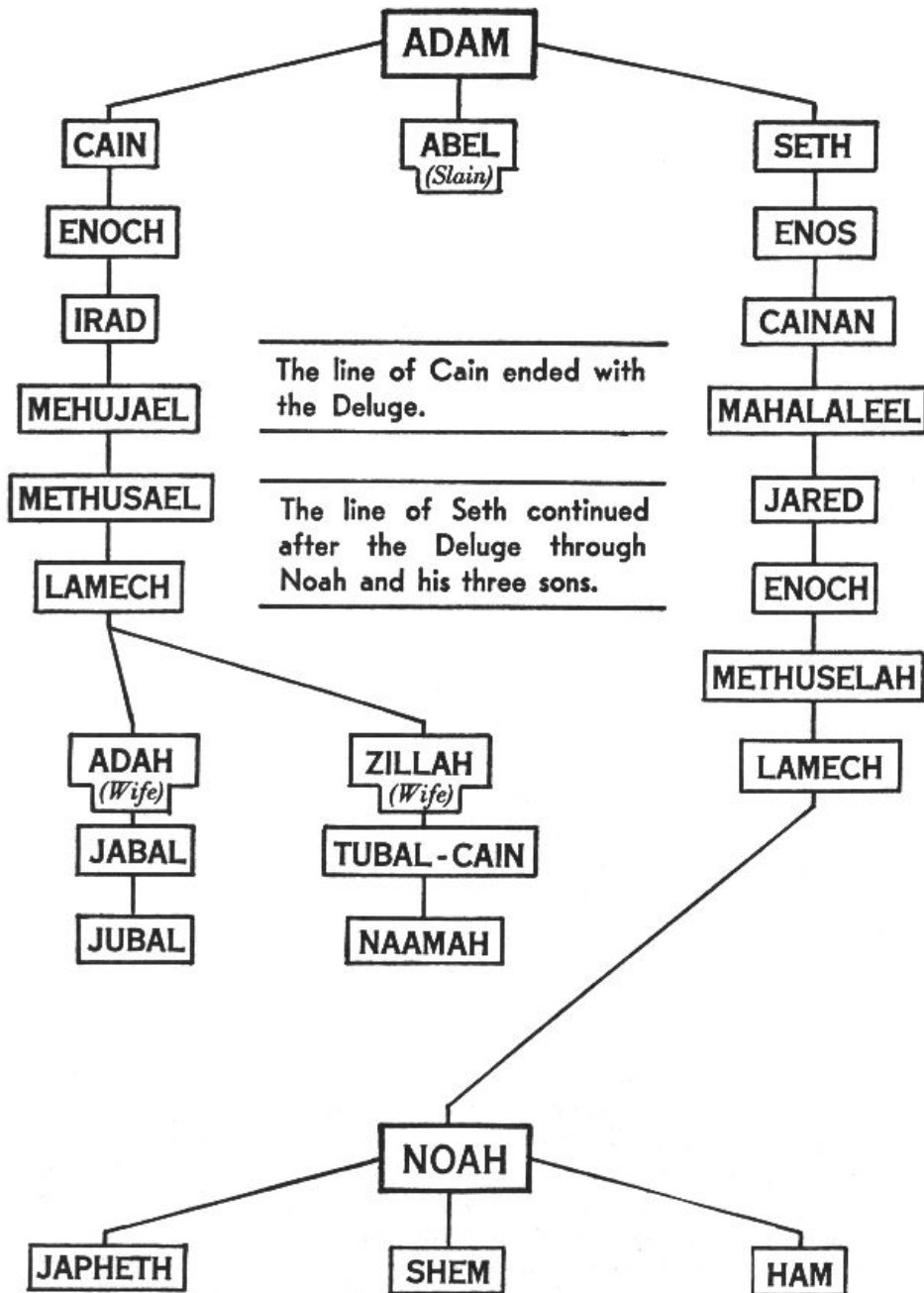
Cain is killed

**24** If Cain will be avenged sevenfold, then Lamech *will be avenged* seventy and sevenfold. **25** And Adam knew again אִשְׁתּוֹ אֵת *his wife*; and she gave birth to a son and called אֵת *his name* Seth (*appointed or granted*): For she said, Elohim, has appointed (*granted*) me another offspring instead of Abel whom Cain killed. **26** To Seth was born a son; and he called אֵת *his name* Enosh (*mortal*): that is when *men* began to call upon the name of יְהוָה.

