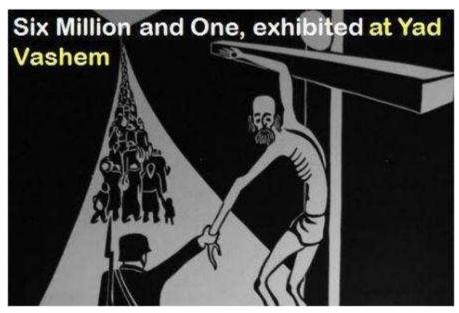


[Great food, effortlessly prepared.

Marty Goetz, in great form and well rehearsed with me. GREAT occasion to celebrate! Invite friends, particularly Jewish friend.

Good news on next one, but doesn't look so good.]



[With International Holocaust Day approaching, Yad Vashem hosts an art exhibit including works by Jewish artist Moshe Hoffman, who places Yeshua squarely in the fold of the Jewish nation, its plight, suffering and destiny.

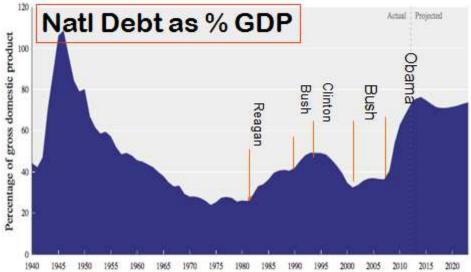
SW: that is the MOST Jewish rendition of Yeshua ישוע I've ever seen. Ever.]



In 6 of the past 7 years, the United States has added more than a Trillion (!) dollars to the national debt. It seems the world economy is constantly on the brink of disaster. We suffered enormous economic downturns in 2001 and 2008. [note 7 year difference] Closer to home, a staggering 8.7 million home-owners in America owe more on their mortgage than their homes are worth. [Shmittah?]

Arguments about money, more than any other factor, lead to divorce. Worse yet: despite the admonishments of God's Word, most of God's people think debt is completely normal for things like buying homes and cars, and financing daily spending habits.

[In the 1960's radio news about the Federal debt limit and government shut down were the first cause to wake me up to apocalyptic doom. Back then, the term "The full faith and credit of the United States" was a term with Gibraltar like solidity.]



Reagan, 1981-1989; Bush, 1989-1993; Clinton, 1993-2001; Bush, 2001-2009; Obama, 2009-

[http://en.wikipedia.org/wiki/National\_debt\_of\_the\_United\_States#mediaviewer/File:FederalDebt1940to2012.svg

Mr. Obama said in his state of the Union address, or maybe the KU follow up, that the deficit had been reduced.

"Take a look around you boy,
it's bound to scare you boy
and ya tell me over and over again my friend
that you don't believe
we're on the eve of destruction."
https://www.youtube.com/watch?v=qfZVu0alU0I]

Sh'mot שְׁמוֹת (Exodus) 10.21-23 (from) Bo (Go) אַבּ

[We're about to explore the true access to the Rock >> Rock of Gibraltar.]

Mattityahu (Matthew) 6.16

בָּאֲשֶׁר אַתֶּם צָמִים אַל תִּהַלְכוּ קוֹדְרִים כִּמוֹ הַצְבוּעִים,

And whenever you fast, do not become sad-faced like the hypocrites,

[Doesn't say, "If you fast..." Rather, "When you fast..." So, it's normative in the Kingdom of the Messiah.

Sad faced? יב hungry? Actually an ancient concept here, apparently Yeshua ישוע was aware of and addressing. Read more to get the sense.]

Mattityahu (Matthew) 6.16

ַהַמְשַׁנִּים אֶת פְּנֵיהֶם כְּדֵי לְהֵרָאוֹת צָמִים לִבְנֵי אָדָם. אָמֵן אוֹמֵר אֲנִי לָכֶם, שְׂכָרָם אִתָּם.

They make sour faces so that people will know they are fasting. Amen, I tell you, they have their reward in full!

[Talmud has an interesting note that may reflect the thinking of Yeshua ישוע and His hearers.

Literally, "change their faces."

A bit of a complex word study based on a variant spelling of the word Asher.]

Gen 30.13 and called him Asher [happy].

וַתִּקְרָא אֶת-שְׁמוֹ **אָשֵׁר** 

Yeshyahu/ls 19.25 "Blessed be Egypt my people, Ashur the work of my hands"

בַּרוּךְ עַמִּי מִצְרַיִם, וֹּמֵעֲשֵׂה יָדֵי אַשׁוּר

<sup>1 Chron.4.5</sup> Ashur the father of T'koa had two wives,

ה וּלְ**אַשְׁחוּר** אֲבִי תְקוֹעַ, הָיוּ שְׁתֵּי נָשִׁים שָׁחוֹר black <sub>noun</sub>

[It is said Yuchasin, fol. 59. 1., in commendation of R. Joshua ben Chanamah, that all his days, "his face was black", through fastings; and this is said [Babylonian Talmud: Tractate Sotah Folio 12a] to be the reason of Ashur's name, in (1 Chron 4.5) because "his face was black" with fasting: yea, they looked upon such a disfiguring of the face to be meritorious, and what would be rewarded hereafter. [Have their reward]

"Whoever (say they T. Bab. Sanhedrim, fol. 100. 1), "makes his face black", on account of the law in this world, God will make his brightness to shine in the world to come."

