

e-handout

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**What is the Ancient Superfood?**

**In order to live a long, healthy life, many people in Israel consume this Biblical food daily.**



Israel produces 18,000 tons of fresh olive oil annually. It is a popular ingredient in the kitchen and the per capita consumption in the country is just under four liters (over a gallon) a year. Olive oil has been a valued superfood for thousands of years.

Olive oil protects against heart disease and lowers the risk of breast cancer. Olive oil supports the digestive system. The oil of the olive is also well known for its skin and hair health and beauty care.

**It is rich in antioxidants, has a full-bodied taste, and the acidity is a maximum of 0.8 percent. Good olive oil has a delightfully spicy, peppery and bitter tang.**



“Olive oil not only tastes good, it is good for you. In order to live a long, healthy life, many people in the country drink a glass of cold-pressed olive oil every day,”





A field of pink and white cosmos flowers is shown at sunset. The sun is low on the horizon, creating a warm, golden glow that filters through the air and illuminates the scene. The flowers are in various stages of bloom, with some fully open and others as buds. The background is a soft, out-of-focus landscape of rolling hills or mountains under the setting sun.

Tu B'Av Song of Songs 8:5

*Divine Lover*

Low point in Israeli history.

Shoftim/Judges ch 19-21

1. Levite / Levi from Ephraim, northern hills, whose concubine ran away to her father and home in Beit Lekhem [Bethlehem].
2. The Levi went “to persuade her to return.” Shoftim/Ju 19.3

3. She was restored, but on the return trip north they were attacked in Givah /Gibeah, of the tribe of Benjamin, like Sdom.

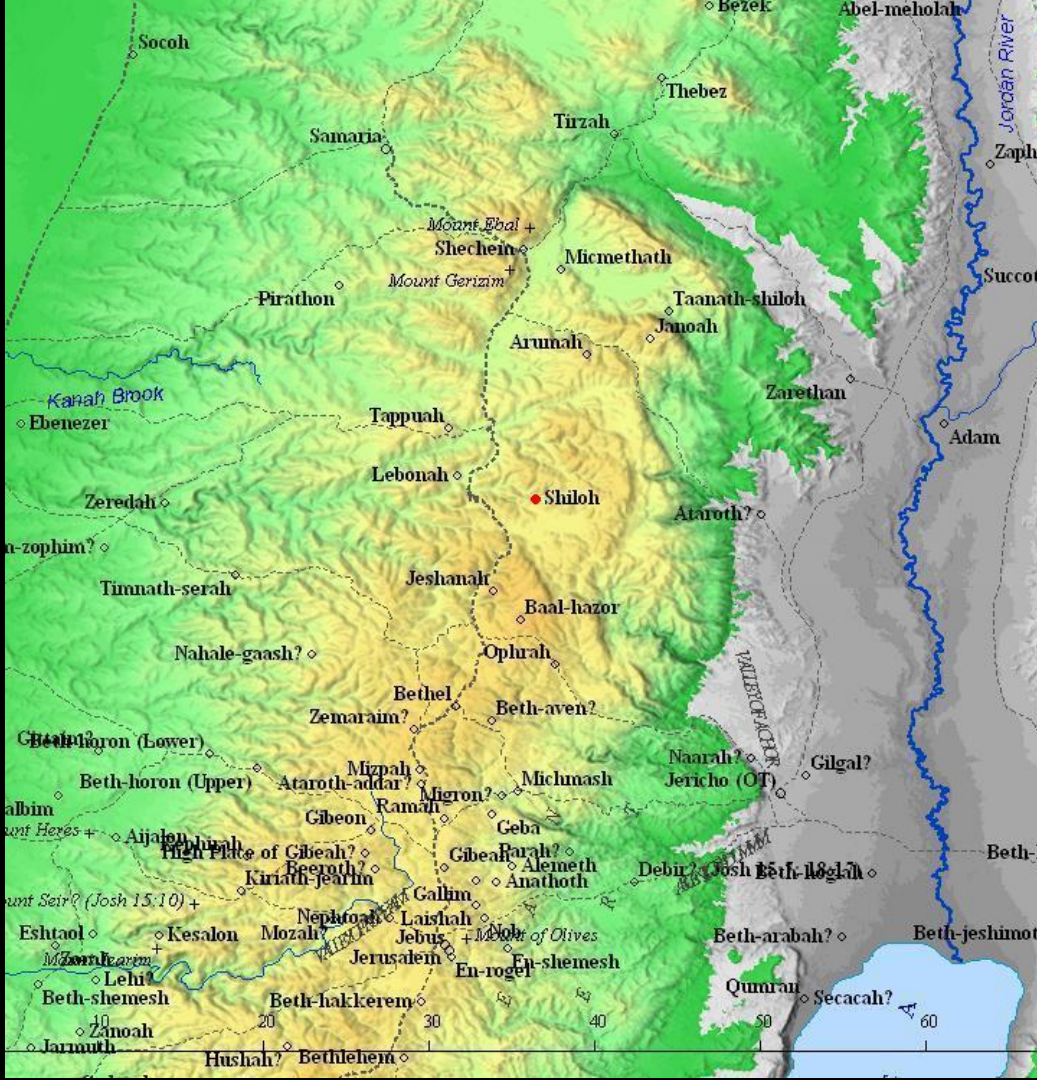
4. The Levi was not protective, and the woman was molested and murdered.

