

## NITZAVIM (you are standing)



**Deuteronomy 29:10** **אתם** *You stand this day before יהוה your Elohim; your captains of your tribes, your elders and your officers and all the men of Israel. C-MATS*

**Question:** What is important about the verse, “**אתם** *You stand this day before יהוה your Elohim*”? You have provoked the Omnipresent to anger many times, yet He has not made an end to you. Instead you still exist before Him [“standing... before יהוה”]. יהוה has made light for you, and He will again make light for you in the future. And the curses and sufferings preserve you and enable you to stand before Him [the curses, by preventing you to stray from serving Him, and the sufferings, by cleansing you of your sins]. *Chumash*

**Deuteronomy 29:11** **Your little ones, your wives and your stranger that is in your camp, from the one who cuts your wood to the one who draws your water. C-MATS**

**Question:** What does this verse teach us? We are all equal in יהוה’s eyes-no matter what our position in life may be. Moses divided the people into categories to suggest that everyone is responsible according to how many others he or she can influence. Leaders may be able to affect masses of people; women, their immediate families and neighbors; children, only a few friends and classmates; common laborers, hardly anyone. יהוה does not demand more than is possible, but He is not satisfied with less (Or HaChaim). *Chumash*



**Question:** Why are woodcutters and water drawers mentioned here? Canaanites came to Moses and pretended to be members of a far-off nation who wished to convert to serving יהוה. Because they were not sincere about accepting יהוה, Moses did not allow them to convert. Nevertheless, he let them remain with the nation as wood-hewers and water-drawers for the Tabernacle (Rashi). *Chumash*

**Question:** יהוה says that all people are equal in His eyes. יהוה judges us as we judge others. What do you think this means? Our attitude toward others is the measuring stick that יהוה uses to measure us and respond to our behavior. When we are forgiving to others even when they mess up, יהוה views us the same way and vice-versa.

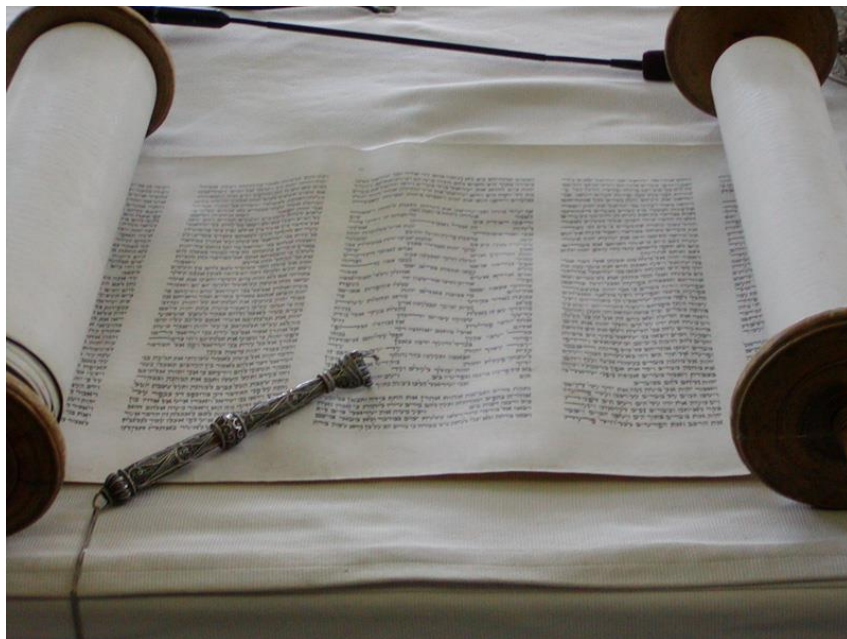
**Question:** Is there anything that is 'unforgivable?' יהוה is the ultimate fair judge and sees to it that everyone eventually is rewarded for his good deeds, faces the consequences of his misdeeds and is compensated for his losses. Therefore, while we certainly are ethically allowed to prevent ourselves falling victim to other's damaging behavior, we should adopt an attitude of forgiveness and leave the rest in יהוה's capable hands.



**Question:** Smiling at someone is a more valuable gift than giving them a costly present. What does this mean? A sincere smile is more than just a turning of the lips-it infuses the person we smile at with powerful and healing energy that reaches their very heart. What mere 'present' could compete with that?

**Question:** Is it appropriate to act kind towards people who aren't kind to us? While we certainly don't have to allow people to harm us in any way-people's unkind behavior needn't make us become like them. Nearly always things turn out better with others if we remain kind and nice-and for sure it will make us feel better about ourselves.

**Spiritual Exercise:** At least one time today, smile at someone you normally wouldn't and make the world a nicer place.



The Covenant

**Deuteronomy 29:12** That you may enter into covenant *with* יהוה your Elohim and into His oath, which יהוה your Elohim makes with you this day. C-MATS

**Question:** Why is this scripture adjacent to the curses? Because when Israel heard these ninety-eight curses delineated besides the forty-nine curses stated in Leviticus (26:14-38), they turned pale, and said, "Who can possibly endure these?" [Thereupon,] Moses began to appease them [as follows]: *Chumash*

**Deuteronomy 29:13** That He may establish אתך *you* today as a people to Himself, so that He may be to you an Elohim, as He said to you and as He has sworn to your fathers, Abraham, Isaac and Jacob. 14 Not only with you do I make הַזֵּאת *this* את *covenant* וְאֵת *and* הַזֵּאת *this* oath; 15 But *with* את *him* that stands here with us this day before יהוה our Elohim וְאֵת *and* also *with* him that is not here with us this day. C-MATS

**Question:** Who is “*him that is not here with us this day*”? This is us-the future generations. The covenant was binding even on unborn generations who were not present to enter into it, because parents and children are like trees and their branches. Just as the potential of all branches is contained in the parent tree, so future generations are contained, as it were, in the parents who will give birth to them, and are bound by the parental covenant. Also all Israelites souls were present at this covenant, just as they were at Sinai when the Torah was given. Only the bodies were not yet born (R' Bachya). יהוה wanted to indicate that their elders were responsible to assure that the children would be raised as Israelites (Sforno). The future of the יהוה's people depends on the education of its children in Torah. *Chumash*

**Deuteronomy 29:16** For **אתם** you know **את** how we have lived in the land of Egypt; **ואת** and how we passed through the nations; **17** And you have seen **את** their abominations **ואת** and their idols of wood, stone, silver and gold, which *were* among them: **18** So let there not be among you a man, woman, family, or tribe, whose heart turns away this day from יהוה our Elohim to go and serve **את** the יהוהs of these nations; let there not be among you a root that bears bitterness and wormwood.  
C-MATS



Wormwood

**Question:** What is **wormwood**? This refers to a root that produces a bitter herb. Historic references to wormwood go back as far as 1600 B.C. in Egypt. Wormwood leaves contain absinthin a substance which can be toxic to other plants. You may have heard of the alcoholic drink "absinthe" a green colored beverage that is now illegal in most countries. And rightfully so as it has been said that the painter Vincent van Gogh was drinking absinthe when he cut off his ear and sent it to a woman. The absinthin being water soluble will wash off the leaves and leach into the soil interfering and stunting the growth of plants in close proximity to the wormwood. Here, then, the verse means: “Someone who produces and increases evil among you.”



Vincent Van Gogh

Deuteronomy 29:19 *If a man hears אַתְּ words of הַזֹּאת this curse (oath) and he blesses himself secretly in his heart saying, I will have peace even though I walk in the imagination of my own heart, to add drunkenness (watered) אַתְּ to thirst (as if the drunkard could be included with the sober). C-MATS*



Do not secretly say in your heart.

**Question:** How is a person in danger who says, “I will have peace even though I walk in the imagination of my own heart”? This is the source of disaster: the delusion that "peace will be with me, so I can do as I wish without fear; calamities can only befall other people." Many seem to base their lives on the foolish notion that certain kinds of people are prone to die, but not them -- they are immune from physical or spiritual death. *Chumash*

**Question:** What does “(watered) **את** to thirst” mean in this verse? "Watered" is a metaphor for unintentional sin, because when a person has had too much to drink and becomes intoxicated, he may sin without being aware of what he is doing. "Thirsty" is a metaphor for intentional sin, because a thirsty person is rational and seeks means of satisfying his craving. When a person falls prey to the delusion that he is free to do as he pleases -- peace will be with me -- **יהוה** holds him responsible even for his unintentional sins (watered), since they are the result of indifference to the seriousness of a sin. The punishment for those sins is then added to the punishment for his intentional (thirsty) sins (Rashi).



The anger of **יהוה** will burn against you.

**Deuteronomy 29:20** **יהוה** will not spare him, but the anger of **יהוה** and his jealousy will burn against that man and all the curses that are written in this book will settle upon him and will blot out **יהוה את** his name from under heavens. C-MATS

**Question:** Blot out **את** **יהוה** his name. Where did you get your name? A person's name is of heavenly origin, because **יהוה** influences the parental choice of the name they give a child. The name symbolizes the spiritual forces that its bearer can release if he acts properly, but when he becomes caught up in sin, that name is erased from its lofty source under the heavens. (Or HaChaim) *Chumash*

**Deuteronomy 29:21** And **יהוה** will separate him for adversity out of all the tribes of Israel, according to all the curses of the covenant that are written in this Book of the Torah. C-MATS



Sodom and Gomorrah

Deuteronomy 29:22 So that the coming generation of your children and the stranger that will come from a far land will say when they see **את** the plagues of that land **ואת** and the sicknesses which **יהוה** has laid upon it; 23 *And the whole land becomes burning brimstone and salt, so that it is not planted or bears crops and no grass grows there, like the overthrow of Sodom and Gomorrah, Admah and Zeboim, which יהוה overthrew in his anger and in his wrath.* C-MATS



Sodom and Gomorrah today

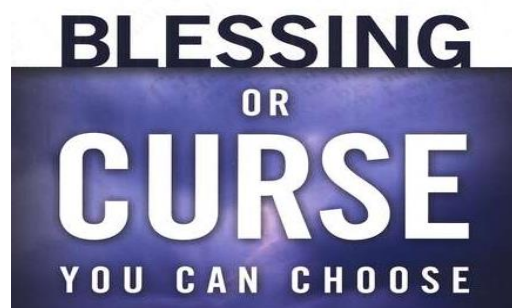
Deuteronomy 29:24 All the nations will say why has **יהוה** done this to **האזאת** this land? What is the meaning of such furious great anger? 25 Then men will say, because they have forsaken *the את* covenant of **יהוה** Elohim **אבתם** of their fathers, which He made with them when He brought **אתם** them out of the land of Egypt: 26 Because they went and served other **יהוה** and worshipped them, **יהוה** whom they did not know and whom He had not given to them. C-MATS