**Question:** What does this mean, “when *men* began to call upon the name of יְהוָה “? The righteous seed was carried through the line of Seth, so the children of Seth worshipped ELOHIM and the children of Cain did not.

**5:1** This *is* the book of the generations of Adam. On the day that Elohim created man, in the likeness of Elohim, He made אִתּוֹ *him*. **2** Male and female He created אֹתָם *them*; and blessed them and called אֵת *their name* Adam (*Mankind or human beings*), in the day when they were created.

## The Generations of Adam



**Question:** When is a man complete? A man without a wife is not a man, for it is said, He created them male and female...and called their name Man [only when a man is united with his wife can he be called Man or a completed man.] (Yevamos 63a).

3 And Adam lived 130 years and became the father of a son like himself, in his image; and called אֶת־אָדָם his name Seth: 4 And the days of Adam, after he became the father of אֶת־אָדָם Seth, were 800 years: and he became the father of sons and daughters: 5 And all the days that Adam lived were 930 years: and he died. 6 And Seth lived 105 years and became the father of אֶת־אֶנֹשׁ Enos (*same as Enosh, mortal*): 7 And Seth lived after he became the father of אֶת־אֶנֹשׁ Enos 807 years and became the father of sons and daughters: 8 And all the days of Seth were 912 years: and he died. 9 And Enos lived 90 years and became the father of אֶת־אֵינָן Cainan (*sorrow*): 10 And Enos lived after he became the father of אֶת־אֵינָן Cainan 815 years and gave birth to sons and daughters: 11 And all the days of Enos were 905 years: and he died. 12 And Cainan lived 70 years and became the father of אֶת־מַחַלְלֵל Mahalaleel (*blessed Elohim*): 13 And Cainan lived after he became the father of אֶת־מַחַלְלֵל Mahalaleel 840 years and became the father of sons and daughters: 14 And all the days of Cainan were 910 years: and he died. 15 And Mahalaleel lived 65 years and became the father of אֶת־יָרֵד Jared (*will come down*): 16 And Mahalaleel lived after he became the father of אֶת־יָרֵד Jared 830 years and became the father of sons and daughters: 17 And all the days of Mahalaleel were 895 years: and he died. 18 And Jared lived 162 years and he became the father of אֶת־אֶנוֹךְ Enoch (*teaching*): 19 And Jared lived after he became the father of אֶת־אֶנוֹךְ Enoch 800 years and became the father of sons and daughters: 20 And all the days of Jared were 962 years: and he died. 21 And Enoch lived 65 years and became the father of אֶת־מֵתוּשֶׁלַח Methuselah (*his death will bring*): 22 And walked Enoch with אֶת־אֱלֹהִים Elohim after he became the father of אֶת־מֵתוּשֶׁלַח Methuselah 300 years and became the father of sons and daughters: 23 And all the days of Enoch were 365 years: 24 And walked Enoch with אֶת־אֱלֹהִים Elohim: and then he was not there because Elohim took אֶת־אֶנוֹךְ him. C-MATS

**Question:** How was Enoch taken into heaven? Enoch ascended into heaven in a whirlwind, with horses and chariots of fire. Jasher 3:36

25 And Methuselah lived 187 years and became the father of אֶת־לָמֶחַךְ Lamech (*the despairing*): 26 And Methuselah lived after he became the father of אֶת־לָמֶחַךְ Lamech 782 years and became the father of sons and daughters: 27 And all the days of Methuselah were 969 years: and he died. C-MATS