**5. All the tribes sought to bring the rapists to justice, but instead there was great war between Benjamin and the other tribes.**

**6. Benjamin was reduced to 600 men, 100 men without wives.**

Shoftim/Ju. 21.19-21 “Behold, there is the feast of ADONI from year to year at Shiloh” (which is to the north of Bethel, on the east side of the highway that goes up from Bethel to Shechem, and to the south of Lebonah).





Shoftim/Ju. 21.19-21 So they commanded the children of Benjamin saying “Go and hide in the vineyards, and watch, and behold, if the daughters of Shiloh should come out to join in the dances, then come out of the vineyards, and let each of you catch his wife from among the daughters of Shiloh.



Talmudic tradition <sup>Taanit 30b</sup> places  
this mysterious feast and dance  
and abduction of wives on 15 of  
Av. Tu B'Av ט"ו באב [9+6]

This has morphed into a minor  
holiday of love.

According to the Mishna, Tu B'Av was a joyous holiday in the days of the Temple in Jerusalem, marking the beginning of the grape harvest. Yom Kippur marked the end of the grape harvest.

**On both dates the unmarried young women and girls of Jerusalem dressed in white garments, and went out to dance in the vineyards.**



In modern times, it has become a romantic Jewish holiday, and has been said to be a "great day for weddings, commitment ceremonies, renewal of vows, or proposing". Celebrated as a holiday of love

(הַגַּ הַאֲהָבָה Ḥag HaAhava).

**It is a regular workday, music and dance festivals are typically held to celebrate the day. Israelis give cards and flowers to their loved ones on Tu b'Av.**

**These customs are observed by all segments of Israeli society, whether they consider themselves religious or non-religious.**

As the Hebrew calendar is lunar, 15/ Tu b'Av occurs in the middle of the lunar month on a full moon.





It is a day for romance, explored through singing, dancing, giving flowers, **and studying**. The rabbis teach that on Tu B'Av one begins to set more time for studying as the High Holidays approach.



**2021: Sunset, 23 July –  
nightfall, 24 July**

# Two applications

1. All you married, dating men get your wives/girlfriends flowers, or a gift, or take care of her in some special way.
2. A day of love: I want to examine our MOST important love relationship, to the Heavenly Bridegroom.

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Tu B'Av Song of Songs 8:5

*Divine Lover*



Song of Songs 8:5 Tu B'Av

Divine Lover

Who is this coming up from the wilderness leaning on her lover?

