

e-handout

**To have these notes
without taking notes**

Go to OrHaOlam.com

**Click on [downloads](#),
[messages](#), 2019**

My kind of poetry!

A limerick:

$$\frac{12 + 144 + 20 + 3\sqrt{4}}{7} + (5 \times 11) = 9^2 + 0$$

Doesn't look like a limerick to you?

My kind of poetry!

A limerick:

$$\frac{12 + 144 + 20 + 3\sqrt{4}}{7} + (5 \times 11) = 9^2 + 0$$

Doesn't look like a limerick to you? Try this:

A dozen, a gross, and a score
Plus three times the square root
of four
Divided by seven
Plus five times eleven
Is nine squared and not a bit
more.

$$(186 \div 7) + 55 = 81$$



מַתִּיָּהוּ **מַתִּיָּהוּ**

(Matthew) 26:33-35

Mattityahu (Matthew) 26:33

הַשִּׁיב לִּי כִּיפָא וְאָמַר: "אִם הַכֹּל יִפְּשָׁלוּ
בְּגִלְגָּלְדָּא, אֲנִי לְעוֹלָם לֹא אֶפְּשָׁל!"

“I will never lose faith in you,”
Kefa answered, “even if
everyone else does.”

Mattityahu (Matthew) 26:34

אָמַר לוֹ יֵשׁוּעַ: "אָמֵן אוֹמֵר אֲנִי לָךְ פִּי בְּלֵילָה
הַזֶּה, בְּטָרֶם יִקְרָא הַתְּרִנְגוֹל, שְׁלוֹשׁ פְּעָמִים
תִּתְפַּחֵשׁ לִי."

Yeshua said to him, "Yes! I tell you that tonight before the rooster crows, you will disown me three times!"

Mattityahu (Matthew) 26:35

אָמַר פִּיפָּא: "גַּם אִם עָלַי לָמוּת אֶתְּךָ לֹא
אֶתְפַּחֵשׁ לְךָ!". וְכֹן אָמְרוּ כָּל הַתַּלְמִידִים.

“Even if I must die with you,”
Kefa replied, “I will never
disown you!” And all the
talmidim said the same thing.

Further in the same chapter

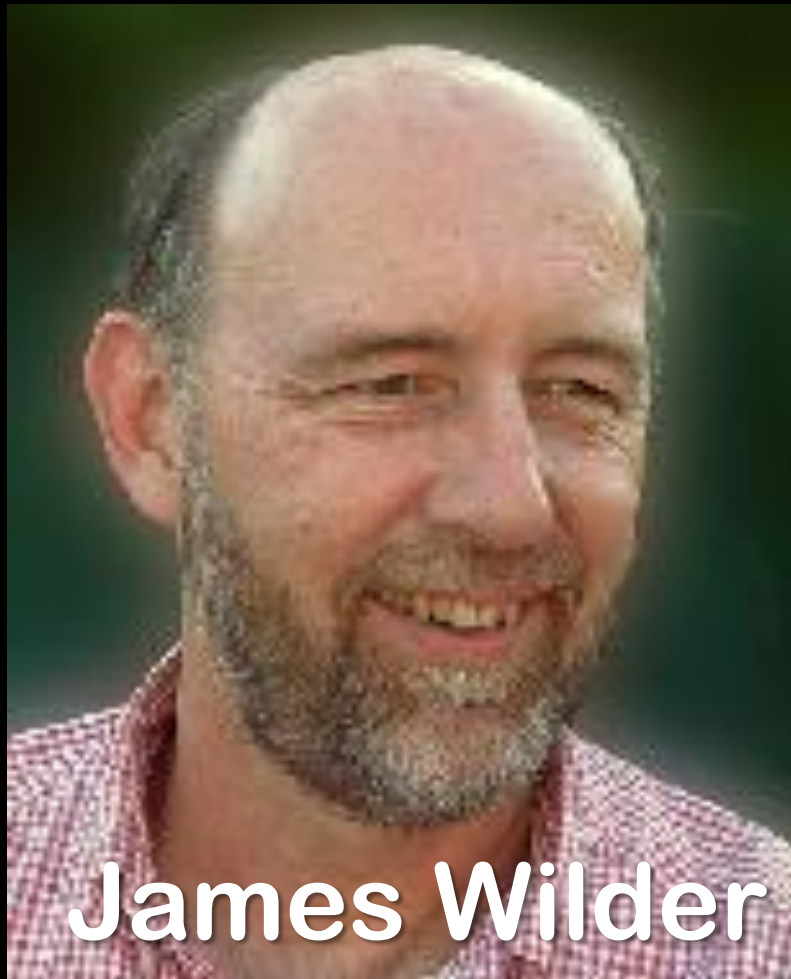
Mtt 26:55 Then the talmidim **all**
deserted him and ran away.

This was a **panicked** leaving.

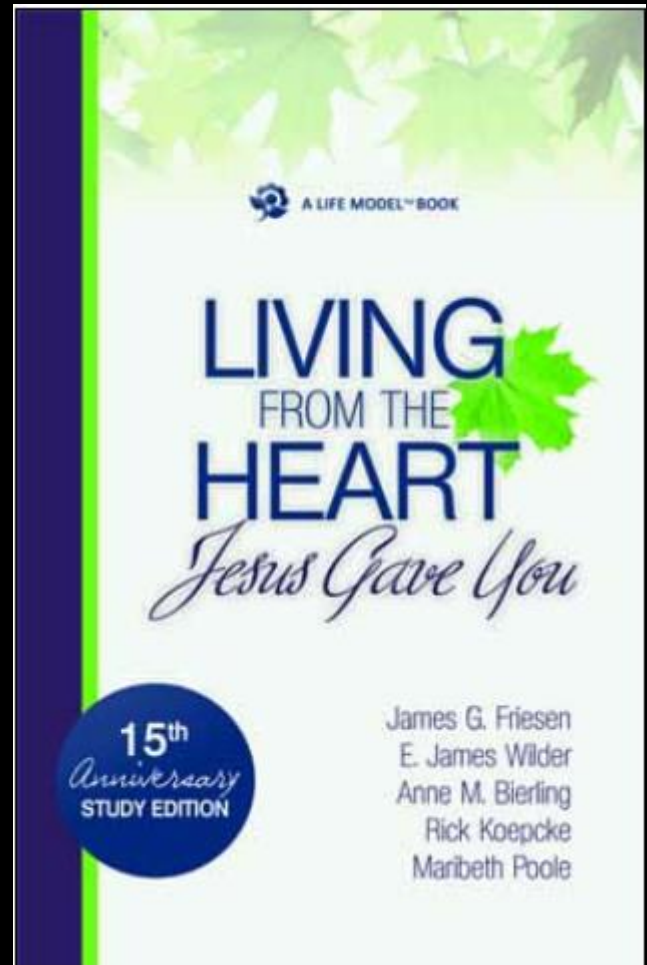
Why did they panic? Do we ever panic, despair, fall to depression, discouragement?

