

#### Names

Kefa – Peter
Messiah – English for Mashiach; anointed one; Christ in the Greek means to be smudged
Moshe – Moses
Shaul – Paul
Yeshua – Jesus' real name
Yěhōváh – God's real name forever (Ex. 3:15)
Yochanan – John

#### Terms

Haftarah – reading from the prophets Tanakh – Old Testament portion of Bible Torah – 1st 5 books of the Bible Torah portion – there are 54 portions of the Torah Beshalach – the 16<sup>th</sup> Torah portion

(We also use transliterations from Hebrew)

The portion for today is Beshalach and means, "when he let go." This portion begins with Pharoah letting Israel go and God leading Israel to the Suf Sea which we now know is the Gulf of Aqaba. Since the rediscovery of where Israel crossed the sea, there have been many videos made about it and they even include chariot artifacts strewn on the bottom of the sea at the crossing point.

#### Stay at peace. Seek God's comfort.

How can we stay at peace in life? There are so many things that occur in life that can take away our peace and there are many ways to address that problem. The first thing we need to do is to ask God for help. We may need to do this every time we think of the problem or issue. Ask God for a supernatural breakthrough whether that be a resolution to the problem, a healing, or whatever the problem is.

### Psalms 119:73-77 NKJV says,

Your hands have made me and fashioned me; give me understanding, that I may learn Your commandments. Those who fear You will be glad when they see me, because I have hoped in Your word. I know, O LORD, that Your judgments are right, and that in faithfulness You have afflicted me. Let, I pray, Your merciful kindness be for my comfort, according to Your word to Your servant. Let Your tender mercies come to me, that I may live; for Your law is my delight.

These scriptures begin by recognizing who God is. He is the creator and can do all things. Then He tells God that he believes in Him. Because He believes in the true God, He listens to God. He listens to God and asks God to listen to Him. He fears God and believes that God can help Him. To fear God is to have a deep respect for Him and His commandments and honor Him as the creator of all that is. Therefore, he will have hope in God.

Perhaps there was a reason that the person was experiencing what was going on and He has decided that God is right, he will keep God's commandments, and has asked God for His mercy. The man believes in God's ability to give him comfort because God promises us He will have mercy on us when we repent and when we do what is right. Exodus 34:6-7 NKJV says, "The

LORD, the LORD God, merciful and gracious, longsuffering, and abounding in goodness and truth, keeping mercy for thousands, forgiving iniquity and transgression and sin, by no means clearing the guilty, visiting the iniquity of the fathers upon the children and the children's children to the third and the fourth generation." He asks for God's help again as the creator God who has mercy, gives us favor, is patient, good, and faithful towards thousands and toward our situation.

Let's go over these steps again:

- He identifies God as the almighty creator and respects God as the creator.
- He listens to God and keeps God's commandments and asks God to hear him.
- He respects God as the creator. He believes that God knows what is right and best for mankind.
- He will hope in God and in God's mercy and kindness, God's promise in His word in Exodus.

So, let's again summarize what he did. The man prays and asks God for help. He examines his life to make sure he is in proper relationship with God and truly believes God's word, God's commandments, and in who God is. He intends to hold onto who God is and he has hope in God. Shaul has a very similar thought in Philippians 4:6-7 NKJV, "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

We are not to be consumed with being anxious or worry but talk to God about our problem or issue. We thank God knowing that God is able to help us. After all, He is the creator God. We have hope in God and therefore can have great peace. Make sure you make prayer a priority. We all will face troubles according to the Bible. Job 5:7 NKJV says, "Yet man is born to trouble, as the sparks fly upward." Yeshua said in John 16:33 NKJV, "In the world you will have tribulation; but be of good cheer, I have overcome the world."

There are some people who say that there must be something wrong with the person that suffers, but that is not biblical. Shaul says that tribulations produce character. Romans 5:3-4 NKJV says, "We also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. Whatever troubles we face, we are to endure. James 1:2-3 NKJV says, "Count it all joy when you fall into various trials, knowing that the testing of your faith produces patience."

Some people believe in making a positive confession and doing nothing about their situation. I am all for faith in God and God will answer some prayers, but we should try to do something about our situation. This one person I know was experiencing pain in their shoulder, so they went to the doctor and the doctor sent them to a therapist. After doing some exercises, the pain went away. If they had continued to do nothing, they would have languished in their pain. Also, I heard of someone who refused to say she was experiencing any pain and did not do anything about it. She ended up in a wheelchair instead of getting the help she needed.

