

A somber note from the Safety Seminar some of us attended.

Time/Location Statistics

Recent Church Events	
Occurred inside a church building	25%
Occurred outside on ministry property	75%
Occurred during a scheduled event/service	39%
Occurred during non-event/service time	61%
Single attacker	58%
Multiple attackers	23%
Not identified in research data	19%

Next from my son Daniel.
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.

My kind of poetry!

A limerick:

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

(186 ÷ 7) + 55 = 81

בראשית update Beresheet



<https://youtu.be/TfWIX7ntsco>



[Returning to the series I feel called to do in Matityahu. Last time was four Shabbats ago! So, I have 4 hours of accumulated material!]

Sang the Hallel and went out. Why sing Hallel after Passover Seder meal? → discussion of traditional practice and hazards of Messianic movement. As they go, Yeshua predicts the soon coming abandonment of Him by the Twelve. Eleven now. Their reaction to His prediction ...]

Mattityahu (Matthew) 26:33

הַשִּׁיב לִּי אֶת־אֱמוּנָתִי בְּךָ יְיָ אֱלֹהֵי אֲבֹתֵינוּ: "אִם הִפֹּל יִפְשְׁלוּ בְּגִלְגָּלָהּ, אֲנִי לְעוֹלָם לֹא אֶפְשֵׁל!"

"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 כִּי בְּלִילָהּ הַזֶּה, בְּטָרֵם יִקְרָא הַתְּרַנְגוּל, שְׁלוֹשׁ פְּעָמִים תִּתְּפַחַשׁ 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 כִּיפָּא: “גַּם אִם עָלַי לָמוּת אֶתְּךָ לֹא אֶתְּכַחַשׁ לָךְ!” וְכֵן אָמְרוּ כָּל הַתְּלָמִידִים.

“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, with soon restoration.

But, 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.

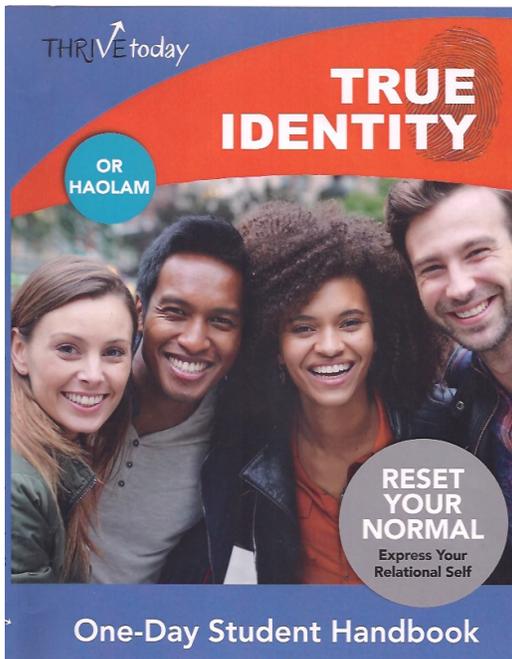
Three weeks ago ThriveToday.

[I got a whole new level of view of the Kingdom of G-d, and my spiritual life.

Similarly, RTF really helped me, last Fall.

Want to know a rabbi, listen to what he speaks about. If sincere, his own journey, own sins!

My gifting is teaching, and so I get so caught up in explaining that sometimes I forget to give application. “Sticky Statement” This message is all application.]



Re-centering: resetting the brain’s NORMAL

After Thrive weekend, I came home overloaded. Frustrated. So, I went back through the book that night and it was life changing!!

First premise, maybe only point today: New normal.

Ever drive behind a vehicle not centered in lane?

Re-centering: restarting the brain’s NORMAL.

A new view of Repentance

תשובה

T’shuvah

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!

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 understand-ding, will keep your hearts and minds safe in union with the Messiah Yeshua.