We need to examine what keeps us really centered in the faith, what keeps us from panic, etc.

At Or HaOlam 3/19, ThriveToday event.



James Wilder



A LIFE MODEL™ BOOK

LIVING
FROM THE
HEART
Jesus Gave You

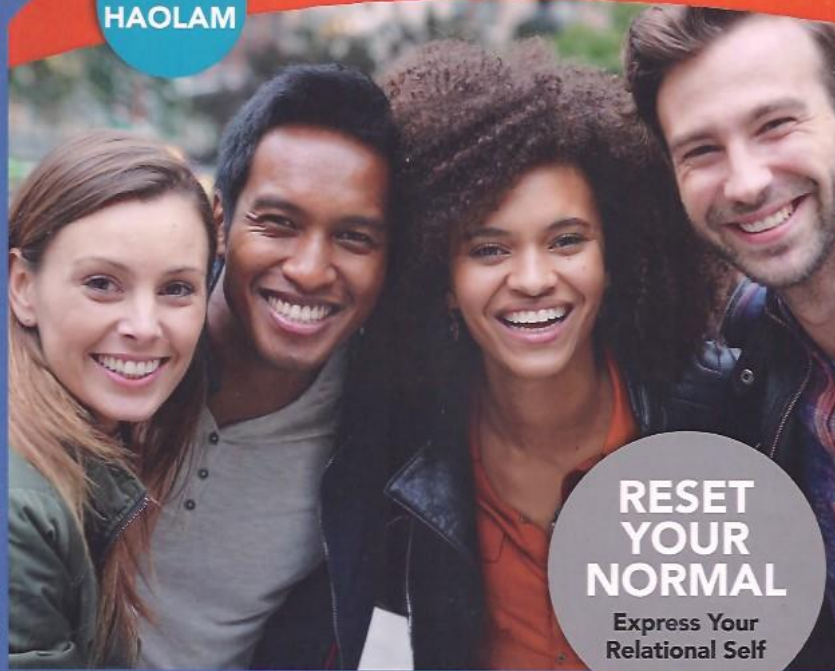
15th
Anniversary
STUDY EDITION

James G. Friesen
E. James Wilder
Anne M. Bierling
Rick Koepcke
Maribeth Poole

THRIVE[↑]today

TRUE IDENTITY

OR
HAOLAM



RESET
YOUR
NORMAL

Express Your
Relational Self

One-Day Student Handbook

[https://thriveto
day.org/](https://thriveto
day.org/)

Re-centering:
resetting the
brain's
NORMAL

Life is about relationships; your relationship with God and your relationships with people.

But many relationships don't work because people lack relational skills.

We train people in the skills that make relationships work.



Thriving Marriages



Thriving Families



Thriving Relationships



First premise, New normal.