**Question:** Who decides who will govern the nations? יהוה assigned a degree of control over earthly functions to His heavenly forces, but He apportioned these powers only to the angels that regulate the affairs of other nations. Israel, however, is not under the sway of heavenly forces, only under יהוה Himself (Sforno) **And the land has become defiled: therefore, I will bring punishment upon it and will vomit out of the land את her inhabitants. Leviticus 18:25 Chumash**

**Deuteronomy 29:27 And the anger of יהוה was aroused against this land to bring upon it את all the curses that are written in this book: 28 And יהוה rooted them out of their land in anger and in wrath and in great indignation and cast them into another land as it is this day. 29 The secret things belong to ליהוה our Elohim: but those things which are revealed belong to us and to our children forever, that we may do את all the words of ה זאת this Torah. C-MATS**

**Question:** What does “The secret things belong to ליהוה our Elohim” mean? Moses reassures the nation that hidden sins are the responsibility of יהוה alone to judge, and He holds no one responsible but the sinners themselves. We are responsible for detecting the sins committed openly in our community, and to eliminate any evil among us. And if we do not execute judgment upon these open transgressions, over which we do have control, then the whole community will be punished because they would be negligent in their responsibility. (Rashi; Ramban) This verse also alludes to the fate of Israelites who had become so absorbed among other peoples that their Israelites origins had become forgotten. When the final redemption comes, these hidden ones known only to יהוה will be reunited with the rest of the nation and be restored to the status of their forefathers (Rashi) **Yes, of Zion it shall be said, This one and that one was born in her; and the Most High Himself will establish her. 6 יהוה will count, when He writes up the people, this one was born there. Psalms 87:5-6**

**Question:** How are we responsible for the revealed sins around us? We are responsible for detecting the sins committed openly in our community, and to eliminate any evil among us. If someone in your family sins, you should go to him and confront him about his sin in love and maybe he will repent.



**Deuteronomy 30:1 And it will come to pass, when all these things have come upon you, the blessing and the curse, which I have set before you and you will remember them when you are among all the nations where יהוה your Elohim has banished you. 2 And return to יהוה your Elohim and obey His voice according to all that I command you this day, אתה you and your children, with all your heart and with all your soul; 3 Then will reverse יהוה your Elohim את your captivity and have compassion upon you and will return and gather you from all the nations, where יהוה your Elohim has scattered you. C-MATS**



**Question:** What is the meaning of **when you are among all the nations?** יהוה spoke concerning the scattering of the 12 tribes (*two houses*) to the nations for their sin and rebellion and how their descendants will remember and begin to obey Torah.

**Question:** Has יהוה begun His plan to **return and gather you from all the nations?** This prophecy probably started being fulfilled in 1948 as the House of Judah returned to Israel and became a nation and יהוה will accomplish the future events to bring the House of Israel (*10 northern tribes*) back to the covenant land after Ezekiel chapter 38-39 and Zechariah chapter 14 are fulfilled.



Israel became a nation in 1948

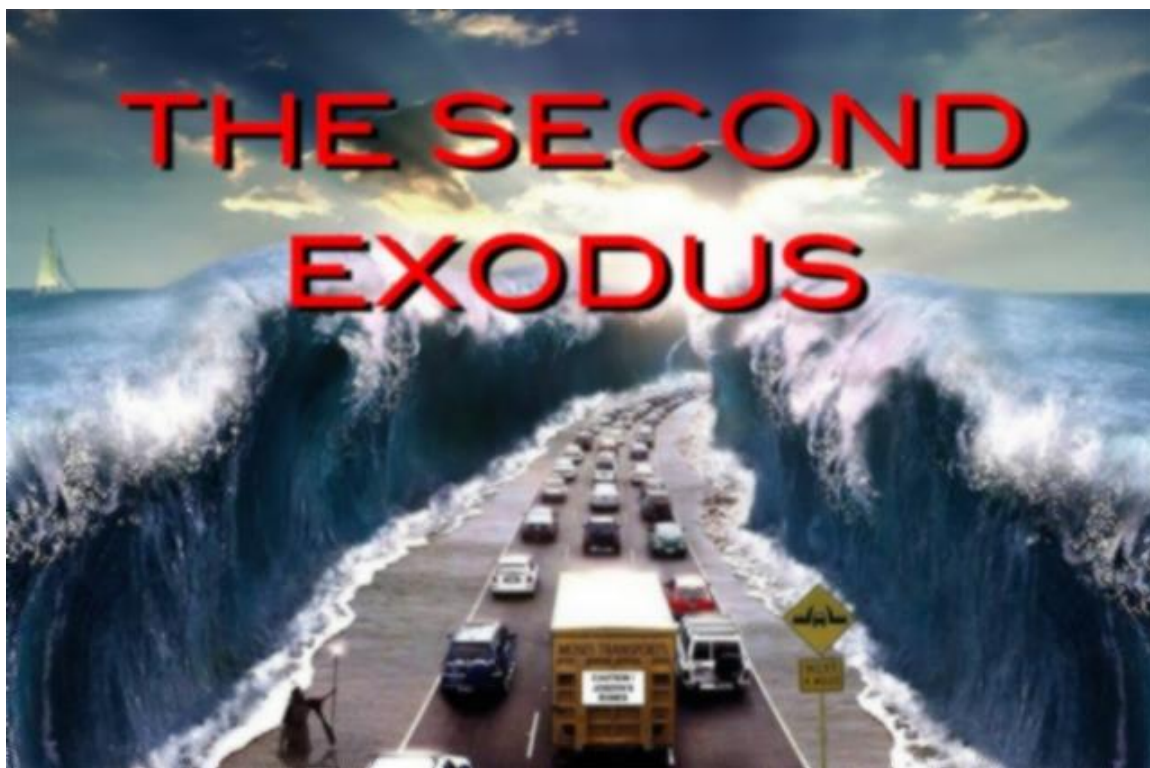


Jews return to Israel in record numbers

**Question:** What does **“will return”** mean in this verse? The Hebrew word used here for "he will return" is not *veheishiv* -- which means "he will bring back" -- but *veshav*, which literally means **"he will come back."** The Divine presence resides among Israel, even in all the misery of their exile, and when the Israelites are redeemed, יהוה speaks of it as His own redemption -- He Himself returns along with Israel's exiles. יהוה Himself will literally take each individual believer with His very hands out of his place. **And it will come to pass in that day, that יהוה will beat off from the channel of the river to the stream of Egypt ואתם and you will be gathered one by one, O you Children of Israel. Isaiah 27:12 Chumash**



Returning to The Land



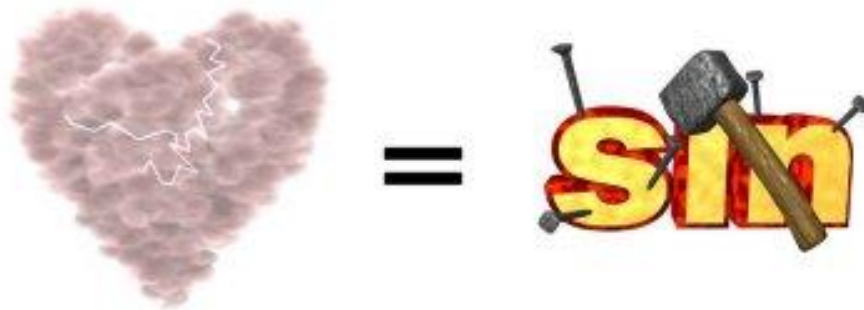
**Question:** יהוה forgives those who strayed from Him once they sincerely repented. We can learn from here to forgive other people, too. Is there a spiritual outlook that can help us to forgive others? It is a spiritual fact that nothing can happen to us and no one can do anything to us unless it's יהוה's will. It is also so, that יהוה only sends us what is for our ultimate best (even though we can't see it that way). Therefore, if someone says or does something unkind to us, we can remember he is only an 'agent' of יהוה's will and therefore it will be easier to forgive.



To the far end of the sky

**Deuteronomy 30:4** If *any of you* are driven out to the far end of the sky, from there will יהוה your Elohim gather you and from there He will bring (*carry*) you: 5 And יהוה your Elohim will bring you into the land which your fathers possessed and you will possess it; and He will do good *things* for you and multiply you beyond your fathers. C-MATS

## foreskin of heart



Circumcise your heart

**Deuteronomy 30:6** And will circumcise יהוה your Elohim **את** your heart **את** and the heart of your descendants to love יהוה **את** your Elohim with all your heart and with all your soul, so that you may live (*refreshed*). C-MATS

**Question:** What does it mean to “circumcise יהוה your Elohim **את** your heart”? From the time of the creation of the universe, man had the choice to be righteous or wicked. So it was for the entire duration of the Torah, in order that there is merit for us in choosing good and punishment for desiring evil. But in the days of Messiah, choosing good will be a part of our nature, and the heart will not lust for that which is not proper for it and have no desire for it at all. This is the "circumcision" spoken of here, as lust is a "foreskin" blocking the heart, and the "circumcision of the heart" is the removal of lust. In those times man will return to what he was before Adam's sin, when he naturally did what is proper to do and there were no sin. Chumash

Deuteronomy 30:7 And will put יהוה your Elohim את all קללות the curses upon your enemies and on them that hate you, who persecuted you. 8 וְאַתָּה And you will return and obey the voice of יהוה and do אהי all His commandments, which I command you this day. 9 And יהוה your Elohim will give you more than enough in everything you set out to do, in the fruit of your body and in the fruit of your cattle and in the fruit of your land will all prosper: because יהוה will again rejoice to see you do well, as He rejoiced over your fathers. C-MATS



Listen to the voice of יהוה

Deuteronomy 30:10 If you will listen to the voice of יהוה your Elohim, to keep His commandments and His statutes, which are written in this Book of the Torah and if you turn to יהוה your Elohim with all your heart and with all your soul. 11 Because אהי this commandment which I command you this day is not too hard for you or beyond your reach. C-MATS

**Question:** Is it possible to keep the commandments today? Yes, it is not too hard for you!!! Do not become discouraged. Repent and turn away from what you know you did wrong and get up and begin again.