Yeshua ישוע saying? Don't advertise your fast. As secret as possible. Big practice to so advertise!]

Mattityahu (Matthew) 6.17

ָוְאַתָּה **כַּאֲשֵׁר** תָּצוּם מִשַּׁח אֵת רֹאשָׁךְ בִּשֵּׁמֵן וּרְחַץ אֵת פָּנֵיךְ,

But when you fast, anoint your head and wash your face,

[Anointing and washing were signs of cheerfulness and joy; see (Ruth 3.3 So bathe, anoint yourself, put on your good clothes, and go down to the threshing-floor; ) (2.5 12.20 Then David got up off the ground, washed, anointed himself and changed his clothes. He went into the house of ADONAI and worshipped; > Bathsheva's first baby died.)

Anoint your teeth and your mouth: toothpaste and mouthwash!

Great immediate indication of fasting? Tehillim/ps 109.23-25 Like a lengthening evening shadow, I am gone; I am shaken off like a locust. My knees are weak from lack of food, my flesh wastes away for lack of nourishment. I have become the object of their taunts; when they see me, they shake their heads.

Weak, stupid, slow, grouchy. Depressed! Hungry!]

Mattityahu (Matthew) 6.18 פָּדֵי שֵׁלֹא תֵּרָאֵה צָם לִבְנֵי אָדָם

so that your fasting won't be evident to men

[What if you're in a situation where people can't help but see it. It will be evident to men and women. Fasting is a social disaster. Men's meeting once when hosts making all the food...

- Sometimes better to postpone the fast.
- Sometimes called to bear the reproach. Religious weirdo! You are condemning us!
- What if I am tempted, socially, or just internally, and break it? Just "reset" and do better.
- Hardest time for me is just before bed: feeding frenzy. Just a slice of cheese...]

Mattityahu (Matthew) 6.18

ּכִּי אָם לָאָבִיךְ אֲשֵׁר בַּ**סְתֵר** וָאָבִיךְ הָרוֹאֵה בַּמִּסְתָּרִים הוּא יִגְמֹל לְדְּ.

but to your Father who is in secret. And your Father, who sees in secret, will reward you.

[Here is the key, the delight to the message.

- 1. Do fast
- 2. As unobstrusively as possible.
- 3. Meet with G-d in private!]

T'hillim 91.1 You who live in the shelter of 'Elyon, who spend your nights in the shadow of Shaddai,

ישב בְּ**סֶתֶר** עֵלְיוֹן בְּצֵל שַׁדֵּי יִתְלוֹנֵן.

hideaway, secret hiding place, secret, mystery, unknown 'ז שֶם ז' Shaddai שׁדִּי Almighty, breast, mischievous...

G-d of secret and mighty comfort

[GBS prayer room. Ian Arroyo, saw him at a conference, with Micah and Abby Mahoney. I was swimming. Said, "You swim like a fish...no like a mammal. Mammals have milk. I have a whole sermon on mammary milk, breast milk." second generation, son of Rabbi, Asst Rabbi at Cong Kol Simcha in Gainsville. FL. Sort of fits here. Whole sermon on breast milk.

What is in the secret place? G-d the Shaddai, Comforter, nurturer

Colostrum = first mother's milk, before milk: basics, rich in antibodies, parental bonding with G-d. Takes time. No hurrying a nursing mom. Esp newborn. Antibodies, first mother's milk. Prep for stronger milk. More time.1

Colostrum is a milky fluid that comes from the breasts of humans, cows, and other mammals the first few days after giving birth, before true milk appears. It contains proteins, carbohydrates, fats, vitamins, minerals, and proteins (antibodies) that fight disease-causing agents such as bacteria and viruses. [Need antibodies at first life spiritually too, כל been saturated in the world, its sensuality, profanity, blasphemy, hostility.

Foremilk and hindmilk are not different types of milk—they are only terms that refer to whether we're looking at milk at the start or end of a feeding. The term foremilk refers to the milk at the beginning of a feeding; hindmilk refers to milk at the end of a feeding, which has a higher fat content than the milk at the beginning ofthat particular feeding. There is no sharp distinction between foremilk and hindmilk- the change is very gradual. Research from Peter Hartmann's group tells us that fat content of the milk is primarily determined by the emptiness of the breast—the less milk in the breast, the higher the fat content. So, don't stop too soon!

Shmot/Ex 33.18-22 Moshe said, "I beg you to show me your glory!" He replied, "I will cause all my goodness to pass before you, and in your presence I will pronounce the name of ADONI. Moreover, I show favor to whomever I will, and I display mercy to whomever I will. But my face," he continued, "you cannot see, because a human being cannot look at me and remain alive.