**Ever drive behind a vehicle not
centered in lane?**

**Re-centering: restarting the
brain's NORMAL**

**Why did they panic? Do we ever
panic, despair, fall to depression,
discouragement?**

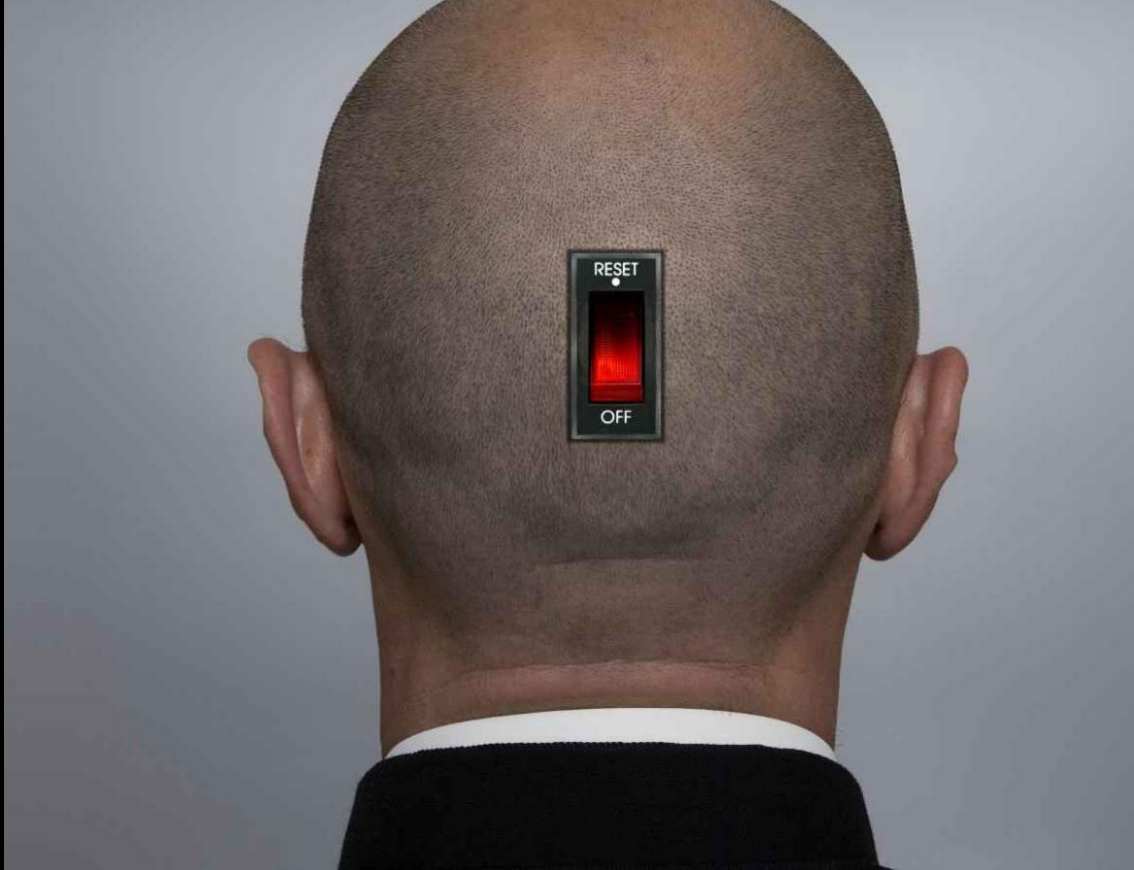
A new view of

Repentance

תשובה

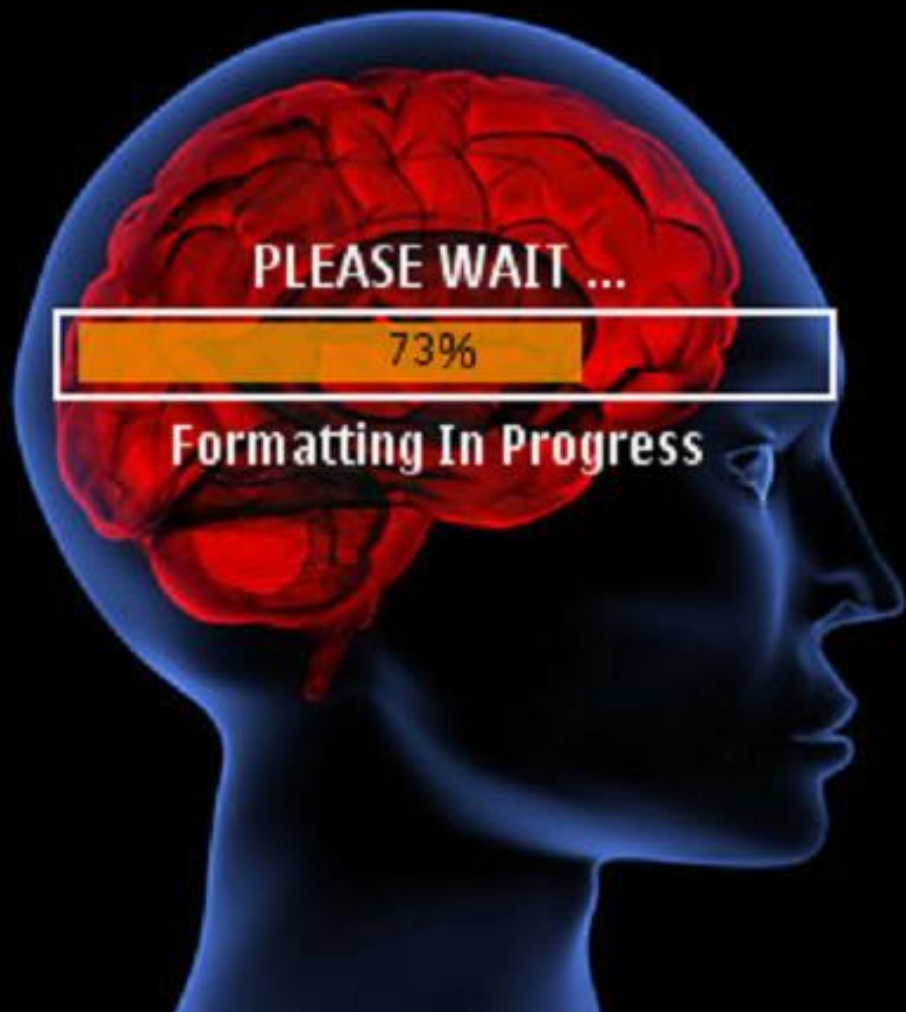
T'shuvah

Brain reset:



As a man thinkith, so he is.





PLEASE WAIT ...

73%

Formatting In Progress

Philippians 4 Paradigm

Phil. 4. 4-5 Rejoice in union with the Lord always! I will say it again: rejoice! Let everyone see how reasonable and gentle you are. The Lord is near!

Copyrighted material

THE NEW RUNAWAY
BESTSELLER
THAT SETS THE
STANDARDS FOR
EXECUTIVES
EVERYWHERE!

JOHN T. MOLLOY'S

New
DRESS FOR
SUCCESS

EXPANDED AND UPDATED, WITH 4 PAGES OF COLOR PHOTOS.

Dress for Success is a 1975 book by John T. Molloy about the effect of clothing on a person's success in business and personal life. It was a bestseller and was followed in 1977 by *The Women's Dress for Success Book*. Together, the books popularized the concept of "power dressing"

Phil. 4. 4-5 Rejoice in union with the Lord always! I will say it again: rejoice! Let everyone see how reasonable and gentle you are. The Lord is near!