**Question:** Do you think feeling discouraged affects our physical ability to succeed? Our attitude toward something has a big impact on our likelihood of success. A person who feels discouraged is unlikely to be able to access the physical abilities he or she would otherwise have.

**Question:** Why do you think that sometimes others can encourage us more than we can encourage ourselves? It is nearly impossible to see ourselves objectively. Many times, negative feelings can make things that are within our grasp seem to be impossibly out of reach. Someone looking from the outside can often have a clearer picture and encourage us to see things in a different, positive light.

**Question:** Are there times that we shouldn't encourage someone to accomplish his goal? If we feel that their goal could harm themselves or others, we shouldn't encourage it. But other than that, we do people a big favor by encouraging them.



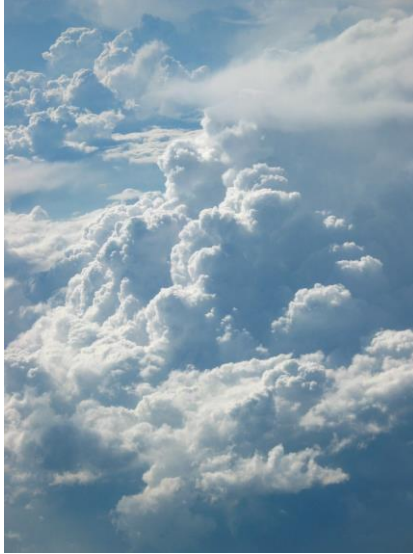
Encouragement heals the heart.

**Spiritual Exercise: Encouragement goes straight to the heart.** In fact, the word itself comes from a combination of the prefix “en” which means “to put into” and the Latin word “cor” which means heart. Knowing what a big difference encouragement makes in your own life, what can you do to help others “to take heart” when the going gets tough and way feels long?

1. **Become aware of what encourages you**, and do those same things for others.
2. **Learn individuals’ “love language”**- The five love languages are: words of affirmation, spending quality time, receiving gifts, acts of service, and physical touch.
3. **If an encouraging thought comes to mind, share it!**
4. **When you introduce someone, add a few words of praise** for the person’s abilities, accomplishments, about how they’ve helped you or about the nature of your relationship. It’s encouraging to be praised in front of others.
5. **When someone is discouraged or hurting, offer specific, practical help.**
6. **Remind fellow believers of the specific promises of יהוה.**
7. **Write someone a note or even a text** to tell him that you’re praying for him.
8. **Make celebration a more regular part of your relationships.**
9. **Be specific when you offer words of praise**; it makes your encouragement more credible and concrete. “You did a great job at...” “I really appreciate that you...”
10. **Realize the power of presence.** Just being there is encouraging!
11. **If you really want to encourage someone** who gives you excellent service, write a letter of commendation to the person’s boss.
12. **We could learn something from the way team athletes freely pat, touch and high-five each other in competition.** Touch is a powerful encouragement.
13. **When you see someone making positive changes in their lives, affirm them.** “You seem to have a really great attitude about...” “It may be that I’m just starting to take notice, but I see that you’re...” “Do you think that you are becoming more...?”
14. **Tell people how they’ve encouraged you!**

**Deuteronomy 30:12** *It is not in the heavens, that you should have to say, who will go up for us to the heavens and bring it to us that we may hear **אתה** it (him) and do it?* C-MATS

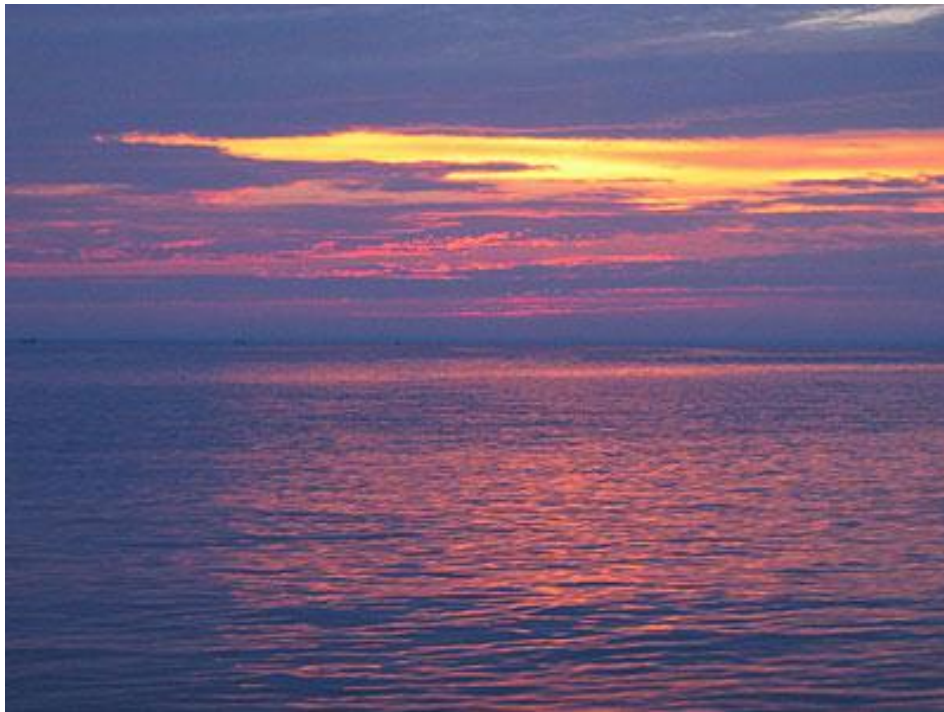
**Question:** What does it mean “who will go up for us to the heavens”? You do not need a prophet to bring you heavenly messages before you can come close to יהוה. Yahusha came down to you to bring you the Truth, because you could not come up to Heaven to receive the message.



You do not need to go up to heaven to find the Truth.

**Deuteronomy 30:13** Neither *is* it beyond the sea *that you should have to say, who will cross over the sea for us and bring it to us that we may hear* אֵת *it (him) and do it?* C-MATS

**Question:** What does it mean “**who will cross over the sea for us and bring it to us**”? It is not necessary to seek out the greatest scholars in the world who may be across distant seas. יהוה will teach you His Torah if you read it and seek Him. *Chumash*



You do not need to cross over the sea to find the Truth

**Question:** Should we give up when something becomes challenging? Many times when we set out to do something worthwhile, it won't be easy and it is tempting to quit, especially if there seems to be a good excuse to do so. But we gain and grow so much by pushing on, nevertheless.

**Question:** Who do you think lives a happier life - someone who allows good excuses to stop him or one who doesn't? There is no dream, no worthwhile accomplishment, that doesn't at some point present itself with a good excuse to give up. Only a person who keeps going anyway will achieve the great joy of accomplishing his dreams.

**Question:** What does it mean to rationalize? It is a process of using our mind to generate excuses to allow us to do what we want even if it's not right. This type of excuse-making can really hold a person back from spiritual growth. We should always be on the lookout to avoid it.

**Deuteronomy 30:14** But the word *is* very near to you, in your mouth and in your heart that you may do it. C-MATS



**Question:** What does it mean by “in your mouth and in your heart”? The heart recognizes where one has sinned and the mouth confesses it. Both recognition and confession of sin are prime ingredients of repentance (Sforno). A fetus is taught the Torah in the womb, and is caused to forget it at birth (Niddah 30b). But if he is not to remember it, why was it taught to him? Thanks to this prenatal teaching, every Believer has a kinship with the Torah, and even someone who never had the privilege of studying the Torah may be inspired with instinctive wisdom. When such a person is given the opportunity to study, the Torah will not be something foreign to him, but something he once knew. This is what Moses meant when he said that the Torah is not hidden or distant, but that it is in every Israelite's mouth and heart (R' Yosef Dov Soloveitchik). *Chumash*

**Deuteronomy 30:15** See, I have set before you this day **חַיִּים** life **מוֹת** and goodness **חַיִּים** and death **מוֹת** and adversity (*evil*). C-MATS



Deuteronomy 30:16 In this I command you this day to love יהוה אתה<sup>1</sup> your Elohim, to walk in His ways and to keep His commandments and His statutes and His judgments, so that you may live and multiply; and יהוה your Elohim will bless you in the land which אתה<sup>2</sup> you are going to possess. 17 But if your heart turns away, so that you will not listen, but are drawn away and worship other יהוה<sup>3</sup> and serve them; 18 I announce to you this day, that you will certainly perish and that you will not live very long upon the land when אתה<sup>4</sup> you pass over אתה<sup>5</sup> the Jordan to go in to possess it. C-MATS





**Question:** Does man have freedom of choice? Freedom of choice has been granted to every man: if he desires to turn toward a good path and be righteous, the ability to do so is in his hands; and if he desires to turn toward an evil path and be wicked, the ability to do so is in his hands. This concept is a fundamental principle and a pillar of the Torah and its commandments. As it is written in Deuteronomy 30:15 "See, I have set before you this day **חַיִּים** life **וְמוֹת** and goodness **וְטוֹב** and death **וְרָע** and adversity (*evil*).

**Question:** Is there any situation where we do not have free choice? While it is true that things can happen that leave us no alternative how to act, yet there is no situation when we are left without any free choice. It could be that our choice is what to say, or even our attitude about what's happening. As human beings, we are always free to choose on some level.

**Question:** Do you believe that animals also have free choice? While animals may appear to make certain choices - a cat may choose to walk or sit still, a dog may choose which of two foods to eat - they are simply responding to their natural instinct. The cat is tired, or wants to catch a bird. The dog likes one food better than another. This is not called free choice, which is a uniquely human phenomenon. Free choice is a value-based choice that often compels us to go against our natural instinct. It's a moral decision between good and evil. For instance, I may like a certain food better than another, and I could easily take it, but I choose to leave it because I want my friend to enjoy it. This is not the kind of choice that an animal will never make.

**Question:** Does everyone have same range of free choice or does it differ among people? Each of us has our own free choice range. This means that according to our age, personality and experiences, we all have an area where we are equally pulled by competing values and may freely choose to which we will respond. For instance, for a child growing up in an inner city broken home, whether to rob a store or not is a difficult moral choice. For someone else, it would be out of the question, whereas his moral choice might involve whether or not to return extra change he has been given. It is how we choose in our own personal free choice range that determines whether or not we are growing spiritually.

