



**Bo Exodus 10:1-13:16**

**Torah Teaching and teaching, Have a Spiritual Focus  
by Moshe Schwab**

**Names**

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

**Terms**

Chametz – leavened bread  
 Haftarah – reading from the prophets  
 Moedim – God's feasts (Gen. 1:14; Lev. 23:1)  
 Tanakh – Old Testament portion of Bible  
 Torah – 1st 5 books of the Bible  
 Torah portion – there are 54 portions of the  
 Torah  
 Bo – the 15<sup>th</sup> Torah portion

The Torah portion for this week is *Bo*. *Bo* means, "enter." I'd like to start out by talking about our focus in life. Keep focused on doing what is right. Those around us may choose to do things their own way; remain faithful in spite of what's going on around you.

Things can change fast in societies and not always for the better. I remember Yugoslavia having the Olympics there; their country looked like it was doing so well. It was not long after those Olympics that their country fell apart. Psalms 2:1 NKJV says, "Why do the nations rage, and the people plot a vain thing?" Mankind apart from God comes up with its own ideas and it is sometimes to their ruin. In the end, God will rule and not these people who bring so much pain into our world; they will be a laughingstock (derision) to God.

The context in Psalms 2:4 NKJV says, "He who sits in the heavens shall laugh; the Lord shall hold them in derision." These people who plotted and pursued their false ideals will come to nothing. God is in charge and not them. Alexander the Great was not so great. He conquered nations and died young. Things may change around you but keep your focus on doing what is right.

This world is in a state of flux; it is not the world that God intended. People come up with ideas and plans to enforce their ideals instead of doing what is "right and good" (Deuteronomy 6:18), instead of following God's commandments. They don't like believers in the true God because we may get in the way of their evil. Some scientists even deliberately lie about their science in order to support their ungodly lifestyle. I heard about a biologist in Germany that did that. They used a pig's tooth for a human tooth to support evolution in a trial once.

We end up being foreigners to this world, yet we live in this world. And thank goodness we can choose to be foreigners to this world. Exodus 19:5-6 NKJV says, " Now therefore, if you will indeed obey My voice and keep My covenant, then you shall be a special treasure to Me above all people; for all the earth is Mine. And you shall be to Me a kingdom of priests and a holy nation." We are God's people who are His special people and do not belong to evil dictators or the ideas, ideals, and plans of the those bereft of truth. Kefa said in 1 Peter 2:11 NKJV, "Beloved, I beg you as sojourners and pilgrims, abstain from fleshly lusts which war against the soul." Those who do not teach about the true God may promise you the world, but they are lying. Their plans will come to nothing in the end. Will you follow God or follow them?

Spiritual riches are far better than worldly riches. Proverbs 16:16-17 NKJV says, "How much better to get wisdom than gold! And to get understanding is to be chosen rather than silver. The highway of the upright is to depart from evil; he who keeps his way preserves his soul." We need to keep or guard our way for a good life. When it talks about wisdom and understanding, it is talking about God's commandments.

Deuteronomy 4:6 NKJV says about God's commands, "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.'" It makes no sense that God's wisdom should be done away with as some say. You can have God's wisdom. Those who live out their own ideas of life pretend to be God. It said in Proverbs to 'keep our way." So, put yourselves in the position to remain faithful.

Be holy and good in spite of those who want otherwise. There are actually people who are filled with joy that you would go along with their sinful and evil acts. The Hebrew James 2:9-10 says, "Prove the Torah to yourself by hearing and doing. For he who will keep, guard and protect the whole Torah and will pass over one of the commandments, he is guilty of all of them."<sup>1</sup> Ya'akov (his real name) is merely making the point that we are not to make exceptions to God's commands. The Hebrew James reflects a more genuine perspective.<sup>2</sup>

I think you get the gist of what I am talking about. There are many who make worldly plans instead of living in the blessings and goodness that comes from living God's ways. Don't follow these worldly betrayers of humanity; follow God. Respect and fear the creator and not these traitors of what is right and good; they are not God.

---

<sup>1</sup> From The Epistle of James (YA'AKOV) A Translation from the Hebrew, by Dr. Miles Jones, p. 27.