Methuselah lived longer than any man 969 years



**Question:** Why was it said about Noah, “*This one will comfort us in our labor*”? Jashar 4:14 And Methuselah called his grandson Noah, saying, “*The earth was in his days at rest and free from corruption,*” and Lamech his father called his name Menachem, saying, “This one shall comfort us in our works and miserable toil in the earth, which ELOHIM had cursed.” 15 And the child grew up and was weaned, and he went in the ways of his father Methuselah, perfect and upright with ELOHIM. 16 And all the sons of men departed from the ways of ELOHIM in those days as they multiplied upon the face of the earth with sons and daughters, and they taught one another their evil practices and they continued sinning against ELOHIM.

**Question:** What was the prophecy about Noah? There was prophecy from Adam to his descendants that the curse on the earth would be in effect only during his lifetime. Noah was born 126 years after Adam died, so that the severity of the curse was expected to decrease from the time of his birth. Knowing this tradition, Lamech gave him the name of Noah (comfort, rest). The curse of the land was lifted after the Flood.

**30 And Lamech lived, after he became the father of אִתָּח Noah, 595 years and became the father of sons and daughters: 31 And all the days of Lamech were 777 years: and he died. 32 And Noah was 500 years old: and Noah became a father to אִתָּח Shem (fame/base), אִתָּח Ham (hot) אִתָּח and Japheth (expansion). C-MATS**

**Question:** What is the hidden gospel message in the meaning and birth order of the names given to Adam through Noah?

- Adam = Man
- Seth = Appointed
- Enosh = Mortal
- Cainan = Sorrow
- Mahalaleel = The Blessed Elohim
- Jared = Will come down
- Enoch = Teaching
- Methuselah = His death will bring
- Lamech = The Despairing
- Noah = Comfort (or Rest)

"Man, is appointed, mortal, sorrow; *but* the blessed Elohim, will come down, teaching *that*, His death will bring, *the* despairing, comfort *and* rest."

**Genesis 6:1 And it came to pass when Adam (*man*) began to multiply on the face of the earth that daughters were born to them, 2 That saw *the* sons of Elohim אִתָּח *the* daughters of men that they were fair and they took them as wives, whomever they chose. 3 And יְהוָה says, My spirit will not always contend (*strive*) with Adam (*man*), because he is flesh: therefore, his days will be 120 years.**

**Question:** How many years was man given to live on earth? “One year” here means a jubilee year or 50 years. 120 years X 50 Jubilee years = 6000 years. Man will live for 6000 years and then Yahshua will come and reign 1000 years.