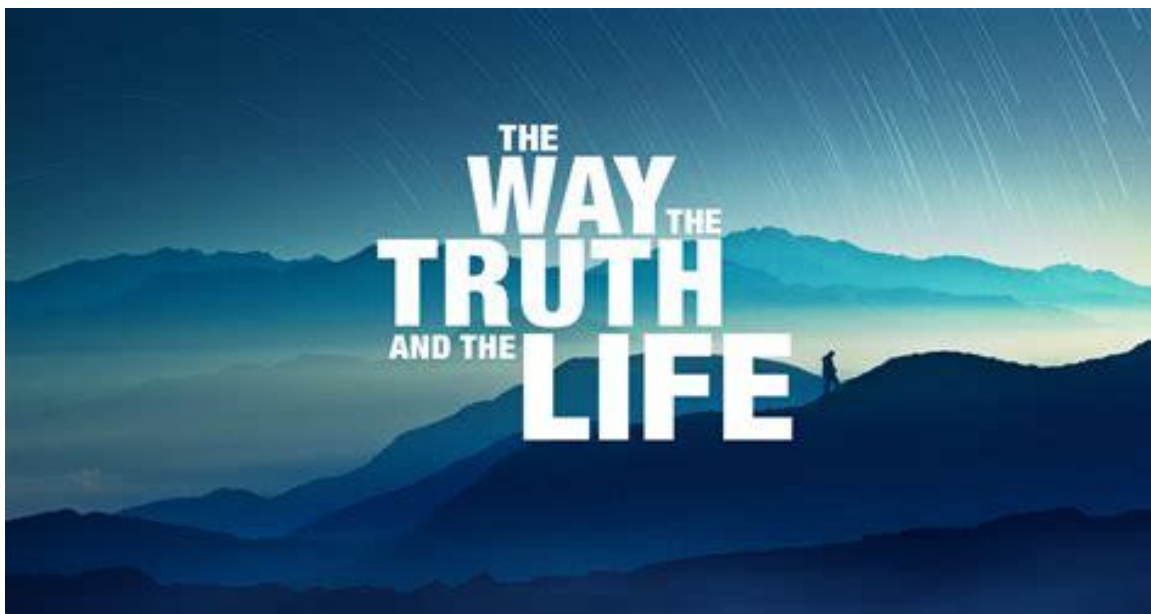


Heaven and earth are witnesses of יהוה's warning.

Deuteronomy 30:19 I call as a witness this day אֶת־ the heavens אֶת־ and the earth against you, that I have set before you life and death, blessing and cursing: therefore, choose life that both אַתָּה you and your descendants may live. C-MATS

**Question:** Who did יהוה call as witnesses that He had warned us of what would happen if we did not keep His commandments? Heaven and earth exist eternally, so that whenever Israel may sin, the witnesses will be available to testify that the people were warned of the consequences. יהוה wants Israel to draw a lesson from heaven and earth. Heaven and earth are not rewarded or punished, but they never move away from the functions יהוה ordained for them. Should not Believers, who are rewarded for performing the commandments, be zealous in fulfilling יהוה's will? (Rashi) *Chumash*

**Question:** What does it mean to “choose life”? Yahusha said, “I am the way, the truth, and the life.” John 14:6 Choosing life is indeed choosing to “live, and move, and have our being” in Yahusha (Acts 17:28). As we continue to choose Life, delighting ourselves in Yahusha, we will “walk in the Spirit.” (Galatians 5:16) We will be moved and directed in our other choices by the Spirit of Yahusha, because we have an intimate relationship with Life itself.



**Question:** Why does יהוה remind us to “choose life”? Nowadays with so many types of entertainment to choose from, such as video games, TV, movies, and all the exciting new technology that seem to be springing up every day, we can get lost in fantasy and almost forget about our real lives. Things like video games, TV, movies, etc., are designed to get a person excited. They simulate situations that, if they really happened in our lives, would be terrifying. But since in the end, these games aren't really a part of our real lives, a person ends up getting all excited about nothing. These games can be fun for a while. But sooner or later, we all want more. We find that we want to put our energy into things with real meaning. When we do this, it's much more interesting than any video game. This is called "choosing life."

**Question:** Would you say that it's necessary to be exposed constantly to new and different people and things for life to be interesting and exciting? Or can a person still feel that way around the same people and places every day? When we see the same people and places everyday it's easy to get used to them. But in reality we only have to look deeper and we can see the wonders that **יהוה** has put into the everyday. Next chance you get, pick up a flower or even a leaf and look at it. Really look at it. You might be amazed at the awesome detail and incredible design that you see. Poets and artists are able to see this way and find the spectacular within the everyday things. Scientists teach us that the inner workings of the most simple flower or insect contain wonders that boggle the mind. Each person you meet is like a world waiting to be discovered. Life around us is amazing once we open our eyes.

**Question:** Unfortunately we often hear of people who become caught up in dangerous habits and self-destructive behavior. They claim that they engage in this behavior in order to "escape." From what do you think they're trying to escape? Do you think they succeed? Life can be challenging. **יהוה** put us in the world and designed our lives to include many challenges. When we face these challenges and try our best to meet them, we grow as people. This is spiritual growth and while at times it can be uncomfortable or even painful, it can be the most valuable and meaningful part of life. Of course, there is always the temptation to try to escape or sidestep these challenges by blurring our minds and numbing ourselves with drugs and alcohol to what is uncomfortable in reality. But ultimately this technique is about as effective as the ostrich who buries its head in the sand when it sees a lion. Sooner or later all challenges must be faced in order to grow. It is so much better to face them with our eyes open.



Who is more important a nurse, an athlete, or movie actor?

**Question:** In your opinion, who do you think is doing a more important job: a nurse who spends long days helping people get well so they can live happier and fuller lives, or a big movie star or athlete who spends his free time on the beach? The nurse is more important.

**Question:** Which one do you think receives more money and fame? The actor and athlete receive more money and fame, but benefit the world less.

**Question:** How do you explain this? It can happen that those who are the real heroes of our society can be overlooked and at the same time somebody else doing something that in a real sense is not very important is considered a "star." One of the reasons is that the work that the real heroes are doing, although more important, doesn't always seem as glamorous as the movies. Also, people who are genuinely interested in helping others and helping to make the world a better place often aren't so concerned about their own fame and fortune. They know that what they are doing has real meaning in their eyes and in the eyes of יהוה. This is enough of a reward for them. People like this really make the world a better place, even if nobody ever hears of them.

**Question:** Should you long to make more money? Should you be content with what you have?

**Hebrews 13:5** Let your life be without covetousness; and be content with the things you have: for He has said, I will never leave you, nor forsake you. **6** So that we may boldly say, Adonai is my helper, and I will not fear what man shall do to me. **7** Remember those who rule over you, who have spoken to you the word of Elohim: whose faith you follow, consider the outcome of their life. **8** Yahusha haMashiach is the same yesterday, and today, and forever. C-MATS

**Ecclesiastes 5:10** He that loves silver shall not be satisfied with silver; nor he that loves abundance, with increase. C-MATS

**Matthew 6:24** No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. You cannot serve Elohim and money. C-MATS

**1 Timothy 6:10** For the love of money is *the* root of all evil: which some have coveted after, and then wandered from the faith, and pierced themselves through with many sorrows. **17** Command those who are rich in this present age, that they not be haughty, nor trust in uncertain riches, but trust in the living Elohim, who gives us richly all things to enjoy; **18** Let them do good, that they be rich in good works, ready to give, willing to share; **19** Laying up for themselves a good foundation for the time to come, that they may take hold of eternal life. C-MATS

**1 Samuel 2:7** יהוה makes poor and makes rich: He brings low, he also lifts up. C-MATS



# MAN'S JOB: OBEY

**Deuteronomy 30:20** That you may love יהוה אתי your Elohim and that you may obey His voice and that you may cling to Him: for He is your life and the length of your days: that you may live in the land which יהוה swore to your fathers, to Abraham, Isaac and Jacob to give them. C-MATS

**Question:** What is the purpose of your life?

1. Love יהוה
2. Obey His Voice
3. Cling to Him (so you can be transformed into His Image and prepare you for the life to come)

**Question:** How should you love יהוה? By definition, love of someone means that one cares only to be attached to the object of one's love, without any selfish concerns. Since the way to achieve love of יהוה is by studying the Torah, such study must be purely for the sake of the Torah, not because it can lead to personal benefit of any sort. Someone who studies the Torah with other motives loves himself, not the Torah, and therefore will not come to love יהוה (Maharal to Nedarim 62a). A person should love יהוה with such great and powerful intensity that his soul is bound in this love and is constantly pursuing his love, just as one who is smitten with lovesickness. This is what King Solomon meant when he said by way of metaphor, "**For I am sick from love.**" **Song of Solomon 2:5** Indeed, the entire Song of Solomon is a metaphor for the concept of his lovesickness for יהוה. *Chumash*



Question: What promises do we the exiles have?

1. You will listen to His voice.
2. You will return to יהוה with all your heart and with all your soul.
3. Our children will listen to His voice.
4. יהוה will bring back the exiles to the Land.
5. יהוה will have mercy upon you.
6. He will dwell in your midst.
7. You will take possession of the Land.
8. He will do good things for you.
9. He will make you more numerous than your forefathers.
10. יהוה will circumcise your heart and the heart of your offspring.
11. יהוה will place all these curses upon your enemies.
12. You will fulfill all His commandments.
13. יהוה will make you abundant for good in all the work of your hands, in the fruit of your womb, in the fruit of your livestock, and in the fruit of your soil.
14. יהוה will once again rejoice over you for good, as He rejoiced over your forefathers.