<sup>2</sup> The early believers spoke and wrote in Hebrew; we know this because archeology has found the Jewish records of Yeshua's time written in Hebrew. Unfortunately, some people deny this fact. Yeshua was Jewish and so were all his disciples and the early believers. The Hebrew James reflects a more Jewish perspective as we should expect. Jew hating **heretics** obviously changed the Greek text to disassociate the pagan Roman/Greek church from its true Jewish roots. That is why we see obvious changes in perspective in the Greek heretic influenced text. Just be aware of that when reading from the Greek translation; don't throw out your Bibles. Shaul said in Romans 3:31 NKJV that the Torah (law) is not done away, "Do we then make void the law through faith? Certainly not! On the contrary, we establish the law." We must then interpret the Bible with this in mind instead of the pagan belief system that was passed down to us from the Greco-Roman Empire. God chose a Jewish Messiah and not a pagan Roman/Greek messiah. Also, watch out for the followers of these heretics that insist on their false Greco-Roman belief system!

In conclusion Proverbs 2:1-9 NKJV:

My son, if you 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; He guards the paths of justice, and preserves the way of His saints. Then you will understand righteousness and justice, equity and every good path.

Don't you want wisdom and understanding? God gave us His commandments so we could have a better life. We all want what is right, just, and good. Why not own up to God's way of doing things; He is God; we are not.

### **Toray Study**

The Torah portion for this week is *Bo*. *Bo* means, "enter." Moshe and Aharon are told by God to ask Pharaoh how much longer will he not submit to God and not let His people go? If someone said to me, "How much longer will you not submit to God," it would sure get my attention. How about you? Will you submit to God or will you keep doing things your own way?

Just recently, I posed a question to someone. Did Yeshua really get rid of the law? Yeshua said, "Do not think that I came to destroy the Law or the Prophets;" Matthew 5:17 NKJV. The fact that He had to say that speaks volumes prophetically. Many of these people were committed to keeping God's commandments; so in a way, Yeshua didn't need to say that. Perhaps Yeshua meant that for people who needed to hear that.

People reverse what Yeshua said. If someone told you that they believed in God, would you go around telling people that they didn't. That is the logic somehow people use to reverse what Yeshua said. Kefa said, "As also our beloved brother Paul, according to the wisdom given to him, has written to you, as also in all his epistles, speaking in them of these things, in which are some things hard to understand, which untaught and unstable people twist to their own destruction, as they do also the rest of the Scriptures;" 2 Peter 3:15-16 NKJV. What are they untaught in? There was no New Testament at the time. What kind of destruction do you think he is talking about?

The unbelieving rabbis also change God's words. For example, the ancient rabbis considered Isaiah 53 to be about the Messiah. Even Abraham and Isaac on Mt. Moriah is a an obvious symbol of the Messiah providing a sacrifice for us, but they reverse the scriptures in order to manipulate them. God provided a sacrifice on Mr. Moriah instead of Isaac. Some rabbis say Isaiah 53 is about Israel. Some reframe the entire Old Testament portion without Israel being part of it, but the the entire Old Testament is mostly about Israel. It seems people have gone overboard with misinterpretations.

We read about the amazing power of God in these portions and about Israel being set free so they could be free to keep God's commandments and serve God. In this era, we also have

the opportunity to follow God if we so choose.

The Egyptians and Pharaoh were trusting in their false gods – the river god, the frog god etcetera. God brings the last three plagues on the Egyptians; locusts, darkness for three days, and death of the first born. In order for Israel to avoid their first born dying, they had to take a lamb or goat, kill it, put its blood on the lintel and door posts, and roast it and eat it. From then on, they were to remember Pesach every year on the 14th of Nisan at twilight and eat unleavened bread for 7 days.

Before we get to that, in this portion, God made locusts to cover the land and Pharaoh's servants told Pharaoh that he should let Israel go. Pharaoh briefly considers letting Israel go, but he relented and didn't let them go. Then God told Moshe to raise his hand toward the sky and there was darkness over the land for three days. It says in John 3:19 that mankind has preferred darkness and sin. There was light in the homes of the Israelites though. Isn't that amazing! That's where the light was; it was with and in the believing community. Then Pharaoh said they could go, but they had to leave their flocks. Moshe said they needed them and Pharaoh changed his mind and told Moshe that they couldn't go and if he saw Moshe's face again, he would die.