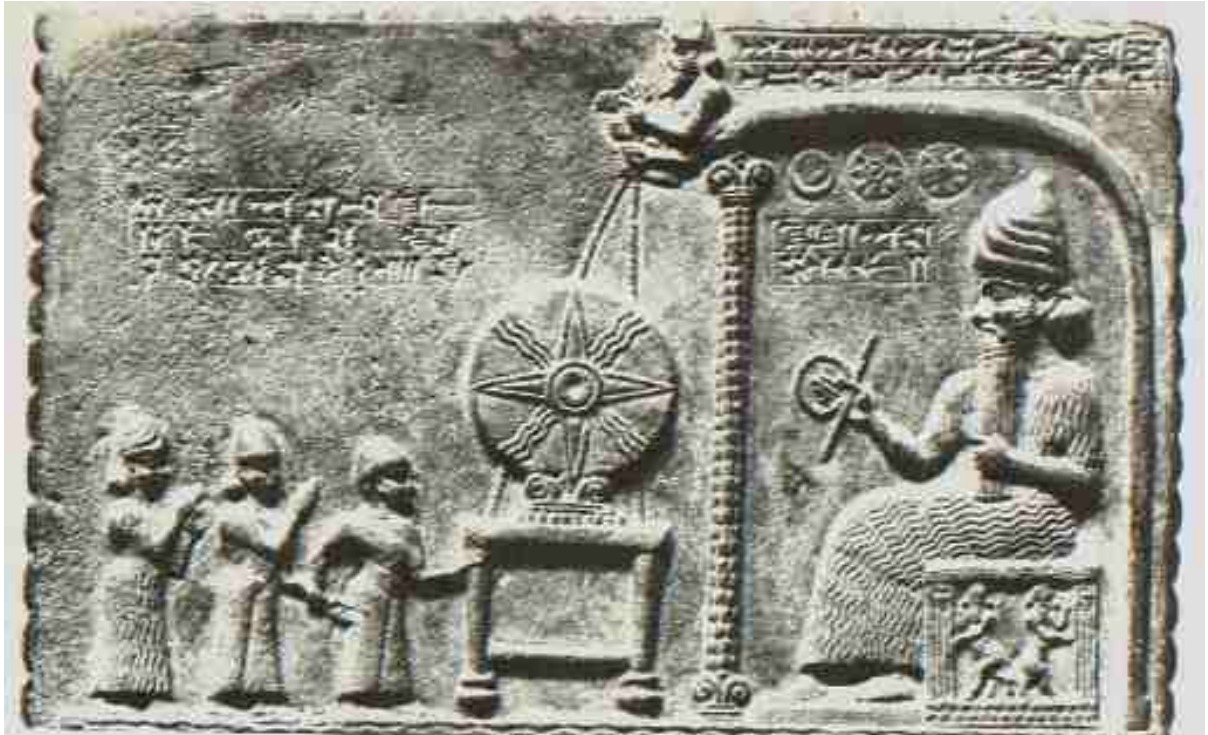
**4 The Nephilim were on the earth in those days; and this was when the sons of Elohim came in to the daughters of men and they gave birth to children; these were the ancient heroes, men of renown. C-MATS**

**Question:** Who were “the sons of Elohim”? In 1 Enoch and Book of Jubilees the sons of Elohim are fallen angels, referred to as Watchers, who came to earth and had children with human women, resulting in a race of half-angel, half-human beings known as the "Giants" (Nephilim). This is found in Philo and in Josephus Antiquities 1:73 (or 1:3.1).



**Question:** Who were the Nephilim? The story of the Nephilim is found in the Book of Enoch. The origin of the Nephilim came from the fallen angels, and in particular with the *watchers*, Samyaza, an angel of high rank, is described as leading a rebel sect of angels in a descent to earth to procreate with human females:

“And it came to pass when the children of men had multiplied that in those days were born unto them beautiful and comely daughters. And the angels, the children of the heaven, saw and lusted after them, and said to one another: 'Come, let us choose us wives from among the children of men and beget us children.' And Semjaza, who was their leader, said unto them: 'I fear ye will not indeed agree to do this deed, and I alone shall have to pay the penalty of a great sin.' And they all answered him and said: 'Let us all swear an oath, and all bind ourselves by mutual imprecations not to abandon this plan but to do this thing.' Then they swore all together and bound themselves by mutual imprecations upon it. And they were in all two hundred; who descended in the days of Jared on the summit of Mount Hermon, and they called it Mount Hermon, because they had sworn and bound themselves by mutual imprecations upon it...” Book of Enoch.



Notice the ruler was much taller than his servants.

**Question:** What happened to the fallen angels? According to these texts, the fallen angels who begat the Nephilim were cast into Tartarus (Greek Enoch 20:2), a place of 'total darkness'. However, Jubilees also states that ELOHIM granted ten percent of the disembodied spirits of the Nephilim to remain after the flood, as demons, to try to lead the human race astray (through idolatry, the occult, etc.) until the final Judgment. The mothers would bear giants like the fathers called mighty men who would rebel against the Omnipresent. They were “the men of renown.”