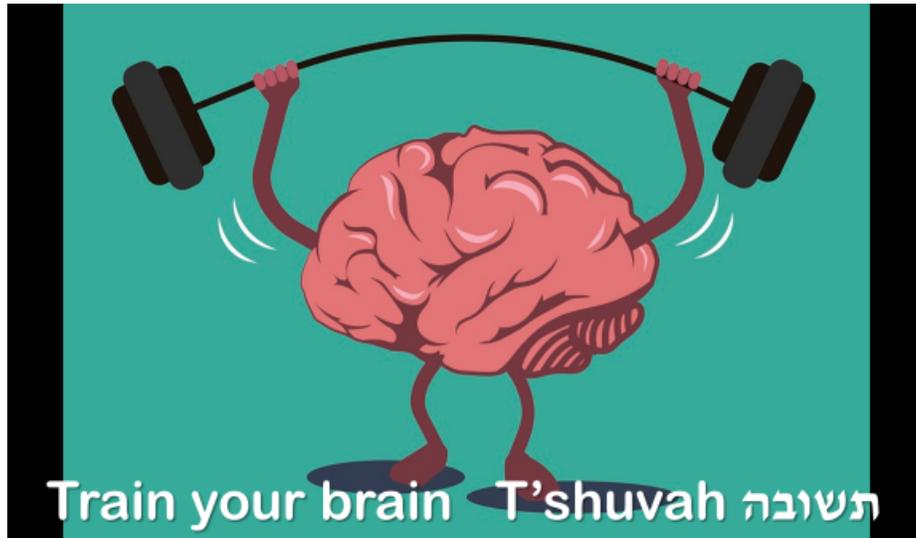
In conclusion, brothers, focus your thoughts on what is true, noble, righteous, pure, lovable or admirable, on some virtue or on something praiseworthy. Keep doing what you have learned and received from me, what you have heard and seen me doing; then the God who gives *shalom* will be with you.

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

[This will be the new normal. Maybe some of you are already there, but can be deeper!]



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Psycho-babble?

Phil 4.6 **New normal: negative aspect**

Mēden merimnate

Phil. 4. 6 **Not anything;**
μηδείς médeis
no one, none, nothing

Μηδὲν μεριμνᾶτε ,

Phil. 4. 6 **Don't worry**
μεριμνᾶτε merimnate
over-anxious; distracted, worried

Nothing be anxious about

<https://biblehub.com/greek/3309.htm>

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 ²mother was a ³widow, this had been her 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." *[She's alone in terms of spouse, now only son GONE. Relationally lonely, also financially destitute!]*

*Is He saying, "Man up. Suck it up."?
There's of course more to the story, but it lays a Yeshua model for this concept.]*

SW version
Don't stress out Over ANYTHING!

Sounds heartless:

- Money woes: survive, outlive, shamed
- People problems: offended, failure, rejection
- 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? *[People offend me, insult me. Life challenges scare me.]*

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 understand-ing, will keep your hearts and minds safe in union with the Messiah Yeshua.

[I am a believer and doer of prayer. Daily personal, Tuesday Teerosh, with my family, extended times, prayer retreat.

I also believe in praising G-d. Tikkun]

prayer and petition, with thanksgiving.

proseuchē	kai	tē	deēsei	meta
προσευχῆ	καὶ	τῆ	δεήσει ,	μετὰ
prayer	and	-	supplication	with

[Let's look at the words of the Word.]

δέσις deēsis 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

[\[https://biblehub.com/greek/2169.htm\]](https://biblehub.com/greek/2169.htm)

~ 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.
[Heavy stuff! However ...]

With thanksgiving. !?!

eucharistias
εὐχαριστίας
thanksgiving

εὐχαριστία *eucharistia* thankfulness, gratitude; giving of thanks, thanksgiving

[<https://biblehub.com/greek/2169.htm>

Messianic scriptures/New Testament original is Greek but thinking is Hebrew. So ...]

Bi-tifeelah, uv-tkhanunim, uv-hodayah

בְּתַפְלָה וּבְתַחֲנוּנִים וּבְהוֹדָיָה

prayer; wish, entreaty, supplication בְּתַפְלָה

בְּתַחֲנוּנִים
supplicatory

prayer; plea, entreaty, cry for help

[Heavy stuff]

וּבְהוֹדָיָה
thanksgiving, prayer of thanks, praise,

[Uplifting, empowering, liberating JOY!]

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 it unseen.

[<https://biblehub.com/greek/2169.htm>

Prayer is generally heavy, even a lament, a cry in distress. It's right to start there, to vent to G-d. In Sozo Ps 42

But if we stay there, we ruin it. We lament → lamentable. We lament, then thanks.

“Sticky statement”