מִי זֹאת, עֹלָה מִן-הַמִּדְבָּר, מִתְרַפֶּקֶת עָלַי-

to hug, to cling to; דוֹדָה?

# Hudson Taylor *Union and Communion*

## Song of Songs

§1 1.2-2.7 Longing & Surrender

§2 2.8-3.5 Failure, back to the world

§3 3.6-5.1 Unbroken intimacy

§4 5.2-6.10 Failure, spiritual pride

§5 6.11-8.4 Mutual delight

§6 8.5-14 Leaning on her Beloved

**Song 8.6-7 Set me like a seal on your heart, like a seal on your arm; for love is as strong as death, jealousy as cruel as Sh'ol; its flashes are flashes of fire, [as fierce as the] flame of Yah. No amount of water can quench love, torrents cannot drown it..**

**How do we get there?**



3.21-32 ADONI is good to those who wait for Him, to the soul that seeks Him. It is good to wait quietly for the salvation of ADONI. It is good for a man to bear the yoke in his youth. Let him sit alone and be silent, since He has laid it upon him.

Col 1.25-28 I became [His] servant according to God's commission, given to me for you, in order to declare His message in full—the mystery that was hidden for ages and generations, but now has been revealed to His *kedoshim*, Holy People.

Col 1.25-28 God chose to make known to them this glorious mystery regarding the Gentiles—which is **Messiah in you**, the hope of glory! We proclaim Him, warning and teaching everyone in all wisdom, so that we may present every person complete in Messiah.

**1 Kefa/P 5.7 Throw all your anxieties  
upon him, because he cares  
about you.**

Mark 1.14-15 After Yokhanan had been arrested, Yeshua came into the Galil proclaiming the Good News from God: “The time has come, God’s Kingdom is near!

Turn to God from your sins and believe the Good News!”

**Mtt 11.28-30 Come to Me, all who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and ‘you will find rest for your souls.’ For My yoke is easy and My burden is light.”**

Mtt 11.28-30 **Come to Me**, all who are  
weary and burdened,

בואו אלי

Yn 6.35 Yeshua said to them, “I am the bread of life. Whoever **comes to Me** will never be hungry, and whoever believes in Me will never be thirsty.



**Yn 6.53-54 Then Yeshua said to them, “Yes, indeed! I tell you that unless you eat the flesh of the Son of Man and drink his blood, you do not have life in yourselves. Whoever eats my flesh and drinks my blood has eternal life.**

Mtt 11.28-30 **Come to Me, all who are  
weary**

Deute	pros	me	pantes	hoi	kopiōntes
Δεῦτε	πρός	με ,	πάντες	οἱ	κοπιῶντες
Come	to	Me	all	those	toiling

**kopiaó: to grow weary, toil grow weary, toil, work with effort (of bodily and mental labor alike).**

Mtt 11.28-30 Come to Me, all who are  
weary

בואו אלי כל העמלים

laboring , toiling, effort, travail,  
suffering, trouble, misery,  
mischief, oppression

Whatever overwhelms you!

Mtt 11.28-30 Come to Me, all who are  
weary and **burdened**,

kai	pephortismenoi	kagō
καὶ	πεφορτισμένοι	, καγὼ
and	being burdened	and I

*phortízō* – overload (pack up),  
causing someone to be (literally)  
“*weighted-down*.”

**T'hillim 38.5 My iniquities loom high  
over my head as a heavy burden,  
too heavy for me.**

Mtt 11.28-30 Come to Me, all who  
are weary and **burdened**,

בּוֹאוּ אֵלַי כָּל הָעֲמִלִים וְהָעֲמוּסִים

**עֲמוּס**

loaded, laden; busy, crowded  
(street, intersection)



and I will give you rest.

anapausō

hymas

ἀναπαύσω

ὑμᾶς

will give rest

to you

anapauó: to give rest, give  
intermission from labor, by impl.  
refresh

and I will give you rest.