**Question:** Have we found evidence of the Nephilim today? In the late 1950's, during road construction in the Euphrates Valley of south-east Turkey, many tombs containing the remains of giants were uncovered. At the sites the leg bones were measured to be 120 cms (47.24 inches). This giant stood some 14-16 ft tall. Giant human skeletons were discovered from Egypt, Italy, Patagonia in Argentina, and the western US.

5 And יְהוָה saw that the wickedness of man *was* great in the earth and that every imagination of his heart *was* only evil continually. 6 And יְהוָה repented (*regretted*) that He had made אָדָם Adam (*man*) on the earth and it grieved His heart. C-MATS

**Question:** Why does it say that ELOHIM regretted that He had made man? Even though ELOHIM knew what would happen that they would ultimately sin, and He would destroy them, He did not refrain from creating them, for the sake of the righteous men who were destined to arise from them.



7 And יהוה said I will destroy אדם Adam (*man*), whom I have created, from *off* the face of the earth; both man and animals, creeping things and birds of the air, because I regret *that* I have ever made them. 8 But Noah found grace in the eyes of יהוה. C-MATS

### Do you know?

1. Adam was formed from the \_\_\_\_ of the ground.
2. \_\_\_\_ named every living thing.
3. Elohim formed Eve from Adam's \_\_\_\_.
4. \_\_\_\_ deceived Eve.
5. Eve was cursed with \_\_\_\_ in childbirth.
6. Adam was cursed by \_\_\_\_ when he planted the ground.
7. ELOHIM placed \_\_\_\_ to guard the Garden of Eden.
8. Cain killed his brother \_\_\_\_.
9. \_\_\_\_ walked into Heaven.
10. \_\_\_\_ lived longer than any other man (969 years).
11. The sons of Elohim and the daughters of man mated and formed the \_\_\_\_.
12. \_\_\_\_ found grace in the eyes of ELOHIM.

### Answers:

1. dust
2. Adam
3. rib
4. Lucifer
5. pain
6. sweating
7. Cherubim
8. Abel
9. Enoch
10. Methuselah
11. Nephilim
12. Noah