Next is the death of the first born. The Israelites were to ask for their neighbors for gold and silver and it says the people were favorably disposed toward Israel and considered Moshe a great man. Israel was to begin their year on the month of Nisan every year and on the tenth of the month they were to select a lamb without defect in its first year. They were to kill it at dusk on the 14th of Nisan and observe Pesach (Passover) from the evening of the 14th to the evening of the 21st and also eat no chametz (leavened bread). **In order to keep God's feasts appropriately, we need to know the Jewish calendar** and when the Jewish months begin. The Gregorian calendar is a pagan oriented calendar. It does not help us to know when to observe God's feasts.

*The Gregorian calendar is a pagan oriented calendar.*

Exodus 12:24 NKJV says, "And you shall observe this thing as an ordinance for you and your sons forever." The word "observe" means to keep or guard; it is the Hebrew word *shamar*. We are to guard the Passover and God's feasts. They are God's *moedim* (Genesis 1:14); God's times. In Leviticus 23:1, *moedim* refers to God's feasts. So *moedim* in Genesis refers to God's feasts. The stars and moon were created in the sky were for signs and so we could observe God's feasts. Shaul says we are to keep the Passover, "Therefore let us keep the feast, not with old leaven, nor with the leaven of malice and wickedness, but with the unleavened bread of sincerity and truth." 1 Corinthians 5:8 NKJV. Shaul expects believers to be keeping the Passover and God's feasts; they were for believers in the past and are still relevant for believers.

On the first and last days, they were to be have a holy assembly and they were not work except to prepare food. There is typically a holy assembly for a Pesach meal. Exodus 2:16 NKJV says, "No manner of work shall be done on them; but that which everyone must eat — that only may be prepared by you;" It is okay to prepare food for our families on Shabbat,

but we shouldn't do any cumbersome laborious celebrations on Shabbat – that would be work. Don't make unnecessary work for yourself on Shabbat. They were to explain to their children that God spared their houses from the death of the first born.

They observed what Moshe told them to do and they were to put the lamb or goats' blood on the doorposts and lintels. They were to roast it and eat it in a hurry with matza. The blood on their homes was to mark the houses that God passes over and their first born would not die. That's why it is called the Passover. The Jews see salvation occurring on Pesach. Yeshua whose name means salvation, gave Himself on Pesach some 1,447 years later<sup>3</sup> for our salvation as well.

In the middle of the night, God allows the destroyer to kill all the first born of Egypt. The ancients considered the first born to be important. We see the believing line following true believers who followed God and not necessarily the first born. Being the first born doesn't make a person a believer. God plays no favorites the Bible says; believing and behaving like we believe pleases God.

Pharaoh tells Moshe, Aharon, and the people of Israel to leave along with their herds. The people of Egypt gave the Israelites silver and gold jewelry and clothing and gave them whatever they requested. Israel went up from Ra'amses to Sukkot with 600,000 men. It was a mixed crowd and they baked matza from the dough they brought from Egypt.

*A mixed group refers to people from  
Egypt and other nations who joined  
Israel in faith as they left Egypt.*

A mixed group (Exodus 12:38) with the men numbering 600,000 left Egypt; perhaps about 2 million people including women and children. They left so they could be set free from the sinful idolatry of the Egyptians and serve God. God dealt with the idols of Egypt the Bible says in Exodus 12:12. They spent 430 years in Canaan and Egypt (215 in Canaan and 215 in Egypt – some say it is 210 and 220). It was 430 years to the day that they began their journey back to Canaan. God was giving them the land of Canaan because of the terrible sin in that land; they even sacrificed their children to the pagan gods.

We should note that believers in Messiah are also a mixed group. It seems the giving of the Holy Spirit returned the Jews to their own roots where all who accept the true God can be part of the believing community. A mixed group of Jews and Gentiles left Egypt and the Gentiles were assimilated into Israel. It had to be both Jews and Egyptians because of the number of people who left Egypt. It would have been impossible for the Jews to have had that many offspring in only 215 years. Also, the Bible tells us Caleb was not Jewish but was assimilated into the tribe of Judah. His genealogy is in the Bible. "Caleb the son of Jephunneh, the Kenizzite;" Numbers 32:12 NKJV. He became Jewish and he represented Judah as one of the twelve spies. The rabbis say "mixed group" means it was people who had different jobs. This obviously is not true. The rabbis also say Caleb was Jewish. This is obviously only true in the sense that he became Jewish. If people don't like what the Bible

---

<sup>3</sup>Recent research places Israel leaving Egypt in 1447 BC and not 1305 or 1285 BC.

says, they change what it is saying or means. When we change God's word, we don't have God's word any more.