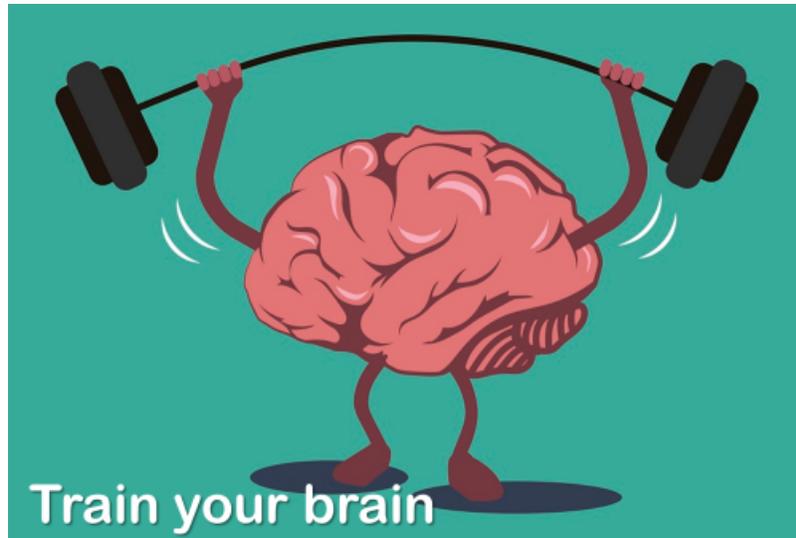
Don't stress out over ANYTHING! [rather do] prayer and petition, with thanksgiving.

New normal

- Brain training by dwelling on chosen emotion

[I do a fair amount of crisis counseling. People come to me upset with each other, and G-d helps us.

I would like to suggest that MOST of that work can be done by entering this new normal.]



[\https://www.google.com/search?q=brain+training&safe=active&source=Inms&tbm=isch&sa=X&ved=0ahUKEWj4xfLr3ajhAhUVHzQIHRvXBHsQ_AUIDygC&biw=1164&bih=865#imgdii=pEDTREwjQWp7TM:&imgsrc=D15AUzLqiN_00M:

[\https://www.google.com/url?sa=i&source=images&cd=&cad=rja&uact=8&ved=2ahUKEWjXiLmn3qjhAhWxoFsKHS_fAJYQjRx6BAgBEAU&url=https%3A%2F%2Fbrainfitnesssolutions.com%2Fbrain-fitness-guide%2F&psig=AOvVaw2cDd7ARLZGPS_mVKAReDdA&ust=1553996406944215

Psycho-babble?]

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**

[Here's something I learned from JB last week. What I teach you about dwelling in the heavenly atmosphere of “No stress, intense prayer WITH thanksgiving” you exemplify and teach to others. That is, if I'm just a shepherd and comfort and help to you (I hope) but don't equip you to do the same for others, then I've failed as equipper.]

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,
and let me know!!
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/>

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

- Armed intruder
- Dirty dishes left out

Share Joy



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

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[\[http://www.thrivetraining.org/nineteenskills.html\]](http://www.thrivetraining.org/nineteenskills.html)

Right-hemisphere-to-right-hemisphere communication of our most desired positive emotional state.]

Soothe Myself

Simple Quiet



Skill
2

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

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[Skill 2 Soothe Myself Simple Quiet Lowering my own energy level so I can rest after both joyful and upsetting emotions, as I need to and on my own, makes me feel stable. This self-soothing capacity is the strongest predictor of good mental health for the lifetime. Technical description: Release-on-demand of serotonin by the vegetative branch of parasympathetic nervous system to quiet both positive and distressing emotional states.]

Create Appreciation

Skill 4



Skill
4

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

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***[A trained brain will scan the environment looking for things to appreciate, amplify, enjoy!
Untrained brain amplifies problems and pain.]***

High levels of the emotional state of appreciation closely match the healthy balanced state of the brain and nervous system. Creating a strong feeling of appreciation in yourself or others relieves unpleasant states and stress.

Appreciation is very similar to the let-down reflex that produces milk flow when nursing and the warm contented feeling that follows for mother and child.

<http://www.thrivetraining.org/nineteenskills.html>]

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

[If you answer yes to any of these your relational circuits are off with that person.]

Form Family Bonds

Bonds for Three



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

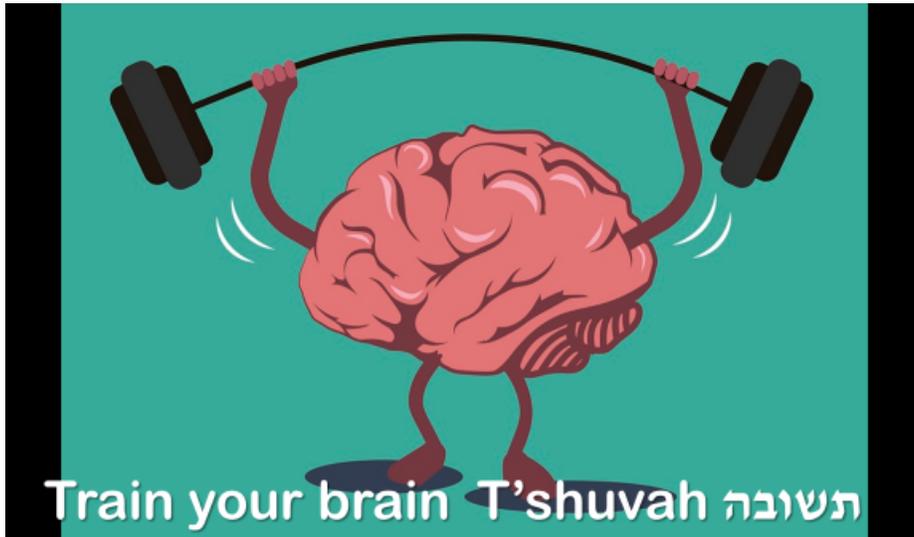
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Steps to restore RC