## Haftorah

Isaiah 42:5 So said Elohim יהוה He that created the heavens and stretched them out; He that spread forth the earth and that which comes out of it; He that gives breath to the people upon it and spirit to them that walk in it: 6 I יהוה have called you in righteousness and will hold your hand and will keep you and give you for a covenant of the people, for a light of the gentiles (*nations*); *Prophecy Fulfilled-Isa. 42:6 The Light (salvation) of the Gentiles-Luke 2:32; His is a Worldwide compassion-Matthew 28:19, 20.* 7 to open eyes, of blind, to bring out from the prison, the prisoners, out of *the* house prison, them that sit in darkness. *Prophecy Fulfilled-Isa. 42:7 Blind eyes opened-John 9:25-38.* 8 I יהוה: that *is* My name: and My glory, to another, אתן will I give not, neither My praise to graven images. 9 The former things, see, have come to pass and new things I do declare: before they spring forth I tell אתכם *you of them.* 10 Sing to ליהוה a song, new, His praise from the end of the earth, you that go down to the sea and all that is in it; the coastlands and the inhabitants of it. 11 Let the wilderness and the cities lift up their voices, the villages of it inhabit Kedar: let them shout for joy the inhabitants of the rock, from the top of the mountains, let them shout. 12 Let them give to ליהוה glory and His praise, in the islands, declare. 13 יהוה as a mighty man, will go forth, like a man of war, He will stir up jealousy: He will raise a war cry; against His enemies He will prevail. 14 I have held my peace *a* long time; I have been still and refrained Myself: like a travailing woman, will I cry; I will destroy and devour at once. 15 I will make waste mountains and hills and all their herbs *will* dry up; and I will make the rivers islands and the pools, I will dry up. 16 And I will bring the blind by a way not *that* they knew; in paths not that they have known, I will lead them: I will make darkness before them light and crooked things straight. These things will I do to them and not forsake them. 17 They will be turned back, they will be ashamed greatly that trust in graven images, that say to the molten images, אתם *you are* our gods. 18 Hear you deaf and you blind look that you may see. 19 Who *is* blind but My servant, or deaf, as My messenger *that* I sent? Who *is* blind as he that is perfect and blind as the servant of יהוה? 20 Seeing many things, but you do not observe; opening the ears, but he hears not. 21 יהוה *is* well pleased, for sake of His righteousness; He will magnify the Torah and make it honorable. 22 But *this is* a people robbed and spoiled; snared in holes, all of them, are in houses: prison, they are hid: they are for a prey and none delivers, *for* a spoil and none said, Restore. 23 Who among you will give ear to זאת *this*? Who will listen and hear for the time to come? 24 Who did give, for a spoil, Jacob and Israel to the robbers, *is* not יהוה, He, whom we have sinned against? For not they would in His ways walk, neither were they obedient to His Torah. 25 Therefore, He has poured on him the fury of His anger and the strength of battle: and it has set him on fire round about, yet he knew not and it burned him, yet he laid *it* not to heart. Isaiah 43:1 But now so says יהוה that created you, O Jacob and He that formed you, O Israel, Fear not: for I have redeemed you, I have called *you* by your name; אתה *you are* Mine! 2 When you pass through the waters, I *will be* אתך *with you* and through the rivers, they will not overflow you: when you walk through the fire, you will not be burned; the flame neither will kindle upon you. 3 For I *am* יהוה your Elohim, the Holy One of Israel, your Savior: I gave, for your ransom, Egypt, Ethiopia and Seba for you. 4 Since you were precious in My sight, you have been honorable and אהבתיך *I loved you*: therefore, ואתן *and I shall give* men for you and people for your life. 5 Fear not: for I *am* אתך *with you*: from the east I will bring your seed and from the west gather you; 6 I will say to the north, give up; and to the south, *do* not keep back: bring My sons from far and My daughters from the ends of the earth; 7 everyone that is called by My name: for My glory I have created him, I have formed him; you, I have made him. 8 Bring out *the* blind people who have eyes and the deaf who have ears.

9 All the nations, let *them* be gathered together and let be assembled the people: who among them can declare אָרְאֵה *this* and former things show us, let them bring forth their witnesses, that they may be justified: or let them hear and say, *It is אֱמֶת truth.* 10 אַתְּמָה *You are* My witnesses says יְהוָה and My servants whom I have chosen that you may know and believe Me and understand that I *am* He: before Me there was no El (*G-d*) formed, neither will there be after Me. 11 I, *even I, am* יְהוָה; and apart from Me there is no savior. *Prophecy Fulfilled-Isa. 43:11 He is the only Savior-Acts 4:12. C-MATS*

## Brit HaHadashah

Matthew 19:3 Some Pharisees came to him to test him. They asked, "Is it lawful for a man to divorce his wife for any and every reason?" 4 "Haven't you read," he replied, "that at the beginning the Creator 'made them male and female,' 5 and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'? 6 So they are no longer two, but one. Therefore what Elohim has joined together, let man not separate." 7 "Why then," they asked, "did Moses command that a man give his wife a certificate of divorce and send her away?" 8 Yahshua replied, "Moses permitted you to divorce your wives because your hearts were hard. But it was not this way from the beginning. 9 I tell you that anyone who divorces his wife, except for marital unfaithfulness, and marries another woman commits adultery."

1 Corinthians 6:15 Do you not know that your bodies are members of Yahshua himself? Shall I then take the members of Yahshua and unite them with a prostitute? Never! 16 Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, "The two will become one flesh." 17 But he who unites himself with ELOHIM is one with him in spirit. 18 Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. 19 Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from Elohim? You are not your own; 20 you were bought at a price. Therefore honor Elohim with your body.

