

The Shabbat Diet Part 1

דבר תורה *D'var Torah*

Hebrew Minded Yisraelites



04/25/2015 *The Shabbat Diet - Part 2*

The word Torah holds universal principals. The Torah is the lesson within the laws that we read. When one mentions Torah, they are talking about universal thought and that thought is in many things. Reading the scripture does not give you Torah because Torah is the lesson/principle learned from what you are reading.

Torah: direction, instruction, law

Original Word: תּוֹרָה – Tav-Waw-Resh-Hey ($4+6+2+5=17=1+7=8$)

Part of Speech: Noun Feminine

8 = Hebrew Letter Chet

**The Hebrew letter Waw is in the word to connect two opposites and make them one. It helps the body and the soul to communicate with one another.

Our first diet was food for the mind. Bereshit 3:17-24 (Every spiritual teaching has a physical principal to it.)

The purpose of life is the purpose of the wilderness. The earth and the wilderness is the same thing.

Eretz: earth, land

אֶרֶץ

Phonetic Spelling: (eh'-rets)

Alef + Resh + Tzade = $1+2+9=12=1+2=3$

Earth = created on the 3rd day

Midbar: desert

מִדְבָּר

Phonetic Spelling: (mid-baw'r')

Mem+Dalet+Bet+Resh = $4+4+2+2=12=1+2=3$

Purpose of the wilderness is the same as our purpose for living on earth:

1. To afflict you
2. To test you
3. To know what is in your mind
4. To know whether you would observe YHWH's commandments or not

***Affliction is how the mind is tested

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Exodus/Shemos 3:18 – Gimmel = 3 = Giving

Leviticus 23:26-32

YHWH spoke to Moshe, saying: Speak to the Children of Yisrael, saying: In the seventh month, on the first of the month, there shall be a rest day for you, a remembrance with shofar blasts, a holy convocation. You shall not do any laborious work, and you shall offer a fire offering to YHWH.

We are two entities: Spiritual (father) and Physical (mother)

Shmot 20:8

Remember the Sabbath day to sanctify it. Six days shall you work and accomplish all your work; but the seventh day is Shabbat to YHWH, your Power; you shall not do any work—you, your son, your daughter, your slave, your maidservant, your animal, and your convert within your gates—for in six days YHWH made the heavens and the earth, the sea and all that is in them, and He rested on the seventh day. Therefore, YHWH blessed the Shabbat Day and sanctified it.

Purpose of Shabbat Day:

Shmot 31:12-17

YHWH said to Mosheh, saying: Now you speak to the children of Yisrael, saying: However, you must observe My Sabbaths, for it is a sign between Me and you for your generations, **to know that I am YHWH, Who makes you holy.** You shall observe the Shabbat for it is holy to you, its desecrators shall be put to death, for whoever does work on it, that soul shall be cut off from among its people. For six days work may be done and the seventh day is a day of complete rest, it is sacred to YHWH; whoever does work on the Shabbat day shall be put to death.

The Shabbat is about life. It is for those who are living. This is why work associated directly with saving lives is not considered work. Ex: doctors, nurses, police, firemen, etc. If you don't do the Shabbat then it is like you are not doing life. When you have life you have Shabbat and when you have Shabbat, you have life. They are the same fruit.

Shabbat

שַׁבָּת – Shin Bet Tav = 3+2+4=9

Life – (Chai)

חַי – Chet Yod = 8+1 = 9

***This is why Shabbat is an eternal covenant!!

Leviticus 23:1

YHWH spoke to Moshe, saying: Speak to the Children of Yisrael and say to them: YHWH's appointed festivals that you are to designate as holy convocations—these are My appointed festivals. For six days labor may be done, and the seventh day is a day of complete rest, a holy convocation, you shall not do any work; it is a Shabbat for YHWH in all your dwelling places.

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The purpose of the Shabbat is the idea of any kind of re-establishment of return to an original (first) state.

Our original state is in our father's loins. The Garden of Eden is the spiritual representation of the loins of man. The pomegranate represents the Garden of Eden and the Holy of Holies represent the Garden of Eden.

Read Isaiah 2:1-8

Yaakov was the first Yisraelite.

SUN=SHEMESH=SHIN MEM SHIN=3+4+3=10=1+0=1

YISRAEL=YOD SHIN RESH ALEF LAMED=1+3+2+1+3=10=1+0=1

FIRST BORN

This comparison represents how Yisrael is to be a light to the nations.

Mishlei 4:18 and Tehillim 119:105

Genesis /Bereishit 1:29 The Most High ,Behold I have given to you all herbage yielding seed that is on the surface of the entire earth, and every tree that has seed-yielding fruit; it shall be your food. This means bloodless and fatless Diet...

Leviticus/Vayikra 3:17 An eternal decree for your generations in all your dwellings places; you may not CONSUME ANY FEAR OR ANY BLOOD.

Read Leviticus/Vayikra 7:22-27

Fear always helps the mind to make the right decision which is why it is the beginning of wisdom.

YHWH changes not!!!

Malachi 3:5-6

Read Isaiah 46:1-10

Truth is the beginning to the end.

Truth = Emet

אמת

Alef = 1 Truth must always be established with 1 which equals 1st thought. Truth is never established on 2nd thought. (2nd guessing) Torah is first thought. New Testament is second thought. It was not established first.

Tav = the last letter of the Hebrew Alef-Bet. Alef Waw Tav = אות Ot = sign