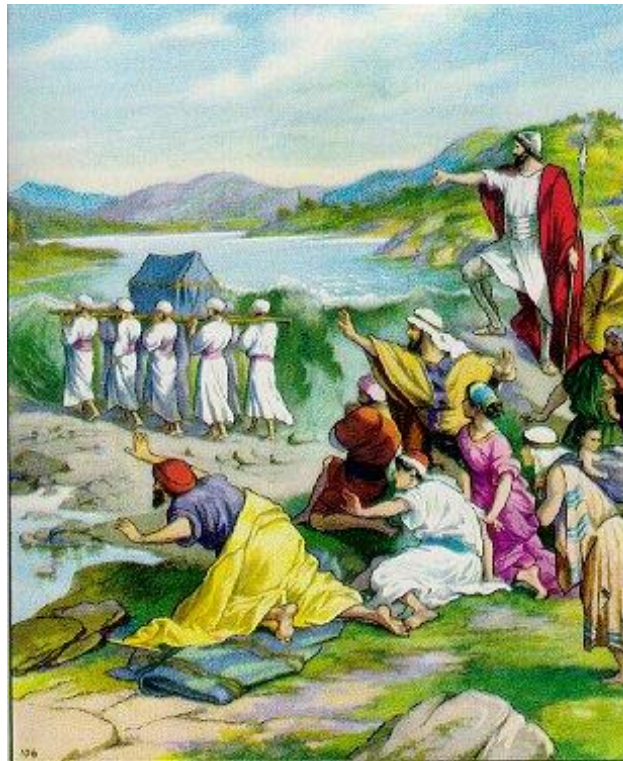
## VAYELECH (and he went)



Deuteronomy 31:1 And Moses went and spoke **את** *these* words to all Israel. 2 And he said to them, *I am 120 years old this day; I cannot go out and come in anymore:* and **יהוה** said to me, *You will not cross over את the Jordan this day.* C-MATS

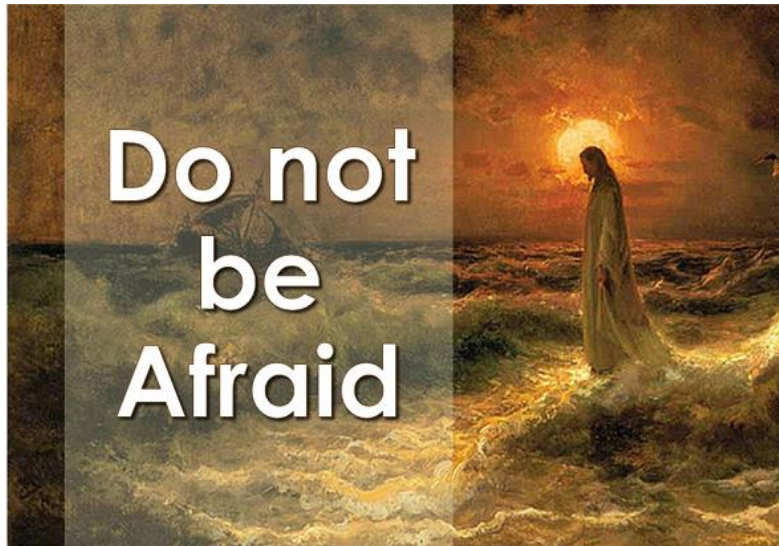
**Question:** Why did Moses say “I am 120 years old this day”? Today my days and years were fulfilled; on this day I was born (Moses’ birthday), and on this day I shall die... This is to teach us that **יהוה** fulfills the years of the righteous to the day and to the month, as it is written "**את** *the number of your days I will fulfill (You will live out the full span of your lives).*" Exodus 23:26 *Chumash*

**Question:** What does it mean by “I cannot go out and come in anymore”? Did this mean physically he was too old to go into the Promised Land? Scripture states regarding Moses, “And Moses *was 120 years old when he died: his eyes were undimmed and his vigor undiminished.*” Deuteronomy 34:7, which teaches us that his powers were intact even on the day of his passing. So what then is the meaning of “I cannot go out”? Here it means: “I am not permitted,” because authority was taken from him and granted to Joshua. *Chumash*



Joshua crosses the Jordan

Deuteronomy 31:3 **יהוה** your Elohim will cross over before you and He will destroy **את** *these* nations from before you and you will possess them: and Y'hoshua (*Joshua*) will cross over before you as **יהוה** said. 4 And **יהוה** will do to them as He did to Sihon and to Og, kings of the Amorites and unto the land of **אתם** *them*, whom He destroyed. 5 And **יהוה** will defeat them ahead of you, *so that you may do to them according to all the commandments which I have commanded אתכם you.* C-MATS



Do not be afraid

**Deuteronomy 31:6 Be strong and be bold, do not fear, or be afraid of them: because יהוה your Elohim goes with you; He will not fail you or forsake you. 7 And Moses called to Y'hoshua and said to him in the sight of all Israel, Be strong and be bold: because אתה you must go with את people to the land which יהוה has sworn to their fathers to give them ואתה and you will cause אותם them to inherit it. C-MATS**

**Question:** What commandment did Moses give Joshua? Does this commandment apply to us today? Moses called Joshua and said to him in the presence of all Israel, "**Be strong and be bold, do not fear.**" We too must be strong and courageous and overcome all temptations to sin. We must not fear men but trust יהוה in all things.

**Question:** Does worrying help us reach our goal? Worrying wouldn't help us to reach our goals. You have the best chance if you try your hardest while trusting in יהוה. Worrying is an unproductive waste of energy.

**Question:** Are we really in control of whether we get nervous or not or does it just happen? There are some situations, such as taking a test where there is a lot on the line. It is only natural that in times like this we will feel tense or nervous, and that's okay. But we do have the ability to take control of that feeling and not let it carry us away. If we give ourselves positive messages that everything will work out for the best, and if we remember that יהוה is always by our side, we can really make many of these nervous feelings disappear.

**Question:** What is the difference between fear and worry? While the two feelings may be similar there are some crucial differences. Fear is a natural reaction to a genuine threatening or dangerous situation that exists in the present. It is the body's way of preparing itself for "fight or flight," to give it extra energy to face up to or escape from the situation. Worry tends to produce in us similar sensations when there is no immediate or real danger. Often it focuses on past events that no longer threaten us, or dwells on possible future problems (what if... etc.) which may never materialize. Whereas appropriate fear can be constructive and energizing, worry weakens us and makes us less effective.



**Question:** Is there a connection between a person's level of faith, or trust in יהוה, and his ability to stop worrying? Faith is a realization that we are not alone when facing challenges. We understand that יהוה is with us to help us deal with them successfully, and that He has also placed the challenge before us as an opportunity to grow. As long as we put in our best effort, we can rest assured that whatever results will be for our best. When we see things in this light, there is no longer any reason to worry, and life becomes much more manageable.

**Philippians 4:6** Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto Elohim. C-MATS

**Isaiah 41:10** Do not fear; for I *am* with you; be not dismayed; for I *am* your Elohim: I will strengthen you; indeed, I will help you; indeed, I will uphold you with the right hand of My righteousness. C-MATS

**Matthew 6:25** Therefore I say unto you, Take no thought for your life, what you shall eat, or what you shall drink; nor yet for your body, what you shall put on. Is not the life more than meat, and the body than raiment? 32 For after all these things do the Gentiles seek: for your heavenly Father knows that you have need of all these things. 33 But seek you first the kingdom of Elohim, and his righteousness; and all these things shall be added unto you. 34 Take therefore no thought for *the* morrow: for the morrow shall take thought for the *things* of itself. Sufficient unto the day is the evil thereof. C-MATS

**Proverbs 12:25** Heaviness in the heart of a man makes it stoop; but a good word makes it glad. C-MATS

**Most of things you worry about will never happen.** If you look at the statistics of what scares people, you will find out that these things are unlikely to happen. Here are some statistics of common fear:

- Odds of being killed on a single airline flight 1 in 29.4 million
- Odds of becoming a lightning victim in any one year 1 in 700,000
- Odds of dying from contact with sharp objects 1 in 38,174
- Odds of dying from a cataclysmic storm 1 in 66,335
- Odds of getting attacked by a shark 1 in 3,748,067
- Odds of getting killed by fireworks 1 in 340,733
- Odds of going blind after laser eye surgery 1 in 5 million

If you fear dying remember that the day of your death has already been decided, and nothing can change what day you will die. **Psalm 138:16** Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. C-MATS

Don't limit your life because you are afraid of death.

**Feed Your Mind With the Right Food.** What TV shows or news programs are you watching? What books are you reading? What was your last conversation with someone? The most recent thing you watch or read or hear is what your mind will focus on. Look for positive programming, documentaries, books, and people to talk to you. Leave the negative behind.

**Philippians 4:8** Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and If there be any praise, think on these things. C-MATS

**People don't think about you and what you do as much as you may think.** They have their hands full with thinking about what other people think of them. And with thinking about what is closest to their hearts like their children, pets, a partner or the job or school. So don't get lost in worries about what people may think or say if you do something. Don't let such thoughts hold you back or down in life. **Proverbs 29:25 The fear of man brings a snare; but whoever puts his trust in יהוה shall be safe.** C-MATS

**Talk about your worries with someone you trust.** Sometimes when you verbalize your worries, they do not sound so threatening. Worries always are bigger in your thoughts than when put them into words. Loved ones can be a great source of support, providing you with empathy and understanding. Friends and family can also offer you valuable advice, giving you a different perspective on your problems. Pray with someone about your concerns.

**Proverbs 19:20 Hear counsel and receive instruction, that you may be wise in your latter end. 21 There are many devices in a man's heart; but the counsel of יהוה, that shall stand.** C-MATS

**Proverbs 28:26 Whoever trusts in his own mind is a fool, but he who walks in wisdom will be delivered.** C-MATS

**Accept that some things are beyond your control.** Elohim is in control, and He knows what you and others need. No matter how much you try to solve problems, the outcomes will not always be the way you want them. Instead, focus your mind on the present things that you can deal with. **1 Thessalonians 5:16 Rejoice evermore. 17 Pray without ceasing. 18 In everything give thanks: for this is the will of Elohim in Mashiach Yahusha concerning you.** C-MATS

**Channel your worries in different ways.** When worries attack you, get a paper immediately and write them down. Brainstorm possible activities that can replace your worries.

- If you worry about failing a test, channel that energy into preparation for the test.
- If you worry about someone you love breaking up with you, channel that energy into improvement of the relationship.
- If you worry about negative feedbacks on the job, channel that energy into mastering your job or career.
- If you worry about getting sick, channel that energy into finding ways to build up your immune system.
- If you worry about dying, channel that energy into actually living your life as if it is your last day.