Ephesians 5:22 Wives, submit to your husbands as to ELOHIM. 23 For the husband is the head of the wife as Yahshua is the head of the church, his body, of which he is the Savior. 24 Now as the church submits to Yahshua, so also wives should submit to their husbands in everything. 25 Husbands, love your wives, just as Yahshua loved the church and gave himself up for her 26 to make her holy, cleansing her by the washing with water through the word, 27 and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. 28 In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. 29 After all, no one ever hated his own body, but he feeds and cares for it, just as Yahshua does the church- 30 for we are members of his body. 31 "For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh." 32 This is a profound mystery-but I am talking about Yahshua and the church. 33 However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.



**Colossians 1:15 He is the image of the invisible Elohim, the firstborn over all creation. 16 For by him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by him and for him. 17 He is before all things, and in him all things hold together. 18 And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy. 19 For Elohim was pleased to have all his fullness dwell in him, 20 and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.**

**Hebrews 11:1 Now faith is being sure of what we hope for and certain of what we do not see. 2 This is what the ancients were commended for. 3 By faith we understand that the universe was formed at Elohim's command, so that what is seen was not made out of what was visible. 4 By faith Abel offered Elohim a better sacrifice than Cain did. By faith he was commended as a righteous man, when Elohim spoke well of his offerings. And by faith he still speaks, even though he is dead. 5 By faith Enoch was taken from this life, so that he did not experience death; he could not be found, because Elohim had taken him away. For before he was taken, he was commended as one who pleased Elohim. 6 And without faith it is impossible to please Elohim, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him. 7 By faith Noah, when warned about things not yet seen, in holy fear built an ark to save his family. By his faith he condemned the world and became heir of the righteousness that comes by faith.**

### **TAKING A RIDE**

Sam was taking his friends for a ride in his parent's car. "Hey Sam! This car is going so slow - it's a turtle!" His friends laughed out loud. "Give me a break guys," Sam answered with a nervous smile. "I just got my license, and besides, I'm going the speed limit." "Speed limits are for old ladies," scoffed Sam's friend, Kurt. "Nobody's looking, hit the gas, Sam!" added Johnny. Sam sped up a little. "After all," he thought, "these guys seem to know what they're talking about." All of a sudden a police car pulled up behind Sam's car, flashing its lights and signaling to pull over to the side of the road. "Oh no!" was all that Sam could say. The boys who had been so rowdy were suddenly as quiet as mice. Officer Wilson came over to the car, checked Sam's license and gave him a stern look. "Well, young man, you are the driver -- what do you have to say?" "My friends told me to speed up," whispered Sam, holding back tears. "They said it was okay." The policeman looked at Sam's friends. "What they did was wrong," he said. "They shouldn't have told you to speed," he said. "But still, it's no excuse. You didn't have to listen to them. You knew the speed limit and you chose to break it. So now you'll have to pay." Officer Wilson handed Sam a ticket and slowly drove off. "Thanks a lot guys!" said Sam as he looked at his friends. "Next time I'll do what I know is right."

**Question:** Why did the policeman give Sam a ticket even though it wasn't his idea to speed? He was the driver and he was responsible for his actions.

**Question:** Do you think Sam is going to listen next time his friends tell him to do something wrong? Hopefully he won't since he learned it was not worth the price. We are responsible for our own choices. We always need to do what we think is right, even if people are going to laugh at us.

**Question:** Sam knew it was wrong to speed, so why did he listen to his friends? Sometimes a person's friends try to pressure him or her to do something wrong. He/she has to choose to either do it or not.

a) If he does it, how does he feel at the time? How does he feel afterwards?

b) If he doesn't do it, how might he feel at the time? How does he feel afterwards?

What will you choose this week?

Will you allow friends to pressure you to do what you know is wrong?

Will you be strong and do what you know is right?

How important is a friendship as compared to your relationship with ELOHIM?