Do not be afraid to do something about your situation. If God takes care of the situation supernaturally, you are then delivered or healed. The doctor can confirm you are healed. Do not

stop taking medicine that you need unless you are healed. I had a friend tell me that he was having trouble thinking. He had stopped taking his medicine. When he started up his medicine again, he felt better.

Here are some more things that can help us. When we have difficult times there can be a temptation to sin. Do not let anger control you or do not let intense pain cause you to react in a sinful way. Find ways to do something about what you are going through. Make the effort to resolve the problem. For example, if someone has hurt you, do not be an angry and spiteful person, but be just the opposite. Leviticus 19:18-19 NKJV says, "You shall not take vengeance, nor bear any grudge against the children of your people, but you shall love your neighbor as yourself: I am the LORD. You shall keep My statutes."

Be committed to who you are. God is our father, and you are a son or daughter of God. Malachi 2:10 NKJV, says, "Have we not all one Father? Has not one God created us? Why do we deal treacherously with one another." If you are short on money, you might need to get an extra job for a while. Resist negative thinking and worry. If you expect God to help you, you must control your thoughts and do something about what is going on and of course, pray.

You cannot expect things to get better if you do nothing although God will sometimes supernaturally intervene. Also, you must resist going over and over the pain you are going through. You must resist depression and stop bringing up what is bothering you. You can do it, control your thoughts. They are your thoughts. They can even be a temptation from the devil. James 4:7 NKJV says, "Resist the devil and he will flee from you." Pray to God both in your understanding and by speaking in tongues and do something about it. Also, do not worry about things that you can do nothing about.

I mention speaking in tongues because it is a gift associated with the Holy Spirit that God wants believers in the Messiah Yeshua to have. It is God given prayer that can give us a quiet heart (rest) and can help us. First Shaul says we are to desire the gift of the Holy Spirit and the spiritual gifts associated with the Holy Spirit. 1 Corinthians 14:1 NKJV says, "Pursue love, and desire spiritual gifts." Shaul tells us to pray by speaking in tongues and also with our understanding. 1 Corinthians 14:14-15 NKJV says, "For if I pray in a tongue, my spirit prays, but my understanding is unfruitful. What is the conclusion then? I will pray with the spirit, and I will also pray with the understanding." Shaul quotes Isaiah in 1 Corinthians 14:21 which is about speaking in tongues. Isaiah 28:11-12 NKJV says, "For with stammering lips and another tongue He will speak to this people, to whom He said, 'This is the rest with which You may cause the weary to rest,' and, 'This is the refreshing'"

God will also give us peace and refreshing when we speak in tongues about our situation. Just spend time speaking in tongues with your issue in mind. Also, since the Holy Spirit is such an amazing gift from God, it gives us hope no matter what we have to go through. Romans 14:17 NKJV says, "Righteousness and peace and joy in the Holy Spirit." The Holy Spirit is our helper just like God's commandments are our helper. John 14:15-17 NKJV says, "If you love Me, keep My commandments. And I will pray the Father, and He will give you another Helper, that He may abide with you forever – the Spirit of truth."

Also, I should remind you that the gift of the Holy Spirit is not proof you are going to God's future kingdom. The Holy Spirit is our helper just like keeping God's commandments is our helper. Hebrews 10:29 NKJV says, "Of how much worse punishment, do you suppose, will he be thought worthy who has trampled the Son of God underfoot, counted the blood of the covenant by which he was sanctified a common thing, and insulted the Spirit of grace?" Doesn't Shaul say that those who live in sin will not be in God's future kingdom? 1 Corinthians 6:9-10 NKJV says, "Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God."

<u>Be strongly connected to God both by keeping His commandments and through the Holy Spirit.</u> Always be committed to God no matter what. One of the ways we stay connected to God is by keeping His commandments. It is important to understand that God is the creator and that His commandments are what is best for life. God has our best interests at heart. We should listen to God and obey Him. Through God's commandments we not only have hope in a better life in the here and now but hope for a life in the future kingdom of our good God.