**Isaiah 54:17 No weapon that is formed against you none will prosper; and every tongue that will rise אֶתְּךָ against you in judgment you will condemn. זֶה־עַתָּה This is the heritage of the servants of יהוה and their righteousness is of Me, says יהוה.** C-MATS

**Write down your thoughts.** If you do not have anyone you trust to talk to or you do not feel comfortable about sharing your worries, then use a journal to write down your thoughts. Journal writing is a powerful and effective way to get in touch with your inner self. By writing in a journal, you can work through your difficult emotions, uncover solutions to your issues, and change your perceptions and worries. Start with setting aside a time each day to write down your inner thoughts. You can focus on addressing each of your worries, writing them out as they come up, allowing yourself the freedom to fully express how you are feeling. End that time of journaling by giving each one of those worries to Elohim. **1 Peter 5:7 Casting all your care upon him; for he cares for you.** C-MATS

**Learn to relax.** You cannot possibly feel anxious when you are in a state of relaxation. Learning to relax can be made easier through the use of relaxation techniques. These activities are geared towards helping you release tension throughout the body and let go of your worrisome thoughts. The next time you are consumed with worry, give one of these relaxation techniques a try:

- Progressive muscle relaxation
- Yoga
- Visualization
- Deep breathing
- Exercise

**John 14:27** Peace I leave with you, my peace I give unto you: not as the world gives, give I unto you. Let not your heart be troubled, neither let it be afraid. C-MATS

**Deuteronomy 31:8** And יהוה goes before you; He will be with you, He will not fail you, neither *will He* forsake you: do not fear or be dismayed. 9 And wrote Moses את־הַתּוֹרָה this את־הַתּוֹרָה Torah and delivered it to the priests, the sons of Levi, who bore את־הַתּוֹרָה Ark of the Covenant of יהוה and to all the elders of Israel. C-MATS



**Deuteronomy 31:10** And Moses commanded אותם them saying, At the end of every seven years according to the year of release during the Feast of Tabernacles, 11 When all Israel comes to appear את־הַתּוֹרָה before יהוה your Elohim in the place which He will choose, you will read את־הַתּוֹרָה this את־הַתּוֹרָה Torah, that day before all Israel so they can hear it. C-MATS

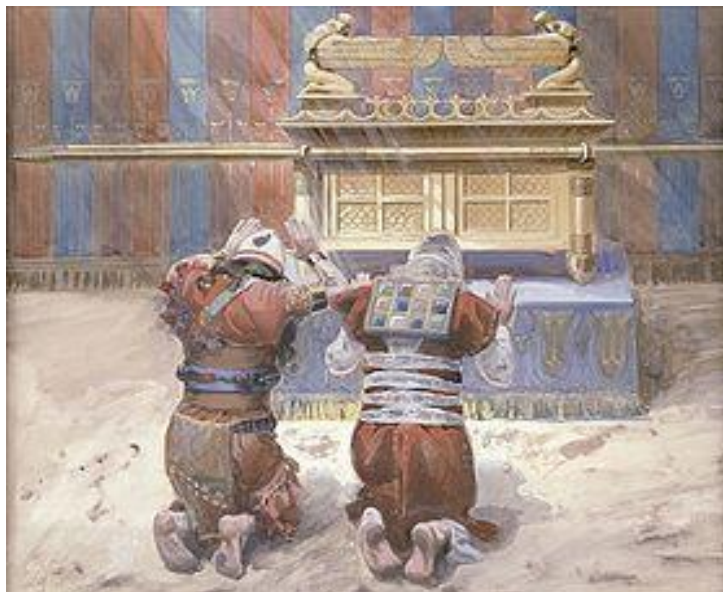
**Question:** Who reads the Torah to the people at the end of every seven years? The king reads to the entire nation from Deuteronomy. While reading the book of Deuteronomy to the people every seven years at the Feast of Tabernacles, the king would sit upon a wooden platform that was erected in the courtyard of the Temple and the entire nation would come together and listen to the king read to them. The reason for this commandment is that the primary foundation of Israelites life is the Torah, and through it Israelites are distinguished from all other nations to enjoy the highest possible spiritual pleasure. This being so, it is fitting that all Israel -- men, women, and children -- should come together to hear it read as a national affirmation that the Torah is our foundation, majesty, and splendor (Rambam, Hil. Chagigah 3:3; Chinuch 612). *Chumash*

Deuteronomy 31:12 Gather together **את** the people, the men and women and children and your stranger who lives within your towns, that they may hear and that they may learn and fear **את** יהוה your Elohim and observe and do **את** all the words of **יהוה** this Torah. C-MATS



Jordan River

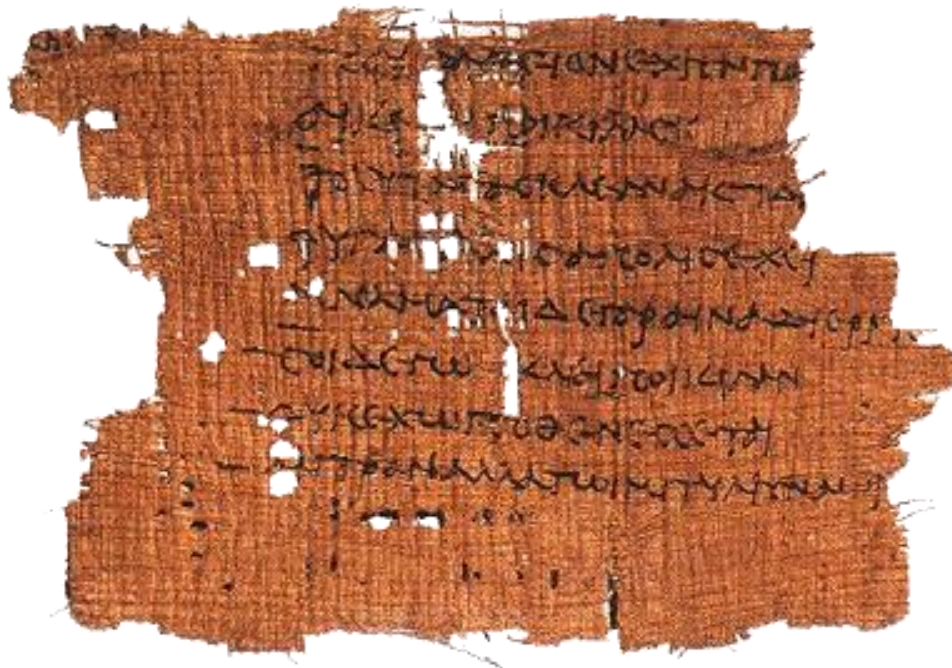
Deuteronomy 31:13 And their children, who have not known *these laws*, may hear and learn to fear **את** יהוה your Elohim as long as **אתם** you live in the land when **אתם** you cross over **את** the Jordan to possess it. 14 And יהוה said to Moses, See, your day has come that you must die: Call **את** Y'hoshua and present yourselves in the Tabernacle of the Congregation, that I may give him a charge. And Moses and Y'hoshua went and presented themselves in the Tabernacle of the Congregation. C-MATS



Joshua and Moses before יהוה

Deuteronomy 31:15 And יהוה appeared in the Tabernacle in the pillar of a cloud: and the pillar of the cloud stood over the door of the Tabernacle. 16 And יהוה said to Moses, You will sleep with your fathers and this people will rise up and go whoring after the gods of the strangers of the land where they *are going* and will forsake Me and break אה" My covenant, which I have made אה" with them. 17 Then My anger will be aroused against them in that day and I will forsake them and I will hide My face from them and they will be devoured and many evils and troubles will befall them; so that they will say in that day. *Haven't* these evils come upon us, because our Elohim is not among us? 18 And I will certainly hide My face in that day because of all the evils they have done by turning to other gods. C-MATS

**Question:** What does יהוה mean by "I will certainly hide My face in that day"? There are times when יהוה hides His face. But then there are times when יהוה hides His face and we don't even realize that His face is hidden; we dwell in darkness, and think it is light. *Chumash*



Teach the Israelites this song.

Deuteronomy 31:19 Now therefore, write for you הזאת this אה" song and teach it to אה" Children of Israel and have them learn it, so that הזאת this song may be a witness for Me against the Children of Israel. C-MATS

**Question:** Why is the next Torah section called a song? Haazinu is called a song because Israelites always chant it and it is written in the form of poetic verse (Ramban). It was written as a song, so they could sing it to their children. *Chumash*

Deuteronomy 31:20 For when I have brought them into the land, which I swore to their fathers that flows with milk and honey; and they have eaten and filled themselves and grown fat; then they will turn to other gods and serve them and provoke Me and break אה" My covenant. C-MATS

**Question:** Why did the Israelites turn to other gods in times of abundance? Should this be a warning for us? They will eat and be satisfied, and live on the fat of the land-have abundance. We should seek יהוה with all our heart even in times of abundance to insure that we never turn away from Him. *Chumash*

**Deuteronomy 31:21** **הִזָּאת** *This* song will testify against them as a witness after many evils and troubles have come upon **אתו** *them (him)*; because it will still be recited by their descendants and they will not have forgotten it: because I know **אתִּי** *their* imagination even now before I brought them into the land which I swore. C-MATS

**Question:** What promise does יהוה give to His people? Despite the starkness of the prophecy that Israel will slide into sin and make יהוה angry, there is this comforting promise that the Torah will never be completely forgotten (Rashi). History shows over and over again that there was a revival of Torah study after times when it seemed as if its decline was irreversible. *Chumash*

**Deuteronomy 31:22** Therefore, wrote Moses **הִזָּאת** *this* **אתִּי** *song* on the same day and taught it to **אתִּי** *Children of Israel*. 23 And He commissioned **אתִּי** *Y'hoshua* the son of Nun and said, Be strong and be bold: because **אתֶּם** *you* will bring **אתִּי** *Children of Israel* into the land which I swore to them: and I will be with you. C-MATS



Moses anoints Joshua as leader of Israel

**Deuteronomy 31:24** After Moses finished writing **אתִּי** *the* words of **הִזָּאת** *this* Torah in a book, 25 That commanded Moses **אתִּי** *the* Levites, who carried the Ark of the Covenant of יהוה, saying, 26 Take **אתִּי** *this* Book of the Torah and put **אתו** *it (him)* next to the Ark of the Covenant of יהוה *your* Elohim that it may be there for a witness against you. 27 For I know **אתִּי** *your* rebellion **אתִּי** *and* your stiff neck: even while I am still alive with you today you have been rebellious against יהוה; and how much more will you do so after my death? C-MATS

Deuteronomy 31:28 Gather to me **את** all the elders of your tribes and your officers that I may speak to them in their ears **את** words and call to witness against them **את** the heaven **ואת** and the earth. 29 Because I know that after my death you will utterly corrupt *yourselves* and turn aside from the way which I have commanded **אתכם** *you*; and evil will come upon **אתכם** *you* in the latter days because you will do **את** evil in the sight of **יהוה** to provoke Him to anger through the things that you do. 30 And Moses spoke to all the congregation of Israel **את** words of **הזאת** *this* song.  
C-MATS

**Question:** Why did Moses say that after his death the Israelites will corrupt themselves? Although Moses predicted that the national corruption would begin as soon as he died, Scripture testifies that Israel remained righteous for as long as Joshua lived. **Judges 2:7** **And served the people את יהוה all the days of Y'hoshua and all the days of the elders that outlived Y'hoshua, who had seen את all the great work of יהוה that he had brought for Israel.** This shows that a teacher loves his student like himself, so that Moses felt that he was still alive as long as Joshua lived (Rashi). *Chumash*

**Question:** How did the Israelites feel about Moses no longer being their leader? The Israelites had to face a big change when Moses, their great teacher and leader, gathered them together to tell them he would be leaving this world very soon. He wanted to share his wisdom with them one last time. Although the people felt sad and anxious that he was leaving, Moses tried to encourage them and to help them to realize that their time together had been valuable and what they had gained from the opportunity would remain with them. We can learn from this how to deal positively with life's transitions and know that even if something good comes to an end, the good that we found in it will remain with us forever.