[Daily devotions in the L. Don't get colicky, difficult to feed. Soak. Fat comes at the end of the feeding! Get passed the quick fix. No drive through with G-d. There is the bullet prayer, in situ, but that can't be our mainstay.]

Shmot/Ex 33.18-22 Here," he said, "is a place near me; stand on the rock. When my glory passes by, I will put you inside a crevice in the rock and cover you with my hand, until I have passed by.

 $^{ ext{Shmot/Ex }34.1,28-29}$  ADONI said to Moshe, "Cut yourself two tablets of stone like the first ones; and I will inscribe on the tablets the words that were on the first tablets, which you broke... Moshe was there with ADONI forty days and forty nights, during which time he neither ate food nor drank water.

[Preeminent fast → Presence

Not just soaking, but serving in spirituality.]

Shmot/Ex 34.1,28-29 [ADONI] wrote on the tablets the words of the covenant, the Ten Word. When Moshe came down from Mount Sinai with the two tablets of the testimony in his hand, he didn't realize that the skin of his face was sending out rays of light as a result of his talking with [ADONI].

[He had the tablets. He was serving others in the Word. Soaking → spiritual service. Not frenetic, rather blessed.]

song 2.14 O my dove, in the clefts of the rock, in the covert of the steep place, let me see you face, Let me hear thy voice; For sweet is thy voice, and thy countenance is comely.

: יוֹנָתִי בְּחַגְוֵי הַפֶּלַע, בְּ**סֻתָּר** הַמַּדְרֵגְה, הַרְאִינִי אֶת-מַרְאַיִּך, הַשְּׁמִיעִנִי אֶת-קוֹלֵדְ [In the steep places, hear your voice Time to soak, but then take it forth. מדרגה is stairs. Soaking is climbing.]

<sup>1 Kefa/Pet 2.3-6</sup> For you have tasted that ADONI is good. As you come to him, the living stone, rejected by people but chosen by God and precious to him, you yourselves, as living stones, are being built into a spiritual house to be cohanim set apart for God to offer spiritual sacrifices acceptable to him through Yeshua the Messiah.

[Volunteers for Carnival, for set up, for labors, be part of spiritual service, for seder, sound.]

<sup>1 Kefa/Pet 2.3-6</sup> This is why the Tanakh says, "Look! I am laying in Tziyon a stone, a chosen and precious cornerstone; and whoever rests his trust on it will certainly not be humiliated."

[Pattern of Yeshua ישוע]

## Spiritual sacrifices

- Flow out of prayer energizing. Shmot 17
- Built on <u>Biblical</u> wisdom, informed by research Tehillim/Ps 119.104-105 From your precepts I gain understanding; this is why I hate every false way. Your word is a lamp for my foot and light on my path.

  [Out of fasting, energizing.]
- <u>Urgent</u>: Tehillim/Ps 90.12 So teach us to count our days, so that we will become wise. [passion ≠ desperation]
- Yeshua centered: Acts 4.12 There is salvation in no one else! For there is no other name under heaven given to mankind by whom we must be saved!
   Col 1.18 Also he is head of the Body, the Messianic Community he is the beginning, the firstborn from the dead, so that he might hold first place in everything.
- Grace Eph 2.8-10 For you have been delivered by grace through trusting, and even this is not your accomplishment but God's gift. You were not delivered by your own actions; therefore no one should boast. For we are of God's making, created in union with the Messiah Yeshua for a life of good actions already prepared by God for us to do.

- [Strive for excellence, but things will go wrong, so remember humor. We live through the outtakes.]
- <u>Love</u> Eph 4.15-16 Speaking the truth in love, we will in every respect grow up into him who is the head, the Messiah. Under his control, the whole body is being fitted and held together by the support of every joint, with each part working to fulfill its function; this is how the body grows and builds itself up in love.

[IF our labors are conceived in prayer and fasting, the ambience will be Messiah like.]

Yeshayahu/Is 58.2-9 [asking,] 'Why should we fast, if you don't see? Why mortify ourselves, if you don't notice?' "Here is my answer: when you fast, you go about doing whatever you like, while keeping your laborers hard at work. Your fasts lead to quarreling and fighting, to lashing out with violent blows. On a day like today, fasting like yours will not make your voice heard on high. Is this the sort of fast I want, a day when a person mortifies himself? Is the object to hang your head like a reed and spread sackcloth and ashes under yourself? Is this what you call a fast, a day that pleases ADONI? Here is the sort of fast I want - releasing those unjustly bound, untying the thongs of the yoke, letting the oppressed go free, breaking every yoke, sharing your food with the hungry, taking the homeless poor into your house, clothing the naked when you see them, fulfilling your duty to your kinsmen! Then your light will burst forth like the morning, your new skin will quickly grow over your wound; your righteousness will precede you, and ADONI 's glory will follow you. Then you will call, and ADONI will answer; you will cry, and he will say, "Here I am."

[At least one day/ week. Consider two. Sleep to sleep? Bickle p. 25, 27, 28, 29, 30, Fast of Ester < Purim.]