The Bible says that things will go better for those who keep His commandments and can even prolong our days. Deuteronomy 4:40 NKJV says, "Keep His statutes and His commandments which I command you today, that it may go well with you and with your children after you, and that you may prolong your days." We are to have a heart for God's commandments. Some people say that God knows their heart, but God says we are to have a heart for His commandments. Deuteronomy 5:29 NKJV says, "Oh, that they had such a heart in them that they would fear Me and always keep all My commandments, that it might be well with them and with their children forever!"

God is a good God and cares about us so when we return to Him and keep His commandments God forgives us. Deuteronomy 5:10 NKJV says, "Showing mercy to thousands, to those who love Me and keep My commandments." We are to love God by keeping His commandments. Deuteronomy 11:13 NKJV says, "And it shall be that if you earnestly obey My commandments which I command you today, to love the LORD your God and serve Him with all your heart and with all your soul." God is the creator, so how could we possibly forget about God, but people forget. The Bible encourages us to never forget about God and His good commandments. Deuteronomy 8:11 NKJV says, "Beware that you do not forget the LORD your God by not keeping His commandments, His judgments, and His statutes."

God's commandments are good and so is the Holy Spirit that God gives to people who believe in the Messiah.

### Luke 11:10-13 NKJV says,

For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. If a son asks for bread from any father among you, will he give him a stone? Or if he asks for a fish, will he give him a serpent instead of a fish? Or if he asks for an egg, will he offer him a scorpion? If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!

God gives those who believe in the Messiah the Holy Spirit and the associated gifts. Yeshua said that those who ask will receive. So, ask for the gift of the Holy Spirit.

### Allow the Holy Spirit to help you. The Holy Spirit can help you in life.

There are a number of scriptures that teach us different things about the Holy Spirit. Romans 12:6-8 NKJV says, "Having then gifts differing according to the grace that is given to us, let us use them: if prophecy, let us prophesy in proportion to our faith; or ministry, let us use it in our ministering; he who teaches, in teaching; he who exhorts, in exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness." We know this is talking about the Holy Spirit because prophecy is included in this list. Teaching is also a gift listed in another scripture.

The Holy Spirit can help us in ministry, in teaching, to help us encourage others, to enable us to give of ourselves or resources. The Holy Spirit can help us to have love and joy and so much more. Galatians 5:22-23 NKJV says, "The fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control." Of course, if we resist these things, we could be resisting how the Holy Spirit wants to work in us, so we need to work on these virtues. Ephesians 4:11-12 NKJV says, "He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, for the equipping of the saints for the work of ministry." So, God through the Holy Spirit can also help spiritual leaders and those who aspire to encourage others.

Lists in Jewish thought represent larger lists. For example, Shaul often gives us lists of different sins to avoid. They are not all the same. They are representative of the many commandments we are to keep and some of the lists represent the more grievous sins. There is another list of gifts associated with the Holy Spirit in 1 Corinthians. Sometimes the gifts of the Holy Spirit are called gifts. Here they are called manifestations.

1 Corinthians 12:7-11 NKJV says,

The manifestation of the Spirit is given to each one for the profit of all: for to one is given the word of wisdom through the Spirit, to another the word of knowledge through the same Spirit, to another faith by the same Spirit, to another gifts of healings by the same Spirit, to another the working of miracles, to another prophecy, to another discerning of spirits, to another different kinds of tongues, to another the interpretation of tongues. But one and the same Spirit works all these things, distributing to each one individually as He wills.

The Holy Spirit is profitable just like God's commandments are profitable (see Proverbs 4:2 and 2 Timothy 3:14-17). The Bible says that each person can experience the Holy Spirit. See our <u>Divine Healing Class</u> on our website for insights on how the gift of the Holy Spirit can help you. Acts 1:8 NKJV says, "But you shall receive power when the Holy Spirit has come upon you." This is wonderful and amazing. It is God's power at work in us and is not to be confused with our own abilities. It is supernatural. Ephesians 3:20 NKJV says, "Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us." What an amazing privilege and connection to God we have through the Messiah Yeshua.

### Know God's commandments and truths from the Bible.

Possibly you were surprised to find out how much the Holy Spirit can help us. God's commandments are no less important. God is consistent. His commandments are good and so is

the Holy Spirit and the associated gifts or manifestations of the Holy Spirit. There are some great scriptures in the book of Proverbs.