**How do we become able
to project that image?**

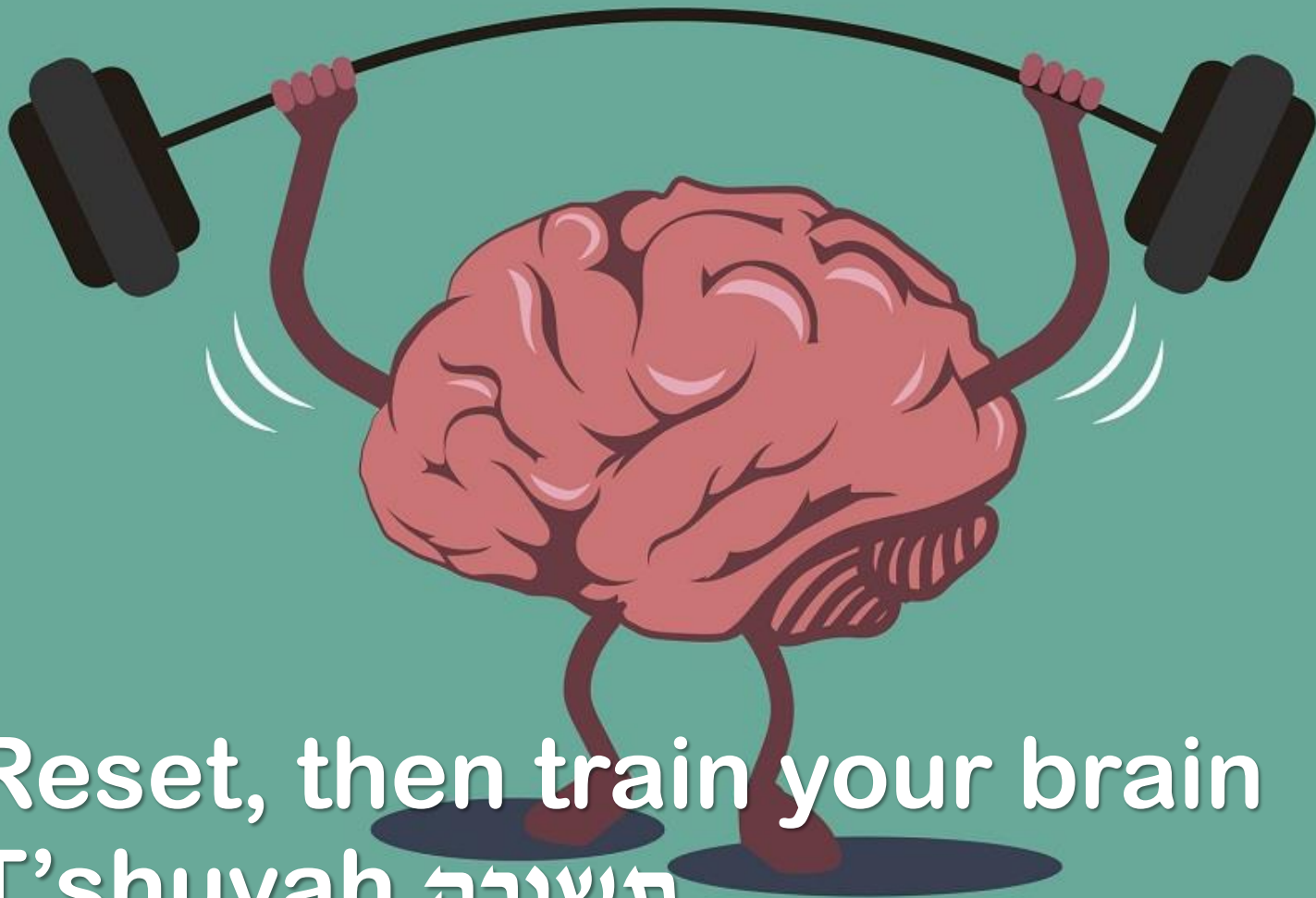
Phil. 4. 6-9 **Don't worry about anything; on the contrary, make your requests known to God by prayer and petition, with thanksgiving. Then God's shalom, passing all understanding, will keep your hearts and minds safe in union with the Messiah Yeshua.**

Phil. 4. 6-9 In conclusion, brothers, focus your thoughts on what is true, noble, righteous, pure, lovable or admirable, on some virtue or on something praiseworthy. Keep doing what you have learned and received from me, what you have heard and seen me doing; then the God who gives *shalom* will be with you.

Focus on vs 6

Don't worry about anything; on the contrary, make your requests known to God by prayer and petition, with thanksgiving.

- Negative normal aspect
- Positive normal aspect



Reset, then train your brain
תשובה T'shuvah

Phil 4.6 New normal: negative aspect

Mēden merimnate

Μηδέν μεριμνᾶτε ,

Nothing be anxious about

Phil. 4. 6 **Not anything;**

μηδείς médeis

no one, none, nothing

Phil. 4. 6 Don't **worry**

μεριμνᾶτε merimnate

over-anxious; distracted, worried

Phil 4.6 MSG Don't fret or worry.

אל תדאגו al tid-agu

to worry, to be concerned תדאגו

לְשׁוּם דָּבָר l'shum davar

nothing, (not) anything

Is there ANYTHING you are
stressing about??

Lk 7.10-13 The next day Yeshua, accompanied by his talmidim and a large crowd, went to a town called Na'im. As he approached the town gate, a ¹dead man was being carried out for burial. His mother was a ²widow, this had been ³her only son, and a sizeable crowd from the town was with her. When the Lord saw her, he felt compassion for her and said to her, "Don't cry."

SW version

Don't stress out

Over ANYTHING!

Sounds heartless:

- Money woes: survive, outlive, shamed
- People problems: offended, failure, rejection, abandonment
- Health: pain, disability, weakness

Negative side of the new normal.

“Sticky statement”

Don't stress out over ANYTHING!

How is that possible?

How can I just turn off stress?

Positive side of the new normal.

Phil. 4. 6-7 Don't worry about anything; on the contrary, make your requests known to God by **prayer and petition, with thanksgiving**. Then God's shalom, passing all understanding, will keep your hearts and minds safe in union with the Messiah Yeshua.

prayer and petitions

proseuchē

kai

tē

deēsei

meta

προσευχῆ

καὶ

τῇ

δεήσει ,

μετὰ

prayer

and

-

supplication

with

δέησις deésis supplication:

praying for a specific, felt need

- heart-felt petition, arising out of deep personal need (sense of lack, want).
- a felt need that is personal and urgent

~ Ro.8.26 The Spirit himself pleads on our behalf with groanings too deep for words;

~ 1 Tim 2.1 Therefore, first of all I urge that **requests, prayers, intercessions**, and thanksgiving be made on behalf of all people.