The believers in Messiah too are a mixed group of Jews and Gentiles who are set free from sin by the Messiah. We should remember that it is through God's hand and sacrifice we become heirs of salvation through Yeshua. Just as Israel was set free from sin to serve God, we are also set free to live for Yehovah. Yeshua's sacrificial act of humility resulted in God giving the Holy Spirit so that the power of God would work in us through the Holy Spirit and help us live right. The Pesach meal foreshadows the time when the Messiah Yeshua gave up His life sacrificially for us so that we can be forgiven of our sins, live by the power of God, and obtain eternal life through the help of the Messiah.

*Yeshua is referred to as God's lamb by Yochanan the Immerser. The Jews back then clearly understood that the Messiah was to die for our sins as it says in Isaiah 53 about the Messiah.*

Israel had lived in Canaan and Egypt for 430 years to the day. No foreigner was to eat the Pesach lamb, but a circumcised servant could or a circumcised foreigner that lived in the land could. In John 1:29 CJB, it says that Yochanan identified Yeshua as a our deliverer, as "God's lamb." "The next day, Yochanan saw Yeshua coming toward him and said, 'Look! God's lamb!'"

They also were not to break any bones of the Pesach lamb. That is also a fulfillment of prophecy about our righteous Messiah Yeshua (Psalm 34:19-20). The soldiers pierced Yeshua instead of breaking His bones. John 19:33-34 NKJV says, "They did not break His legs. But one of the soldiers pierced His side with a spear." Zechariah 12:10 NKJV is a prophecy about Yeshua being pierced; "And I will pour on the house of David and on the inhabitants of Jerusalem the Spirit of grace and supplication; then they will look on Me whom they pierced. Yes, they will mourn for Him as one mourns for his only son, and grieve for Him as one grieves for a firstborn."

Yeshua was from the line of David. The Greek manuscripts **do not** show Yeshua being from the line of David. Some of the Hebrew manuscripts of Matthew 1 put Yeshua in the line of David. Often, the Greek manuscripts were corrected by the Hebrew manuscripts. For example, the story about the woman caught in adultery was **not** in the Greek manuscripts for hundreds of years, but was finally put in John 8 because it was in the Hebrew manuscripts.

But not everything in the Greek manuscripts got corrected. Words in the Greek scriptures were changed to disassociate the Bible from its Jewishness or to even persecute the Jews. Yeshua was Jewish and so were all the early believers. We now have lots of Hebrew manuscripts of the New Testament portion. The reason there are more Greek manuscripts is because the Roman empire secretly stole the early faith and made it illegal to keep the scriptures and God's feasts. Their Greek manuscripts were intended to change the scriptures in order to disassociate the scriptures from their Jewish context. They killed the early believers and burned the Hebrew manuscripts wherever they found them. There are still

people today who wrongly oppose the Hebrew manuscripts.

*There are still people today who oppose the Hebrew origins of the Bible.*

When Israel gets to their land, they were to set aside the firstborn men and animals and redeem the men; they could also redeem a donkey with a lamb. It would be a sign on their hand and frontlets between their eyes that God brought them out of Egypt with a mighty hand. This reference to a sign on their hands and frontlets between their eyes was never meant to be physically done as some say (by using a tefillin). That was a something they were to do mentally. A phylactery or tefillin was not worn in Judaism until the first century AD.

The Haftarah for Bo is Jeremiah 46:13-28. This portion begins by saying that Egypt will be destroyed by Nebuchadnezzar; Babylon are more than locusts it says obviously referring to one of the ten plagues. Egypt will be handed over to Babylon. Israel also would have to suffer for their sin, but God promised to return Israel from their exile in Babylon.

We see the a God in this portion who wants **us** to do what is right and He wants to restore His people. We see in the New Testament portion that God provides a way through the Messiah to also restore us to Him. In addition to God's commandments, we need the Messiah and the gift of the Holy Spirit to help us. Yeshua gave us the Torah and He gave us another helper, the Holy Spirit. John 14:15-17 NKJV, "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."

### **Have a Spiritual Focus (a teaching to accompany this portion)**

Plant heavenly things.

The sooner we realize that we are accountable for our actions in life, the better it is for us. For some, it takes time to realize that bad decisions produce bad results. The opposite is also true. Good decisions produce good results.