Proverbs 2:1-7 NKJV says,

Receive my words, and treasure my commands within you, so that you incline your ear to wisdom, and apply your heart to understanding; yes, if you cry out for discernment, and lift up your voice for understanding, if you seek her as silver, and search for her as for hidden treasures; then you will understand the fear of the LORD, and find the knowledge of God. For the LORD gives wisdom; from His mouth come knowledge and understanding; He stores up sound wisdom for the upright; He is a shield to those who walk uprightly."

We are to receive God's words and treasure His commandments. His commandments give us wisdom and understanding. Deuteronomy 4:6 NKJV says, "Therefore be careful to observe them; for this is your wisdom and your understanding in the sight of the peoples who will hear all these statutes, and say, 'Surely this great nation is a wise and understanding people.'"

Proverbs 3:13-18 NKJV says, Happy is the man who finds wisdom, and the man who gains understanding; for her proceeds are better than the profits of silver, and her gain than fine gold. She is more precious than rubies, and all the things you may desire cannot compare with her. Length of days is in her right hand, in her left hand riches and honor. Her ways are ways of pleasantness, and all her paths are peace. She is a tree of life to those who take hold of her, and happy are all who retain her.

We need discernment for life so that we know what is good versus what is destructive. Psalms 34:8 NKJV says, "Oh, taste and see that the LORD is good; blessed is the man who trusts in Him!" Some people are driven by what money can buy but we are to be driven by the treasures of God's truths. We are to deeply respect God for who He is. He is the creator of all so God's commandments teach us what is best. God's word and commandments are a help to those who want to do what is right.

In Proverbs it said that God's commandments provide a shield that helps the believer in life. This also suggests that God will work supernaturally to help those who learn and keep God's commandments. Deuteronomy 28:1-2 NKJV says, "If you diligently obey the voice of the LORD your God, to observe carefully all His commandments which I command you today, that the LORD your God will set you high above all nations of the earth. And all these blessings shall come upon you and overtake you, because you obey the voice of the LORD your God." God is able to give us supernatural blessings in life and a future eternal life of blessings. Daniel 12:2-3 NKJV says, "And many of those who sleep in the dust of the earth shall awake, some to everlasting life, some to shame and everlasting contempt. Those who are wise shall shine like the brightness of the firmament, and those who turn many to righteousness like the stars forever and ever."

Stay at peace. Seek God's comfort. Our God is the mighty creator so respect Him as the creator. Have a heart to keep God's good commandments and pray to Him when you have troubles, get anxious, or worry. Yeshua said we will have troubles. It is not the future kingdom of God yet. Take steps to resolve any problems you are having. Do not sin but be strong. Do not let your worries take over your thoughts. Resist the devil and he will flee from you. Be strong spiritually, keep God's commandments, be committed to God no matter what. God's commandments will help you and even prolong your days. God is a good God so love Him and do what He says. Do not forget His goodness. Seek the help of the Holy Spirit and the associated gifts of the Holy Spirit. God has given the Messianic believers powerful and wonderful gifts.

God has given us truths in the Bible that will bless those who follow them. Receive God's words and treasure His commandments. His commandments give us wisdom and understanding. Diligently seek God's truths in the Bible. God has good intentions for us.

## **Torah Teaching**

Beshalach means, "when he let go." This portion begins with God leading Israel to the Suf Sea (which we now know is the Gulf of Aqaba) instead of through the land of the P'lishtim in order to avoid conflict. Also, Israel picks up Joseph's bones from Succoth on the way. God hardens Pharaoh's heart while they are on their way and Pharaoh then chases after Israel with more than 600 chariots and men, but Moshe says that God will fight for them. God tells Moshe to lift up his rod and hand over the sea, the sea parts, and the pillar of cloud that led them is now behind them, protecting them from the Egyptian army. The Jewish writings say that a man from the tribe of Judah took the first step into the sea that God parted. The tribe of Judah also led the way in the wilderness. Yeshua was from the tribe of Judah and a descendant of King David. As the Messiah, Yeshua now leads our way through the messianic gift of the Holy Spirit.

Israel went through the Sea of Aqabah on dry ground between walls of water. The Egyptians tried to follow them through the sea the next day, but Moshe held his hand over the sea, and it covered the Egyptians. Why did God part the Sea with a wind? He could have suspended the water in midair. The Egyptian army must have thought it was something natural, but who would not suspect it was something else seeing that there were walls of water on each side.