With thanksgiving. ?!?

eucharistias

εὐχαριστίας

thanksgiving

εὐχαριστία *eucharistia*

thankfulness, gratitude; giving of
thanks, thanksgiving

בְּתַפְּלָה וּבְתַחֲנוּנִים וּבְהוֹדָיָה

Bi-tifeelah, uv-tkhanunim, uv-
hodayah

prayer; wish, entreaty, בְּתַפְּלָה
supplication

supplicatory וּבְתַחֲנוּנִים
prayer; plea, entreaty, cry for
help

וְבִהְיוֹדְיָהּ

thanksgiving, prayer of thanks,
praise,

Positive side of the new normal:
prayer and petition, with
thanksgiving.

Takes time. Lament, then praise.
For Who G-d is, for how Yeshua is
working, for what is unseen.

T'hilim /Psalm 43 Vindicate me, O God,
and champion my cause against
an ungodly nation. From a
deceitful and unjust man, deliver
me! For You are my God, my
stronghold. Why have You
spurned me? Why do I go about
gloomy under pressure by the
enemy?

T'hilim /Psalm 43 Send forth Your light
and Your truth— let them guide
me. Let them bring me to Your
holy mountain and to Your
dwelling places. Then I will come
to the altar of God, to the God of
my exceeding joy, and praise You
upon the harp —O God, my God.

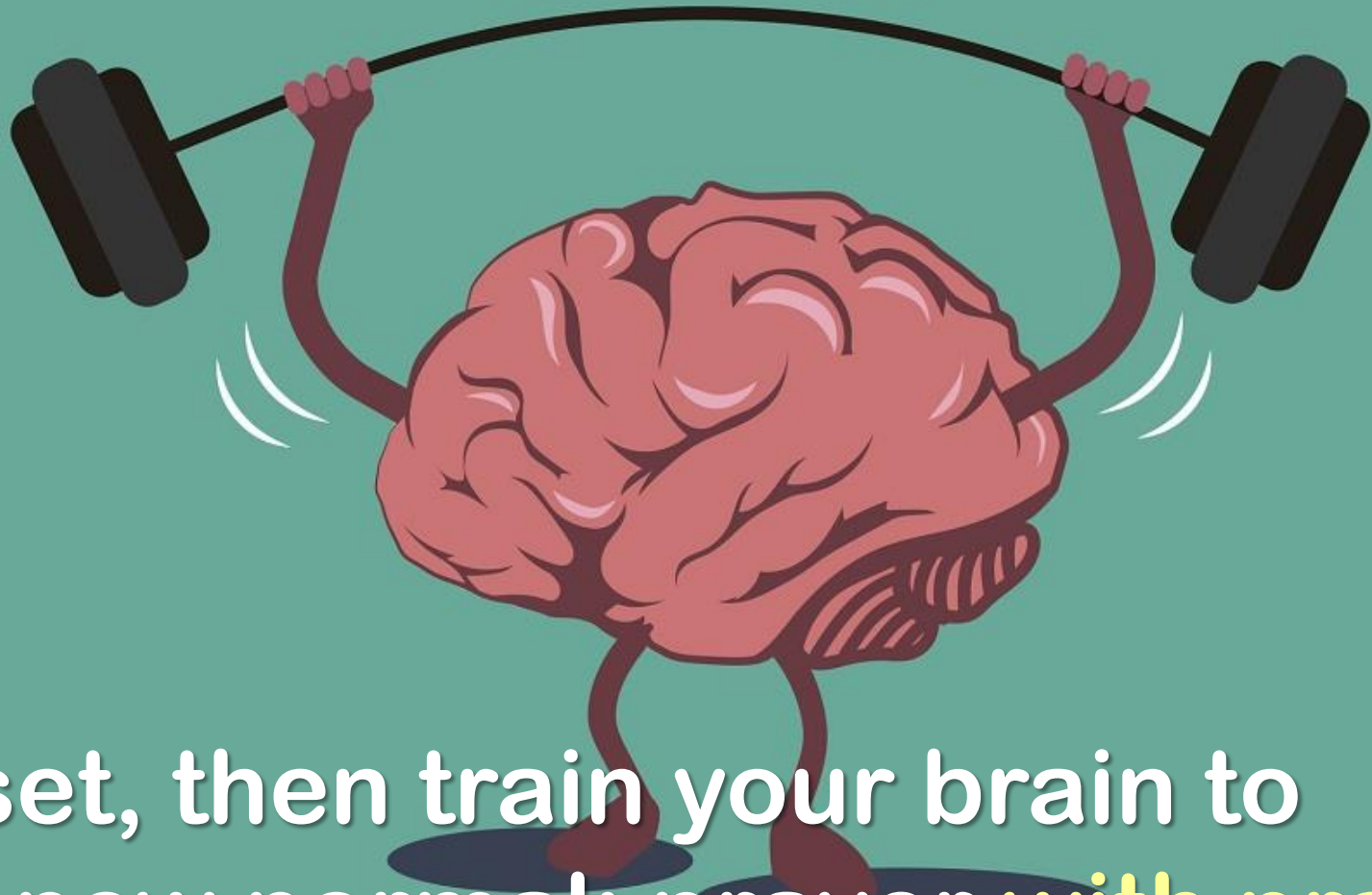
**T'hillim /Psalm 43 Why are You
downcast, O my soul? Why are
you murmuring within me? Hope
in God, for I will yet praise Him,
the salvation of my countenance.**

“Sticky statement”

**Don't stress out over ANYTHING!
[rather do] prayer and petition,
with thanksgiving.**

New normal

- **Brain training by dwelling on
chosen emotion**



Reset, then train your brain to
the new normal: prayer **with praise**

New Normal:

Mtt 4.17 Yeshua began proclaiming,
“Turn from your sins to God, for
the **Kingdom of Heaven** is near!”

Means?