I studied hard in college and it opened all kinds of doors for me. I got to work in research which is a prestigious job. I felt very blessed for that opportunity. I got a job in the robotics field which is really fun and interesting. The machines produced products so fast that the only way to count them was electronically.

Sometimes we put our lives only into worldly things because we know that will help us to succeed. There is something else though that is very important. It should take precedence over our lives, but because our lives can depend so much on our worldly abilities, we may put our priorities in the wrong place. We need to also have a spiritual focus in life.

When I worked in research, I would pray the whole way to work. By the time I got to work, I felt pretty good. I was surprised to find out that some people thought I was too at peace. You

see, that is the world. It seems you are not allowed to be at peace. You must strive and be filled with discontent. My uncle used to work in nuclear research and he told me that he was miffed over some people's hard line on life.

Is it better to never be happy or feel fulfilled? Absolutely not, but make sure you are also fulfilled spiritually. Colossians 3:1-2 NKJV, Seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth."

I think that having a balanced life helped me tremendously with life. Yeshua said in Matthew 16:26-27 NKJV, "For what profit is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For the Son of Man will come in the glory of His Father with His angels, and then He will reward each according to his works."

If we are just worldly focused, what kind of reward will we get from God? The word soul is the word life in the Greek. If you have everything you could have dreamed of, but lose your life, it was of no use to you. Yeshua drew them in with the obvious. There is an old expression, "You can't take it with you." Then Yeshua switches topics on them. What about your spiritual life. You will be judged by God by how you live, that you will take with you!

Since all that we acquired wouldn't profit us if we lost our lives, what was the point of all the wealth we accumulated? Exactly, what if all we've worked for doesn't include living right, how we related to God, and how we've viewed life spiritually – not having a proper viewpoint of life is worthless.

Shaul says in 1 Corinthians 3:12-14 NKJV, "Now if anyone builds on this foundation with gold, silver, precious stones, wood, hay, straw, each one's work will become clear; for the Day will declare it, because it will be revealed by fire; and the fire will test each one's work, of what sort it is. If anyone's work which he has built on it endures, he will receive a reward."

*If we just live for things, our works will not endure.*

Some people are all about what they look like or what they have. Some are all about what their church building looks like, but what is important? I'm not saying that we shouldn't care about taking care of ourselves. Shaul tell us in 1 Timothy 5:8 NKJV, "But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever."

It is important to remember that we are accountable for our life in all aspects. All areas of our life should include a godly attitude and have godly intentions, followed by godly acts. The message of Ecclesiastes 12:13-14 is simple, "Let us hear the conclusion of the whole matter: fear God and keep His commandments, for this is man's all. For God will bring every work into judgment, including every secret thing, whether good or evil.

Stay fresh and ready.

Start the day right. Make a commitment to do what is right and if possible, start you day with prayer like I did. When I first began working in research, I had to do something about the

tension I was feeling. Then I began to pray on my way to work. I think someone called Mr. Smiley. I wasn't aware of how I was coming off. I was immensely thankful to God for helping me to have peace in my life.

I was not fresh and ready when I was feeling tense. Prayer changed that for me. Another way that helps me is the gift of speaking in tongues. I committed myself to doing that and it helps me to stay relaxed and be at peace. God does something for us when we take what He wants for us seriously. Shaul says that speaking in tongues was prophesied in the Tanakh, 1 Corinthians 14:21 NKJV, "With men of other tongues and other lips I will speak to this people; and yet, for all that, they will not hear Me;". 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'; Yet they would not hear."

It's still true isn't it. I hear it all the time. People resist this gift instead of wanting to accept it. It's not possession; you can stop and start when you want. You don't have to do anything weird. Some people malign the gift because some misuse it. It is the devil that is causing God's gift to be misused. Also, it is not a natural gift, but is supernatural.