וְאֲנִי אֶמְצִיא לָכֶם מְנוּחָה.

אֶמְצִיא

to invent; to fabricate, to make  
up; to deliver; to proffer, to  
offer, to present

and I will give you rest.

אֲנִי אֶמְצֵא לָכֶם מְנוּחָה.

*m'nukhah* מְנוּחָה

rest, respite; quiet, calm,  
serenity;

# Take My yoke upon you

arate	ton	zygon	mou	eph'	hymas
ἀρατε	τὸν	ζυγόν	μου	ἐφ'	ὑμᾶς
Take	the	yoke	of Me	upon	you

Take My yoke upon you

**zygós** – properly, a yoke; a wooden bar placed over the neck of a pair of animals so they can pull together; (figuratively) what unites (joins) two people to move (work) together as one.

Mtt 11.28-30 and learn from Me, for I  
am gentle and humble in heart,

**Zekh 9.9 Rejoice greatly, daughter of Zion! Shout, daughter of Jerusalem! Behold, your king is coming to you, a righteous one bringing salvation. He is lowly, riding on a donkey—on a colt, the foal of a donkey**

and ‘you will find rest for your souls.’

heurēsete	anapausin	tais	psychais	hymōn
εὕρησεται	ἀνάπαυσιν	ταῖς	ψυχαῖς	ὑμῶν
you will find	rest	[for] the	souls	of you

the vital breath, breath of life, (b) the human soul, (c) the soul as the seat of affections and will, (d) the self, (e) a human person, an individual.



and 'you will find rest for your  
souls.'

תִּמְצְאוּ מִרְגּוּעַ לְנַפְשׁוֹתֵיכֶם

rest, peace, relaxation, serenity

For My yoke is easy and My burden is light.”

gar	zygos	mou	chrēstos	kai	to	phortion	mou	elaphron
γὰρ	ζυγός	μου	χρηστὸς	, καὶ	τὸ	φορτίον	μου	ἐλαφρό
for	yoke	of Me	[is] easy	and	the	burden	of Me	light

Chrēstos useful, gentle,  
pleasant, kind

For My yoke is **easy** and My  
burden is light.”

כִּי עָלַי נָעִים וְקַל מִשְׂאָי.

**naim** ~ Naomi: pleasant, lovely,  
sweet, agreeable, fitting, musical

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Yaakov 5.15-16 The prayer of faith will save the one who is sick, and the Lord will raise him up. If he has committed sins, he will be forgiven. So confess your offenses to one another and pray for one another so that you may be healed. The effective prayer of a righteous person is very powerful.

**What about fasting?**

**Luke 2.36-38** There was also a prophet named Hannah Bat-P'nu'el, of the tribe of Asher. She was a very old woman — she had lived with her husband seven years after her marriage and had remained a widow ever since; now she was eighty-four.

Luke 2.36-38 She never left the Temple grounds but **worshipped there night and day, fasting and praying.** She came by at that moment and began thanking God and speaking about the child to everyone who was waiting for Yerushalayim to be liberated.



Aug. 9, 2021  
begins the  
month of Elul.  
Fasting?  
Between Rosh  
HaShanna and  
Yom Kippur!

אלול

אני לדודי ודודי לי

*Welcome to the  
Hebrew month of Elul!*

ELUL

I am my Beloved's,  
and my Beloved is mine

EMET HATORAH



[www.EmethHaTorah.com](http://www.EmethHaTorah.com)

*May you be inscribed for a wonderful new year!*



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to hug, to cling to; דוֹדָה?



- 1. Do you KNOW Yeshua as your intimate Lover and have the assurance of sins forgiven?**
- 2. Are you hearing daily from His Word?**
- 3. How are you applying what you heard?**
- 4. Are you asking this of another?**



**Project PrayEruv**