- From gross sin: soldiers and tax collectors, prostitutes

- From slothfulness and negligence of the Torah mitzvot

- Better: prep for the present Kingdom of the Spirit: humility, meekness, purity, hunger, mercy, peacemaking, longsuffering

Heaven = the atmosphere we breathe

Col.3.15-17 Let the *shalom* of
Messiah rule in your hearts—to
this shalom you were surely
called in one body. Also be
thankful. Let the word of Messiah
dwell in you richly, **teaching and
admonishing one another**

Col.3.15-17 with all wisdom in psalms and hymns and spiritual songs, singing with gratitude in your hearts to God. And whatever you do in word or deed, do all in the name of the Lord Yeshua, giving thanks to God the Father through Him.

Do some brain training,
Impart some brain training!!
Breathe the heavenly air of
“I refuse stress, rather live in
intense prayer WITH
thanksgiving”

Yn 15.4-5 Stay united with me, as I will with you — for just as the branch can't put forth fruit by itself apart from the vine, so you can't bear fruit apart from me. "I am the vine and you are the branches. Those who stay united with me, and I with them, are the ones who bear much fruit; because apart from me you can't do a thing.

**What about when I get out of this
mindset, not prayerful,
intercessory, not joyful?**

**Mad, grouchy, frustrated,
irritated, insulted, offended,
scared...**

Exercises and 19 Brain skills

[https://thrivetoday.org/tag/19-
skills/](https://thrivetoday.org/tag/19-skills/)

**I don't feel like I want to stay in
joy and shalom.**

- **Armed intruder**

- **Dirty dishes left out**

Share Joy



Skill
1

Facial expressions and voice tones amplify, "We're glad to be together!"

Soothe Myself

Simple Quiet



Skill
2

Quieting (shalom) after both joyful and upsetting emotions is the strongest predictor of life-long mental health.



Skill
4

Healthy minds are full of appreciation.
Appreciation creates belonging and changes stress to contentment.

Phil. 4. 6-9 In conclusion, brothers, **focus** your thoughts on what is **true, noble, righteous, pure, lovable or admirable, on some virtue or on something praiseworthy.** Keep doing what you have learned and received from me, what you have heard and seen me doing; then the God who gives shalom will be with you.

What about PEOPLE issues?

Relational Circuits [RC] are foundational to joy. Our eyes light up when we see people and there is a release of serotonin.

If relational circuits are shut down

1. We want to make the problem, person, or feeling go away.

2. We don't want to listen to what others feel or say.

3. Our minds are locked onto something upsetting.

4. I don't want to be connected to...

5. I more aggressively fix or judge

Form Family Bonds

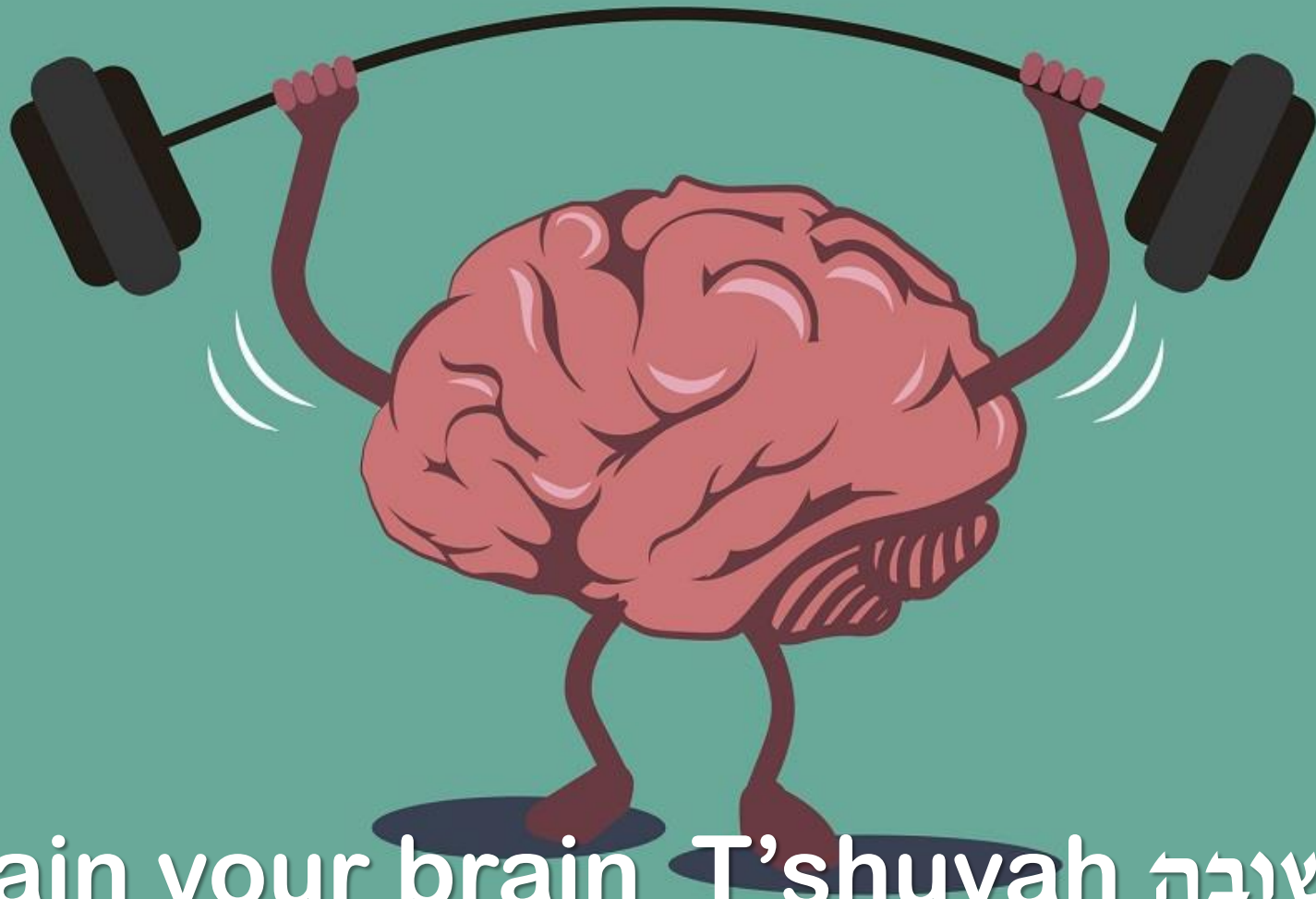
Bonds for Three



Family bonds let us share the joy built by the people we love.