**Question:** Is it okay to feel sad when good things come to an end? We wish that good things could last forever. But the memories and lessons of those times will always stay with us, and **יהוה** puts each person or experience in our life for just the right amount of time and for our best.

**Question:** What is so hard about facing changes, and what can we do to make transitions easier? People like a sense of security, to feel that things are the same as always. Facing changes, even if the changes themselves aren't unpleasant, shakes us out of our familiar routine and can cause us to feel less secure. One way to deal with these feelings is to develop and emphasize the parts of ourselves that will always be with us, such as our values, the spiritual side of ourselves, and our closeness to **יהוה**, Who never changes. When we do this, we have a steady, unchanging basis to our lives that give us the power to deal securely with whatever changes do come our way.

**Question:** Do you believe that people have within them the ability to handle any change that life may bring them? Of the many changes and transitions a person will encounter in life, many will be pleasant, others less so. The one thing that these transitions have in common is that they are all specifically sent to us by **יהוה** as a chance to learn and grow spiritually. **יהוה** will never send us a situation that is beyond our ability to handle. This makes sense when we realize that any challenges were sent specifically to us for a specific purpose. We definitely have the tools within us to handle whatever comes our way. It's only up to us to make use of these tools.

**Spiritual Exercise:** Examine a difficult change in your life and see all the good that has come from it. How have you grown spiritually from this change?

## Do You Know?

1. The Israelites made a \_\_\_ with יהוה to keep all his commandments.
2. The covenant the Israelites made with יהוה was for them and their \_\_\_\_\_. (who?)
3. If you break יהוה's commandments and do not repent, \_\_\_\_\_ will come upon you.
4. If you are in exile, יהוה promises to bring you back to \_\_\_\_\_ in the last days. (where?)
5. יהוה promises to \_\_\_\_\_ your heart so you can love יהוה with all your heart and soul.
6. The commandments are not too \_\_\_ for you to keep.
7. The purpose of your life is to love יהוה, obey His \_\_\_\_, and cling to Him.
8. יהוה asks you to choose \_\_\_\_\_ so you may live with יהוה forever.
9. After you return to the Land, יהוה will put all the curses on your \_\_\_\_\_ instead of you.
10. Secret hidden things belong to \_\_\_\_\_.
11. Even in exile you can find Elohim's favor by \_\_\_\_\_ His commandments.
12. **I have set before you \_\_\_ and \_\_\_, blessing and cursing: therefore, choose \_\_\_.**
13. **Yahusha said, "I am the way, the truth, and the \_\_\_."**
14. Moses was \_\_\_\_\_ years old when he died.
15. יהוה wanted the laws read to the Israelites every \_\_\_ years during the Feast of Tabernacles.
16. Moses anointed \_\_\_\_\_ to lead the Israelites into the Promised Land. (who?)

### Answers:

1. Covenant
2. Children
3. Curses
4. The Land
5. Circumcise
6. Hard
7. Commandments
8. Life
9. Enemies
10. Elohim
11. Obeying
12. Life and death, life
13. Life
14. 120
15. 7
16. Joshua



## Haftorah

Isaiah describes the great joy that we will experience with the Final Redemption, comparing it to the joy of a newly married couple.

Isaiah 61:10 I will greatly rejoice in **בִּיהוָה**, My soul shall be joyful in my Elohim; for He has clothed me with the garments of salvation, He has covered me with the robe of righteousness, as a bridegroom cloths himself with a garland and as a bride adorns herself with her jewels. 11 For as the earth brings forth its bud and as the garden causes the things that are planted in it to spring forth; so Adonai **יהוה** will cause righteousness and praise to spring forth before all the nations. Isaiah 62:1 For Zion's sake will I not hold My peace and for Jerusalem's sake I will not rest, until her righteousness go forth as brightness and her salvation (*Yeshuwah*) as a lamp that burns. 2 And the nations shall see your righteousness and all kings your glory and you shall be called by a new name, which the mouth of **יהוה** shall name. 3 You shall also be a crown of **תְּפִאֲרֹת** *beauty* in the hand of **יהוה** and a royal diadem in the hand of your Elohim. 4 You shall no more be termed Forsaken; neither shall your land anymore be termed Desolate: but you shall be called Hephzi-bah (*my delight*) and your land Beulah (*husband*); for **יהוה** delights in you and your land shall be married. 5 For as a young man marries a virgin, so shall your sons marry you; and as the bridegroom rejoices over the bride, so shall your Elohim rejoice over you. 6 I have set watchmen upon your walls, O Jerusalem; they shall never hold their peace day nor night, you that make mention of **יהוה אתה** keep not silent, 7 And give Him no rest, until He establishes and until He makes **אתה** Jerusalem a praise in the earth. 8 **יהוה** has sworn by His right hand and by the arm of His strength, surely, no more **אתן** *I will give אתה your grain to be food for your enemies; and foreigners shall not drink your new wine, for which you have labored: 9 But they that have gathered it, shall eat it and praise **יהוה אתה**; and they that have gathered it, shall drink it in the courts of My sanctuary. 10 Go through, go through the gates; prepare you the way of the people; cast up, cast up the highway; gather out the stones; lift up an ensign for the people. 11 Behold, **יהוה** has proclaimed to the end of the earth, Say you to the daughter of Zion, Surely, your salvation comes; behold, His reward is **אתו** *with Him* and His recompense before Him. 12 And they shall call them the holy people, the redeemed of **יהוה**: and you shall be called Sought out, a city not forsaken. Isaiah 63:1 Who is this that comes from Edom, with dyed garments from Bozrah? This that is glorious in his apparel, marching in the greatness of his strength? It is I that speak in righteousness, mighty to save. 2 Why are you red in your apparel and your garments like him that treads in the wine vat? 3 I have trodden the winepress alone; and of the peoples there was no man **אתי** *with Me*: yea, I trod them in My anger and trampled them in My wrath and their lifeblood is sprinkled upon My garments and I have stained all My raiment. 4 For the day of vengeance was in My heart and the year of My redeemed is come. 5 And I looked and there was none to help; and I wondered that there was none to uphold: therefore, my own arm brought salvation to Me; and My wrath, it upheld Me. 6 And I trod down the people in My anger and made them drunk in My wrath and I poured out their lifeblood on the earth. 7 I will make mention of the loving-kindnesses of **יהוה** and the praises of **יהוה**, according to all that **יהוה** has bestowed on us and the great goodness toward *the* House of Israel, which He has bestowed on them according to His mercies and according to the multitude of His loving-kindnesses. 8 For He said, Surely, they are My people, children that will not deal falsely: so He was their Savior. 9 In all their affliction He was afflicted and the angel of His presence saved them: in His love and in His pity He redeemed them; and He bares them and carried them all the days of old. C-MATS*

The prophet Hosea exhorts His people to return to יהוה encouraging them to repent sincerely and ask for יהוה's forgiveness.

Hosea 14:1 O Israel, return to יהוה your Elohim; for you have fallen by your iniquity. 2 Take with you words and turn to יהוה: say to Him, take away all iniquity and receive *us* graciously: so will we render the calves of our lips. 3 Asshur will not save us; we will not ride upon horses: neither will we say anymore to the work of our hands, You are our gods: for in you the fatherless finds mercy. 4 I will heal their backsliding, I will love them freely: for My anger is turned away from him. 5 I will be as the dew to Israel: he will grow as the lily and cast forth his roots as Lebanon. 6 His branches will spread and his beauty will be as the olive tree and his smell as Lebanon. 7 They that live under his shadow will return; they will revive *as the* corn and grow as the vine: the scent of it *will be* as the wine of Lebanon. 8 Ephraim *will say*, what have I *to do* anymore with idols? I have heard *him* and observed him: I *am* like a green fir-tree. From Me is your fruit found. 9 Who *is* wise and he will understand these *things*? Prudent and he will know them? For the ways of יהוה *are* right and the just will walk in them: but the transgressors will fall in it. C-MATS

Micah describes יהוה's kindness in forgiving the sins of His people.

