

# The Shabbat Diet Part 2

## דבר תורה *D'var Torah*

*Hebrew Minded Yisraelites*



05/02/2015 *The Shabbat Diet - Part 3*

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. Torah is not a statute, it is utmost truth. Statutes can change but Torah is unchangeable because it is YHWH's thought in creation. Torah is preserved for any mind that desires righteousness. How things naturally function is Torah. The first 5 books are not Torah, it contains Torah. Torah is the lesson within the first 5 books so if the first 5 books are every burned or destroyed, Torah still exist because it is not physical, it is spiritual.

### ***Proverbs/Mishlei 2:1-7***

*My child: If you accept My words and treasure my commandments with yourself, to make your ears attentive to wisdom, incline your heart (mind) to understanding for only if you call out to understanding and give forth your voice to discernment, if you seek it as if it were silver, if you search for it as if it were hidden treasures, then you will understand the fear of YHWH and discover the knowledge of Elohim. For YHWH grants wisdom; from His mouth come knowledge and understanding. He has secured the eternal Torah for the upright; it is a shield for those who walk in innocence, to safeguard the paths of justice, for He protects the way of His devout ones.*

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.) My health is my wealth and I must improve in this area. There are two diets that are important for me”

- Spiritual Diet – What I allow in my ear
- Physical Diet – What I allow in my mouth
- We are two entities: Spiritual (father) and Physical (mother)

Deuteronomy/D'varim 8:3.....”in order to make you know that not by bread alone does man live, rather by everything that emanates from the mouth of YHWH does man live.”

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Vs 18 of Bereishit 3 YHWH is placing the curse of disobedience on our forefather Adam but he is reminding them that the herb of the field is still to be our diet, even in a cursed condition.

*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 FAT OR ANY BLOOD.*

*Exodus/Shemos 20:1-14 – This is YHWH's blood covenant with me.*

40=Mem=Wisdom

*The best food is the best thought because food is thought!*

- Read Exodus/Sh'mot 16:31-35
- Read Shmot 17:14-16
- Read Deuteronomy / D'varim 32 –This is the song that YHWH gave to Mosheh.
- Read Exodus/Sh'mot 9:13-16
- Read Exodus/Sh'mot 20:2

This comparison represents how Yisrael is to be a light to the nations.  
Mishlei 4:18 and Tehillim 119:105

**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 44:6-8
- Read Isaiah 45:5-6, 45:22-23

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 1<sup>st</sup> thought. Truth is never established on 2<sup>nd</sup> thought. (2<sup>nd</sup> 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

- Read Isaiah 47:9 & D'varim 4:25-31

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YHWH's will was never for man to eat flesh.

## **PATH OF LESS RESISTANCE, WHAT IS IT?**

**The path of obedience to Torah is the path of less resistance.**