Steps to restore RC

1. Startle or yawn exercise.
2. Lament with G-d. Ps 42.
3. Express appreciation to G-d for His Atonement, faithfulness and presence!
4. Begin dialogue.



Train your brain תשובה T'shuvah

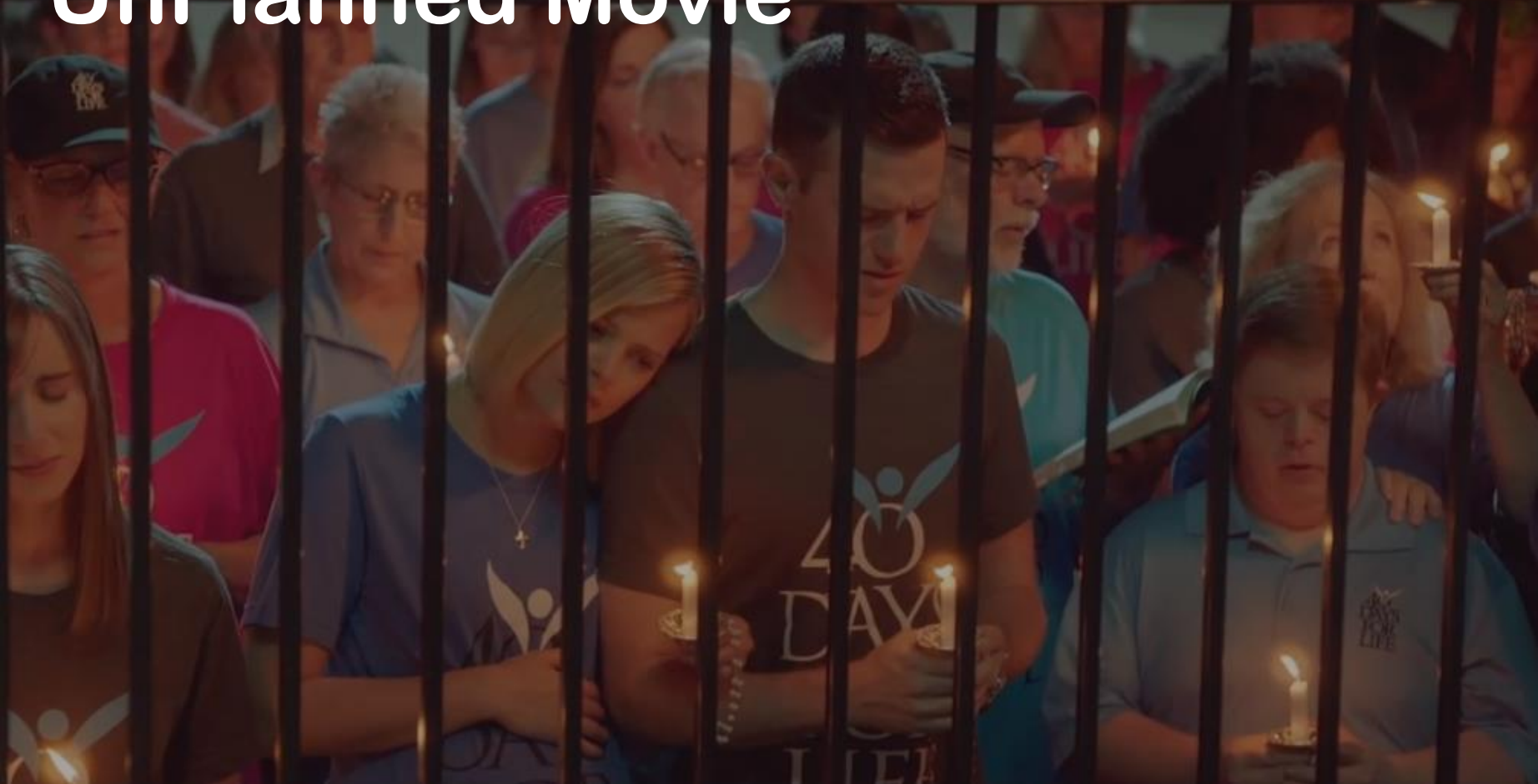
“Sticky statement”

1. Don't stress out over
ANYTHING! [rather do]
2. prayer and petition,
3. with thanksgiving.

New normal: Brain training by
dwelling on chosen emotion

Living in this is subtle but
powerful!!

UnPlanned Movie



The movie...tells the true story of former Planned Parenthood executive Abby Johnson, who quit the organization to become a prominent pro-life advocate.

40 Days for Life people praying outside the Planned Parenthood clinic.

A photograph of Director Abby Johnson in a clinical setting, likely an operating room. She is wearing a purple scrub top and has a serious expression. In the background, a medical professional in blue scrubs and a surgical cap is visible. A large, circular surgical light fixture is prominent in the upper right. The scene is dimly lit, with the primary light source being the surgical light.

**Director Abby Johnson
observing the ultra sound of an
abortion**

SAMSUNG

ADAMS, KARA
111208

07-14-1992

OB GYN SOUTH

18w1d

J KAUFFMAN...

MI 1.0

Tlb 0.3

07-05-2018

11:01:41 AM

2-3 Trim.
CA2-BAD
14.0 cm
36 Hz

[2D]
Frq 2.7 MHz
Harmonic
Gn 44
DR 138
Map 6
FA 6
P 96%



After never having actually witnessed one, she's suddenly called in to assist in the ultrasound-guided abortion of a 13-week-old fetus, and what she sees on the monitor looks to her like a baby reacting to what's being done to it.