**Spiritual Exercise:** Lead your friends to do what is right and do not allow them to lead you astray.

### **LIMITED WARRANTY**

Dan gave a quick glance over his shoulder as he scooped the last three cookies out of the box and quickly popped them into his mouth. Sure his mom had said 'no cookies between meals' and sure his dad had told him that he had to share the last three treats with his brother and sister, but - well, Dan didn't really like taking 'no' for an answer and liked to do whatever he felt like doing. Besides, today he had a good reason to celebrate. It was his birthday, after all. That meant a party, pizza, and most of all - presents! And the one present he had been waiting for most of all was the scale-model electric-powered ride-in racecar he'd asked his grandparents for and had been delivered to his house in a big cardboard crate the day before. Dan couldn't wait for his dad to finish setting it up, so he could turn his neighbors' eyes green with jealousy as he sped around the block. "Okay, sport!" called his dad from the garage where he'd been working on Dan's car. It was ready!!! The boy swallowed his mouthful of cookies in a quick gulp and ran out excitedly, to find his smiling father holding a shiny silver and red driving helmet in his hand. "Here you go, birthday boy!" he said, handing him the helmet. Dan took it and jumped into the car. "Go have a blast - just a couple of rules first." Dan winced. He hated rules. "Number one, you can only ride it on the sidewalk. And number two, it says in the instructions that it can't go in water - that means you can't drive it through puddles, got it?" "Yeah, okay Dad, no problem. Um, can I go now?" His father had barely said the word 'yes' when the boy had turned on the power and cruised down the driveway. Wow, this is great! thought Dan as he zipped around the sidewalk, honking his loud horn to get people to move out of his way, as well as making sure he got neighborhood kids' attention. He saw a nearly empty parking lot. Why not? True, it isn't a sidewalk, he thought, but it's close enough. And besides, here I can really let it rip, with no one to slow me down. He sped along the pavement and suddenly saw a huge, shiny puddle up ahead of him. Would it ever be cool to splash up water from both sides! Dan started heading right toward it, when he remembered his dad's 'no puddles' rule.

Dumb rules, he thought, Why can't I ride wherever I want? I'm gonna fly right through this puddle and I don't care what anyone says! Dan pushed the accelerator to full speed. "Yeahhh!!" he yelled as he hit the puddle with a big splash. This is great - who needs rules and limits! he thought as the car moved on, leaving a wake of water behind it. Suddenly the car stopped right in the middle of the puddle. Dan tried to restart the motor - but no luck. The thing was dead. No movement, no engine, the horn didn't even work! With no choice, the boy climbed out of the car into the cold, ankle-deep water and pushed. Finally, after what felt like forever, he had pushed the car all the way back to his garage, past the smirking neighborhood kids who now looked anything but jealous. "Well Dan - it seems the water from the puddle has shorted out the motor and damaged the batteries," his dad told him with a sober look. "This won't be covered by the warranty either, because like I said, the instructions said no puddles. So, I'm afraid to tell you, sport, that it looks like your first race-car ride was also your last." Dan was hopping mad - at his dad - at the car - at the puddle, but ... most of all, at himself. If he had only listened to the one simple rule he'd still be going around in style instead of by foot. Maybe some rules made sense, after all.

**Question:** What life-lesson do you think Dan learned that day? He had seen rules and limits as only something that held him back from enjoying life, but he learned that sometimes they could help him enjoy life more.

**Questions:** Why do you think that is? Almost all good things can only be enjoyed with rules and limits. For instance, imagine a baseball game without rules - the batter wouldn't leave the batter's box until he got a hit. The runners would skip bases ... it would be chaos - and boring. Only by doing things in an orderly way - with rules and limits - can we really get the most out of life.

**Resources:** "Weekly Torah Portion" from [www.aish.com](http://www.aish.com)

*The Stone Edition of The Chumash*

*The Complete Messianic Aleph Tav Scriptures* **C-MATS** [www.AlephTavScriptures.com](http://www.AlephTavScriptures.com)