They eventually figured out what was happening, but it was too late. Exodus 14:25 NKJV says, "The Egyptians said, "Let us flee from the face of Israel, for the LORD fights for them." Those who do not believe in the true God are oblivious to the spiritual battle that is going on in the world. They will die in their unbelief and will have to stand before God who will judge them. It will be too late for them also.

Then the people of Israel sang a song of victory to the Lord. In the song they exalted God and praised God for saving them. Also, Miriam the prophet and sister of Aharon sang a song, and the women joined her with tambourines and dancing.

There are a number of videos now that show the route that Israel took to the Sea of Aqaba to the real Mount Sinai in Midian of Arabia. You can do a search on <u>YouTube for Red Sea Crossing</u> and Ron Wyatt for a good video. In the videos, you can see the route that Israel took through the Wadi with mountains on either side. That is why the Egyptians couldn't proceed because they were trapped in the wadi by the dark cloud until Israel made it to the other side. There were actually pillars put at the crossing point by King Solomon.

Now on the other side of the sea, the people grumbled, and the Lord provided water for them at the bitters waters of Marah. God told Moshe to put a piece of wood in the water and so miraculously made the water okay to drink. Think about it. If the water was bad, how could a piece of wood make the water okay? It was a miracle.

God tells Israel in Exodus 15:26 NKJV, "If you diligently heed the voice of the LORD your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the LORD who heals you." Perhaps the Egyptians had diseases that are associated with sin. HIV/AIDS is a deadly disease that has been known to be passed on mostly by homosexuals. About 10 years ago, I read that about 31 million people had died from AIDS. Perhaps this included other things.

#### The Fallacy of Doing Nothing and Expecting God to Heal.

There are some people who say that there must be something wrong with the person that suffers, but that is not biblical. Shaul says that tribulations produce character. Romans 5:3-4 NKJV says, "We also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. Whatever troubles we face, we are to endure. James 1:2-3 NKJV says, "Count it all joy when you fall into various trials, knowing that the testing of your faith produces patience."

Some people believe in making a positive confession and doing nothing about their situation. I am all for faith in God and God will answer some prayers, but we should try to do something about our situation. This one person I know was experiencing pain in their shoulder, so they went to the doctor and the doctor sent them to a therapist. After doing some exercises, the pain went away. If they had continued to do nothing, they would have languished in their pain. Also, I heard of someone who refused to say she was experiencing any pain and did not do anything about it. She ended up in a wheelchair instead of getting the help she needed.

Do not be afraid to do something about your situation. If God takes care of the situation supernaturally, you are then delivered or healed. The doctor can confirm you are healed. Do not stop taking medicine that you need unless you are healed. I had a friend tell me that he was having trouble thinking. He had stopped taking his medicine. When he started up his medicine again, he felt better.

Here are some more things that can help us. When we have difficult times there can be a temptation to sin. Do not let anger control you or do not let intense pain cause you to react in a sinful way. Find ways to do something about what you are going through. Make the effort to resolve the problem. For example, if someone has hurt you, do not be an angry and spiteful person, but be just the opposite. Leviticus 19:18-19 NKJV says, "You shall not take vengeance, nor bear any grudge against the children of your people, but you shall love your neighbor as yourself: I am the LORD. You shall keep My statutes."

Of course, believe in God's help and pray. I have been healed a number of times through prayer and know of many others who have been healed by God through prayer or who have been delivered from the situations they were in through prayer. Then they came to Eilim which had 12 springs and 70 palm trees. The number 12 causes us to think of the 12 tribes of Israel and 70, the nations of the world. The route that Israel has been authenticated. The place of the wells and where Moshe struck the rock have been found.

Then as they proceeded in the desert, the people grumbled again, and God provided *man* (manna) and quail for them to eat. When the Israelites saw the manna, they said, "*mahn hu*" which means "what is it." The manna (*mahn* in Hebrew), "was like coriander seed and it tasted like honey cakes," it says in Deuteronomy 16:31 CJB. They gathered only enough manna for every day, except the sixth day they gathered two days of manna. The people rested on Shabbat. They put away some manna to be kept through the ages and they ate manna for forty years.