At the end of the movie, a title informs us that the activist organization she joined, *40 Days for Life*, has gotten 500 workers to drop out of what it describes as “the abortion industry.”

Also, dozens of clinics closed, many women see pray-ers, circle clinic and go home. Unseen effects!!

Concerning the power of
gratefulness...

There is **one word that can save a marriage**, say Jerusalem's Orthodox Jewish community leaders, who offer sound advice on keeping those healthy, long-term relationships so crucial to a happy family and long life.

One of the main problems in every lasting marriage is that we start to take each other for granted, and this can lead to unwanted consequences in any relationship, be it family, friends or marriage.

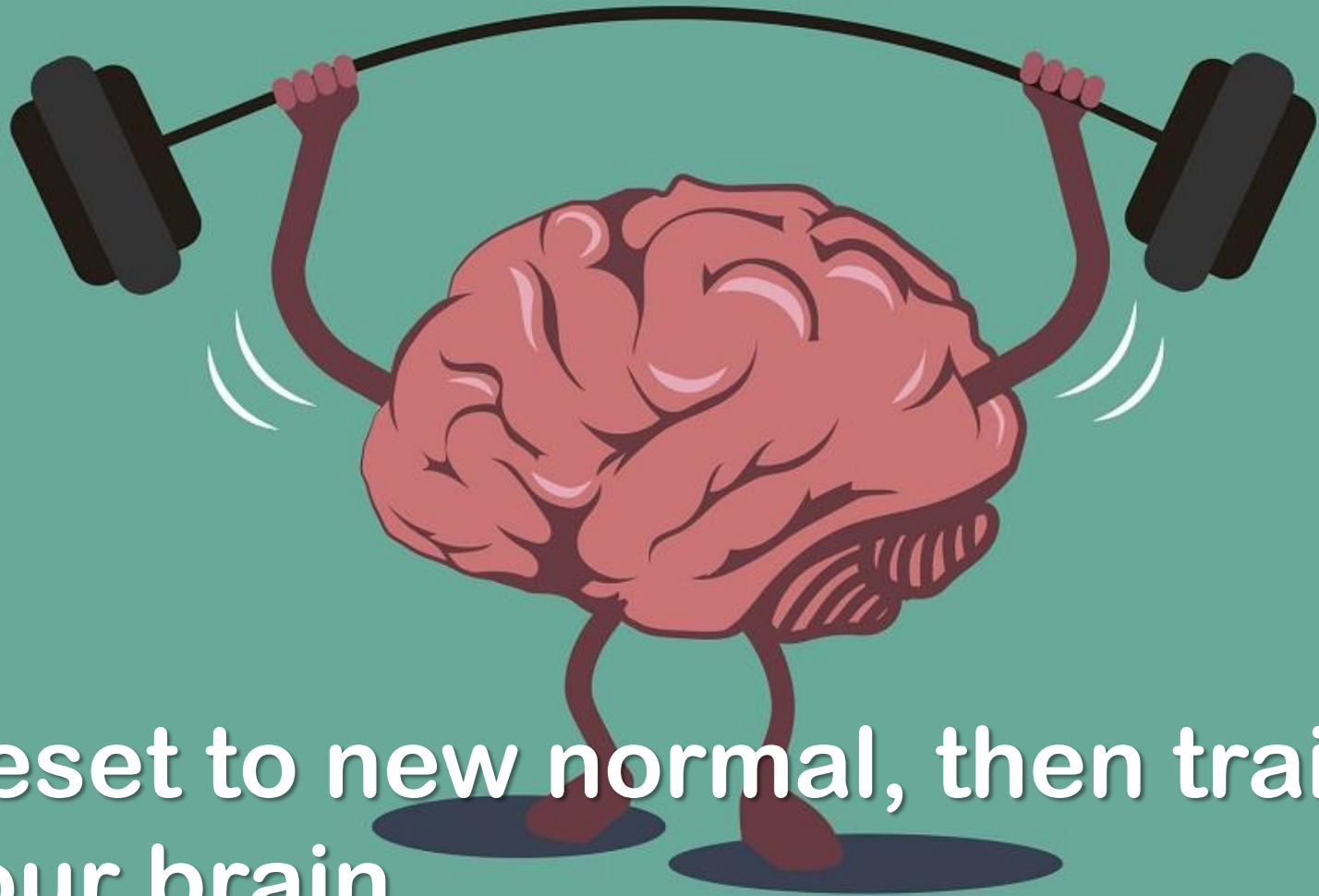
Can you remember your first year of marriage, when your partner would get up early to surprise you with a full breakfast, just the way you like? How thoughtful it was, and you couldn't stop **marveling at your amazing husband or wife**. But, when he made you a cup of tea last night, you hardly noticed.

It is all too easy in our lifelong relationships to start taking each other for granted. Not only is this unpleasant, it spoils the atmosphere between you, misrepresents your true feelings about one another, and can have fateful implications for your marriage.

In an article published in an Orthodox Jewish journal, the rabbis reported that **gratitude is the key to a healthy and successful marriage.**

"The sense of appreciation and belief that your partner appreciates you directly influences how you feel about your marriage, how committed you are to it, and your belief that it will continue," said the author of the study, Ted G. Futris, an Associate Professor and Extension Family Life Specialist at the University of Georgia.

Rabbis and researchers alike argue that the simple act of saying "thank you" to your partner regularly, as simple and trivial as that may sound, can be a strong protection against divorce. [Even if a bit irritated]



Reset to new normal, then train
your brain

Phil. 4. 6-9 In conclusion, brothers, **focus** your thoughts on what is **true, noble, righteous, pure, lovable or admirable, on some virtue or on something praiseworthy.** Keep doing what you have learned and received from me, what you have heard and seen me doing; then the God who gives shalom will be with you.

“Sticky statement”

Don't stress out over ANYTHING!
[rather do] prayer and petition,
with thanksgiving.

New normal: Brain training by
dwelling on chosen emotion

Kingdom of Heaven “air”