Scriptures that relate to speaking in tongues:

- \* "He who speaks in a tongue edifies himself." 1 Corinthians 14:4 NKJV
- \* "For he who prophesies is greater than he who speaks with tongues, unless indeed he interprets, that the church may receive edification." 1 Corinthians 14:5 NKJV
- \* "For if I pray in a tongue, my spirit prays, but my understanding is unfruitful." 1 Corinthians 14:14 NKJV
- \* "For you indeed give thanks well, but the other is not edified." 1 Corinthians 14:17 NKJV
- \* "I thank my God I speak with tongues more than you all; 1 Corinthians 14:18 NKJV
- \* "Let all things be done for edification." 1 Corinthians 14:26 NKJV
- \* "If anyone thinks himself to be a prophet or spiritual, let him acknowledge that the things which I write to you are the commandments of the Lord." 1 Corinthians 14:37 NKJV
- \* "Desire earnestly to prophesy, and do not forbid to speak with tongues. Let all things be done decently and in order." 1 Corinthians 14:39-40 NKJV

The scriptures say that when someone speaks in tongues they are refreshed, they edify themselves, it is prayer, and they give thanks to God. It does not say it is for missions. We are to interpret speaking in tongues in a meeting (this is done supernaturally), meetings are supposed to be edifying, don't forbid speaking in tongues, all is to be done with order, and Shaul himself spoke in tongues a lot; and God used him a lot. Speaking in tongues demonstrates trust in God. Isaiah said that those who resist it do not want to hear.

Of course there are other things we can do to get relaxed. Doing something you enjoy that seems timeless to you can be relaxing. Exercise can be relaxing because it releases brain chemicals in our body to relax us. Sleep and rest is relaxing. Enjoying beautiful things and the beauty of nature is relaxing. Music can be relaxing. Perhaps you can think of something you do to relax.

Take the opportunity to let others know truth.

What good is all the truth we have all bottled up inside us. Let people know that God's commandments give us wisdom. Deuteronomy 4:6 NKJV says, "Therefore be careful to observe them; for this is your wisdom and your understanding." Let people know that God can answer prayer supernaturally. Let people know that Yeshua rose from the dead and that is proof that He can raise us from the dead to be in His wonderful future kingdom. 1 Corinthians 15:6 NKJV says, "After that He was seen by over five hundred brethren at once." Isn't that great! 1 Peter 3:15-17 says, "Always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear; having a good conscience, that when they defame you as evildoers, those who revile your good conduct in Christ may be ashamed. For it is better, if it is the will of God, to suffer for doing good than for doing evil."

The psalmist in these next verses desires truth and God's goodness. There are people out there that also want truth and you can help them to know the truth. Psalms 25:5-6 NKJV says, "Lead me in Your truth and teach me, For You are the God of my salvation; on You I wait all the day. Remember, O LORD, Your tender mercies and Your lovingkindnesses." This world is filled with all kinds of ideas and people are searching for truth. Why not try God. Some don't want to be tricked any more by people's personal opinions. They want to know truth and the God of the universe has blessed us with His word. Ephesians 4:14-15 NKJV says, "No longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting, but, speaking the truth in love, may grow up in all things."

*I have to think people are tired of the lies and half truths people make up.*

Be in a place of peace; God is present powerfully when our minds are clear.

Decide you will be at peace. Clear your mind from all the junk thoughts and negatives that are pushing your peace away. This may not be easy at times. If you are having trouble, perhaps ask a wise person to help you.

Maybe you are struggling with acceptance. You don't know what others are thinking so don't torture yourself. I remember this one guy at work being rude to me and I wondered what was going on. The next day it was as if nothing happened. I worried about it for nothing. Sometimes we don't get to see people for awhile. That's probably more true these days with the virus, but don't assume anything. Perhaps they are just busy.

What are some of the things you do to protect your thoughts?

I resist negative thinking.

I will get busy being productive.

I will ask myself why I am upset in the 3<sup>rd</sup> person. "Why is Moshe upset?"

I will pray for the situation or the other person.

It says in Philippians 4:4-7 NKJV, "Rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men. The Lord is at hand. 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." It's so important that we have joy and talk to God about what we are struggling with. He can answer prayers. I have just thought about things I needed and they just happened. God is listening.

Shaul continues on in Philippians 4:8 NKJV, "Whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy— meditate on these things." If we are all the time entertaining negative thoughts, we will not have joy. Yeshua's brother Ya'akov said in James 4:7-8 NKJV, "Therefore submit to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you." We have to take a stand and keep our thoughts clear. God can keep your heart and mind (Philippians 4:7); you can do it with God's help.

Pharaoh thought He was in control and nothing else mattered, but he found out who was really in control. Living life without a proper spiritual focus is a big mistake. I think there is a saying that says you will end up paying for what you do. God is the almighty king and judge. Don't diminish who He is. Have a balanced life that puts God in His proper place. Stay fresh spiritually. Live the truth and share about your life in God. Stay at peace and keep your head clear, and in the right place.