While camped at Refidim, the people grumbled about having no water, so Moshe struck a rock and water came out from it. Amalek's army came up against Israel and Israel prevailed while Moshe's arms were raised. Aaron and Hur held up Moshe's arms and Israel defeated Amalek. The Lord said he will blot out the memory of Amalek.

Israel left Egypt by the power of God and God protected them and provided for them. Now that they were on the other side of the sea there was no turning back. It was an impassible barrier. In a sense, they died to their old lives when they passed through the sea. In the same way, we are immersed with the Holy Spirit after we believe in Yeshua the Messiah and experience the powers of the age to come to some extent.

We receive the power of God through the Holy Spirit Yeshua said. Acts 1:8 NKJV says, "But you shall receive power when the Holy Spirit has come upon you."

Receiving the Holy Spirit is a defining moment in the lives of believers in Yeshua the Messiah because there is no turning back from the truth that God is present in our lives. We experience the power of God. Rabbi Shaul tells us in the New Testament that we are to die to our old selves in Romans 6:6 and so leave our old lives behind much like Israel had to die to their old way of life after they crossed to the other side of the Sea of Aqaba.

The place where Israel crossed the Sea of Aqaba is very imposing to see. At the end of the wadi that Israel took on their way to the sea, there is an enormous beach that could hold a couple of a million people. Solomon had marked the crossing point with two pillars, one on each side of the sea. Interestingly, in one of the videos online, there are shells plastered onto the side of the seashore that Israel had fled to as though a great wind had pushed them there. There are also videos of chariot parts on the bottom of the Sea of Aqaba where Israel crossed.

The Haftarah for Beshalach is Judges 4:4 to 5:31. In this portion, D'vorah (Deborah) the prophet tells Barak to take 10,000 men to fight against Sisra and his army. Because he asks D'vorah to go with him, D'vorah says a woman will get the credit for Sisra's death. Israel defeats Sisra's army, and a woman kills Sisra. They then sang a song extolling those who volunteered, praising God, and praising the woman who killed Sisra.

Just as God defeated the Egyptians at the Gulf of Aqaba, God continues to help Israel to defeat its enemies after they enter Canaan. Also, we should consider that although we seem to be at risk in the present, God is at work on our behalf. In the end, God will be victorious even though the people of this world can be so against the things of God. Judges 4:23 CJB says: "Thus God on that day defeated Yavin" (Jabin) "the king of Kena'an" (Canaanites) "in the presence of the people of Isra'el."

God is for His people and helps His people both in the Old Testament portion and our present era. God is the same today as He was years ago, a caring and good God. Some 2 million people left Egypt in faith and God provided for them. What an amazing act of faith for so many people. Those who trust in God will be blessed; "Blessed is the man who trusts in You!" Psalms 84:12 NKJV.

**Commandments, Implied Commandments, Permissions, and other Concepts. (We can also understand commandments are being implied from other scriptures in the Bible. There are other possible concepts than what is shared here.)** It is good to sing to Yěhōváh and praise Him. Exodus 15:1-18.

It is permissible to dance and play music before Yĕhōváh. Exodus 15:20-21.

We are to keep God's commandments for protection; He is Yěhōváh who heals us. Exodus 15:26.

Israel is commanded to collect food for consumption before the Sabbath. This implies we should not do harvesting on the Sabbath but be prepared to do it on another day. Exodus 16:25-26.

Yěhōváh has given us the Sabbath as a day of rest. Exodus 16:29-30.

Some of the people tempted God by their attitude. We should watch our thoughts, attitudes, and words. Be thankful and gracious towards God and ask our all-knowing God for help. He is a good God and cares about us. Exodus 17:3-7.

We are commanded to blot out the name of Amalek as a memorial for them attacking Israel. Perhaps this is reminder to us that God is for us in every generation. Also, this can be construed as a warning to those who oppose us and mistreat us. Yeshua suggests that those who do wrong will be removed from the Book of Life and not be in God's future kingdom. Revelation 3:5 NKJV says, "He who overcomes shall be clothed in white garments, and I will not blot out his name from the Book of Life." Exodus 17:14-16.

# In closing, let us say the Aaronic Blessing from Numbers 6:24-26:

Yě-hō-váh bless you and keep you. Yě-hō-váh make His face shine upon you and be gracious to you. Yě-hō-váh lift up His face upon you, and give to you peace. Amen.

Thank you for being with us today.