1. Startle or yawn exercise.
2. Lament with G-d. Ps 42.

3. Express appreciation to G-d for His faithfulness and presence!
4. Begin dialogue.



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“Sticky statement”

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

- Brain training by dwelling on chosen emotion

Living in this is subtle but powerful!!



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 baby in the uterus, with a cannula (suction tube) about to be inserted. She sees the baby apparently trying to evade the tube, then sucked into it.]

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 prayers, circle clinic and go home. Unseen effects!!

[\[https://variety.com/2019/film/reviews/unplanned-review-1203175761/\]](https://variety.com/2019/film/reviews/unplanned-review-1203175761/)

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**.

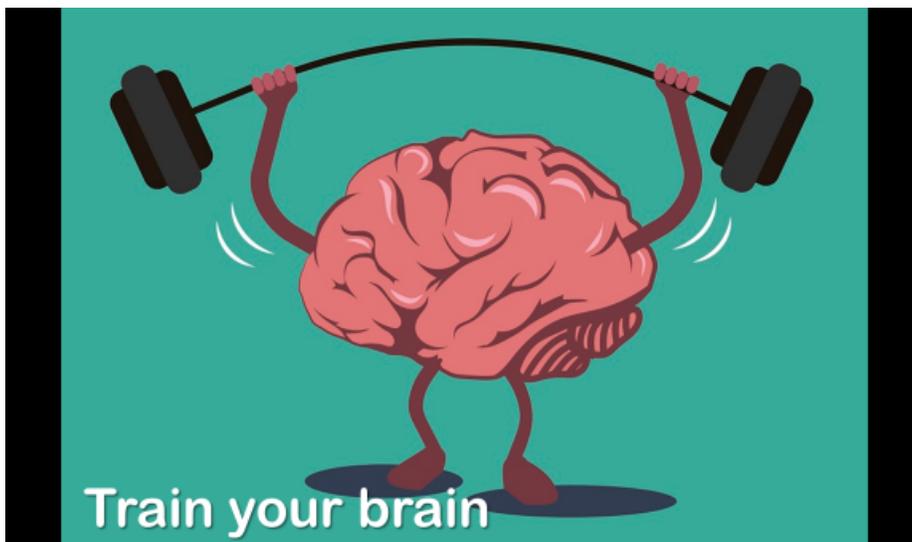
"The sense of appreciation and belief that your partner appreciates you directly influences how you feel about your marriage, how committed you are to it, and your belief that it will continue," said the author of the study, Ted G. Futris, an Associate Professor and Extension Family Life Specialist at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

[\[http://www.israeltoday.co.il/NewsItem/tabid/178/nid/36277/Default.aspx\]](http://www.israeltoday.co.il/NewsItem/tabid/178/nid/36277/Default.aspx)

More concerning gratefulness...
An Israel mother's response to terror
(video: 3 minutes, 21 seconds)
[\[https://youtu.be/X-UpxMRdETo\]](https://youtu.be/X-UpxMRdETo)

[Gratitude, then Proactive organizationally]



[\[https://www.google.com/search?q=brain+training&safe=active&source=lnms&tbn=isch&sa=X&ved=0ahUKEWj4xfLr3ajhAhUVHzQIHRyXBHsQ_AUIDygC&biw=1164&bih=865#imgdii=pEDTREwjQWp7TM:&imgrc=D15AUzLqiN_00M:\]](https://www.google.com/search?q=brain+training&safe=active&source=lnms&tbn=isch&sa=X&ved=0ahUKEWj4xfLr3ajhAhUVHzQIHRyXBHsQ_AUIDygC&biw=1164&bih=865#imgdii=pEDTREwjQWp7TM:&imgrc=D15AUzLqiN_00M:)

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Psycho-babble?

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“Sticky statement”

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New normal

- Brain training by dwelling on chosen emotion
- Do it, teach it to someone, let Rabbi know!