Micah 7:18 Who is an Elohim like you that pardons iniquity and passes over the transgression of the remnant of His heritage? He retains not His anger forever, because He delights in loving-kindness. 19 He will again have compassion upon us; He will tread our iniquities under foot; and you will cast all our sins into the depths of the sea. 20 You will perform the אמת *truth* to Jacob and the loving-kindness to Abraham, which you have sworn to our fathers from the days of old. C-MATS

Joel 2:15 Blow the trumpet in Zion, sanctify a fast, call a solemn assembly; 16 Gather the people, sanctify the assembly, assemble the old men, gather the children and those that suck the breasts; let the bridegroom go forth from his chamber and the bride out of her closet. 17 Let the priests, the ministers of יהוה, weep between the porch and the altar and let them say, spare your people, O יהוה and give not your heritage to reproach, that the nations should rule over them: why should they say among the peoples, where is their Elohim? 18 Then was יהוה jealous for His land and had pity on His people. 19 And יהוה answered and said to His people, Surely, I will send you אה grain and new wine and oil and you shall be satisfied with אה *it (him)* and אה *I will make אתכם you* no more a reproach among the nations; 20 אה *and the northern army* I will remove far off from you and will drive him into a land barren and desolate, with אה *his face toward the eastern sea and his hinder part into the western sea; and his stench shall come up and his ill savor shall come up, because he has done monstrous things.* 21 Fear not, O land, be glad and rejoice; for יהוה has done great things. Joel 2:22 Be not afraid, you beasts of the field; for the אה *pastures* of the wilderness do spring, for the tree bears its fruit, the fig-tree and the vine do yield their strength. 23 Be glad then, you children of Zion and rejoice in ביהוה your Elohim; for He gives you אה the former rain in just measure and He causes to come down for you the rain, the former rain and the latter rain, in the first *month*. 24 And the floors shall be full of wheat and the vats shall overflow with new wine and oil. 25 And I will restore to you אה the years that the locust has eaten, the canker-worm and the caterpillar and the palmer-worm, My great army which I sent among you. 26 And you shall eat in plenty and be satisfied and shall praise אה name of יהוה your Elohim that has dealt wondrously with you; and My people shall never be put to shame. 27 And you shall know that I am in the midst of Israel and that I am יהוה your Elohim and there is none else; and My people shall never be put to shame. C-MATS

## **Brit Chadashah**

**Romans 1:1 Paul, a servant of Yahusha haMashiach, called to be an apostle, separated unto the gospel of Elohim, 2 Which he had promised before by his prophets in the holy scriptures, 3 Concerning his Son Yahusha haMashiach our Adonai, which was made of the seed of David according to the flesh; 4 And declared to be the Son of Elohim with power, according to the spirit of holiness, by the resurrection from the dead: 5 By whom we have received grace and apostleship, for obedience to the faith among all nations, for his name: 6 Among whom are you also the called of Yahusha haMashiach: 7 To all that be in Rome, beloved of Elohim, called to be saints: Grace to you and peace from Elohim our Father, and Adonai Yahusha haMashiach. 8 First, I thank my Elohim through Yahusha haMashiach for you all, that your faith is spoken of throughout the whole world. 9 For Elohim is my witness, whom I serve with my spirit in the gospel of his Son, that without ceasing I make mention of you always in my prayers; 10 Making request, if by any means now at length I might have a prosperous journey by the will of Elohim to come unto you. 11 For I long to see you, that I may impart unto you some spiritual gift, to the end you may be established; 12 That is, that I may be comforted together with you by the mutual faith both of you and me. 13 Now I would not have you ignorant, brethren, that oftentimes I purposed to come unto you, but was let hindered until now, that I might have some fruit among you also, even as among other Gentiles. 14 I am debtor both to the Greeks, and to the Barbarians; both to the wise, and to the unwise. 15 So, as much as in me is, I am ready to preach the gospel to you that are at Rome also. 16 For I am not ashamed of the gospel of Mashiach: for it is the power of Elohim unto salvation to everyone that believes; to the Jew first, and also to the Greek. 17 For therein is the righteousness of Elohim revealed from faith to faith: as it is written, The just shall live by faith. 18 For the wrath of Elohim is revealed from heaven against all ungodliness and unrighteousness of men, who hold the truth in unrighteousness. Romans 9:30 What shall we say then? That the Gentiles, which followed not after righteousness, have attained to righteousness, even the righteousness which is of faith. 31 But Israel, which followed after the Torah of righteousness, has not attained to the Torah of righteousness. 32 Wherefore? Because they sought it not by faith, but as it were by the works of the Torah. For they stumbled at that stumbling stone; 33 As it is written, Behold, I lay in Sion (Zion) a stumbling stone and rock of offense: and whosoever believes on him shall not be ashamed. Romans 10:1 Brethren, my heart's desire and prayer to Elohim for Israel is that they might be saved. 2 For I bear them record that they have zeal for Elohim, but not according to knowledge. 3 For they being ignorant of Elohim's righteousness, and going about to establish their own righteousness, have not submitted themselves unto the righteousness of Elohim. 4 For Mashiach is the end of the Torah for righteousness to everyone that believes. 5 Moses describes the righteousness which is of the Torah, That the man who does those things shall live by them. 6 But the righteousness which is of faith speaks on this wise, Say not in your heart, Who shall ascend into heaven? that is, to bring Mashiach down from above: 7 Or, Who shall descend into the deep? (that is, to bring up Mashiach again from the dead.) 8 But what does it say? The word is nigh you, even in your mouth, and in your heart: that is, the word of faith, which we preach; 9 That if you shall confess with your mouth Adonai Yahusha, and shall believe in your heart that Elohim has raised him from the dead, you shall be saved. 10 For with the heart man believes unto righteousness; and with the mouth confession is made unto salvation. 11 For the scripture said, Whosoever believes on him shall not be ashamed. 12 For there is no difference between the Jew and the Greek: for the same Adonai over all is rich unto all that call upon him. 13 For whosoever shall call upon the name of יהוה shall be saved. C-MATS**

**Hebrews 12:14 Follow peace with all men, without holiness no man shall see Adonai: 15 Looking diligently lest any man misses the grace of Elohim; lest any root of bitterness grows up to trouble you and defile many. C-MATS**

**Romans 7:7 What shall we say then? Is the Torah sin? Elohim forbid. Nay, I had not known sin, but by the Torah: for I had not known lust, except the Torah had said, You shall not covet. 8 But sin, taking occasion by the commandment, wrought in me all manner of concupiscence. For without the Torah sin was dead. 9 For I was alive without the Torah once: but when the commandment came, sin revived, and I died. 10 And the commandment, which was ordained to life, I found to be unto death. 11 For sin, taking occasion by the commandment, deceived me, and by it slew me. 12 Wherefore the Torah is holy, and the commandment holy, and just, and good. C-MATS**

**Hebrews 13:5 Let your conversation be without covetousness; and be content with such things as you have: for he has said, I will never leave you, nor forsake you. 6 So that we may boldly say, Adonai is my helper, and I will not fear what man shall do unto me. 7 Remember them which have the rule over you, who have spoken unto you the word of Elohim: whose faith follow, considering the end of their conversation. 8 Yahusha haMashiach the same yesterday, today, and forever. C-MATS**

### **Real Life**

**Question:** What does it mean to "choose life"? Real life has a lot to offer -- from the beauty of nature (even in our own back yard) to the warm feelings of being part of a family and a community. The simple pleasures of our daily encounters with the people around us can make our lives feel happy and rich. Yet with so many types of entertainment to choose from, we can get lost in fantasy and almost forget about our real lives. The Torah portion this week reminds us to "choose life" -- to choose to fully live and appreciate the specialness of the real lives that Elohim had given us; to realize that there is a lot to enjoy for each of us every day.

### **"SMOKE SCREEN"**

"DO NOT DISTURB -- DEFENDER AT WORK!" read the sign in bold black letters hanging on the door to John's room.

John would lock himself alone in there for hours at a time and submerge himself in what he liked to call his "control center."

His "control center" included a surround-sound audio system and a state of the art large screen computer/video hook-up complete with the latest interactive game software. His grandparents had given it to him for his birthday and lately it seemed to be all he was interested in.

One afternoon his older brother Sam knocked on the door. There was no answer. He knocked again, harder, causing the "Do Not Disturb" sign to swing back and forth on its hook.

"Go away earthling," barked out an annoyed sounding voice from with the room.

"Hey, come on out, John," Sam shouted. "I need to talk to you."

Finally the door opened a crack and Sam could make out his younger brother's silhouette from behind it. He was wearing his new silver and day-glow wireless virtual space helmet.

"John, I could use your help. I'm putting up screens on the windows. It's getting to be bee season and they're coming in. One even stung Rachel," he added, referring to their kid sister who could be heard crying in the background.

"Forget it!" answered the younger boy. "First of all I told you my name's not John anymore, it's 8-N. And secondly I'm busy with something much more important right now -- saving the world!"

"What do you mean?" asked Sam, incredulous.

"I mean," said John, "That the Zilgons have practically entered our atmosphere. If I don't monitor the situation there will be a total invasion."

Sam rolled his eyes. "That's just a video game," he said. "It isn't really happening. Come on out and help me, or at least help Avi rake the leaves, you know how mom's allergic. Besides," he added, "It's beautiful outside. The fresh air will do you good."

"Rake the leaves!" gasped John. "How can you worry about such trivia while the future of the galaxy is at stake?!"

"Listen, brother," said Sam in an understanding tone. "I know you're really into your video games. I like to play too sometimes. But there's more to life. You live in a real family, with real people who care about you and expect you to be part of us. If you care about invasions, come help me with the real-life bee invasion that's going to happen soon if we don't get these screens up."

John was quiet. He opened the door, took off his space helmet, looking a little embarrassed. "I guess I am getting a bit carried away," he said. "It's just that the games are so ... exciting. Real life is boring," he sighed.

"Only if you let it be," countered Sam. "Believe me it was pretty exciting when that bee was chasing me a few minutes ago. And when I finally managed to trap it and looked at it up close, it really looked like something from out of this world. Elohim created an amazing world -- right here, right now. And you don't need any special helmets to enjoy it. So what do you say, 8-N?"

The younger boy chuckled. "You can call me John," he said. "My real name is exciting enough too, I suppose. Hand me a force-field ... er, a screen, and let's get going!"

**Question:** How did John feel when his brother first asked him to stop playing the video game and help out in the house? He was upset because he felt that what he was doing was more important.

**Question:** Was John really helping more people by pretending to "save the world" on his video game or helping his family in the house? By helping his family.

**Question:** Why? Because even though his game was fun and exciting for him, it wasn't real. But helping out his family was something real he could do to actually help people.

**Question:** Would it really make any difference in the lives of John and his family if the "Zilgons" in his video game invaded the Earth or not? No.

**Question:** So why do you suppose John was so caught up as to sit for hours in front of the screen in order to "defend the world?" Things like video games, TV, movies, etc., are designed to entertain you. People can get lost in their entertainment and lose sight of the joy of living. Living in the real world and helping others has more purpose than entertaining ourselves.

**Spiritual Exercise:** How much time are you spending on entertainment? Use some of the time you spend on entertainment to show others you love them. Call someone who is lonely or has lost a loved one. Visit a friend who is going through a difficult time and pray with him. Spend time with your family and talk to each other or pray as a family. How does יהוה want to use you this week?

**Resources:**

*The Stone Edition of The Chumash*

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

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