

February 15, 2025  
Shmot (Exodus) 14.10-16  
Go Back, Stand Still, Go Forward



John & Josie  
Two weeks ago, still dancing



Monday, Feb. 10, 2025  
Mother and son healthy  
9 lbs. 5 oz, 23 in.  
Azariah Bower

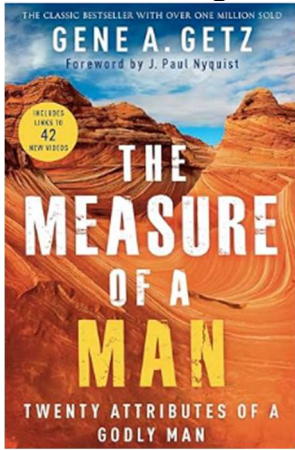
If you aren't quick on the draw to capture the QR code during our quick opening, you have all morning to get it. This will be a legitimate use of cell phones, not emails, texting, or gaming.  
BTW, Or Ha guest now. No PW needed.



Posted in Jimmy John's restaurant bathroom

1. Most toilets flush in the key of E flat (Yes, really!).
2. The average life expectancy of a toilet is 50 years.
3. 72.4% of people place their toilet paper to the right and from over the roll, rather than under.
4. An average person visits the toilet 2500 times a year. That's about 6-8 times a day. (You'll spend about 3 years of your life on the toilet.)

## Men's Meeting curriculum



Testimony of Tommy Cox with the Texas High School Coaches Association re *Measure of a Man* study

**GO BACK,  
STAND STILL,  
GO FORWARD**  
Sh'mot (Exodus) 14:10-16  
Rabbi Shmuel Wolkenfeld

February 15 2024 | 17th of Sh'vat, 5785  
י' בשבט תשפ"ה

**OR HAOLAM**  
MESSIANIC SYNAGOGUE

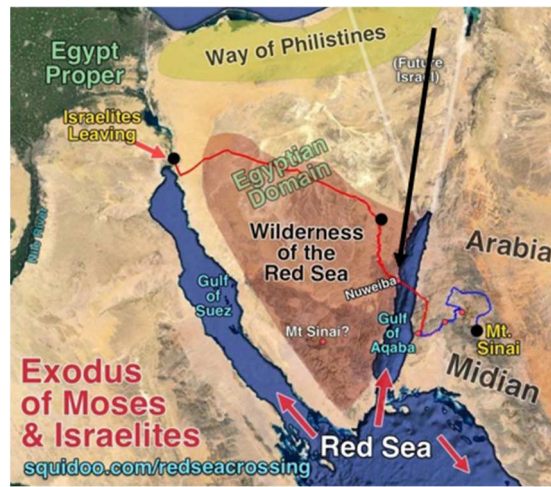
Shmot / Ex 14.10-15 As Pharaoh approached, the people of Isra'el looked up and saw the Egyptians right there, coming after them. In great fear the people of Isra'el cried out to Adoni and said to Moshe, "Was it because there weren't enough graves in Egypt that you brought us out to die in the desert? Why have you done this to us, bringing us out of Egypt? Didn't we tell you in Egypt to let us alone, we'll just go on being slaves for the Egyptians? It would be better for us to be the Egyptians' slaves than to die in the desert!" [Go back!]

Moshe answered the people, "Stop being so fearful! **Remain steady**, and you will see how Adoni is going to save you. He will do it today — today you have seen the Egyptians, but you will never see them again! Adoni will do battle for you. Just **calm yourselves down!**" [Stand still]

Adoni asked Moshe, "Why are you crying to me? Tell the people of Isra'el to **go forward!** Lift your staff, reach out with your hand over the sea, and divide it in two. The people of Isra'el will **advance** into the sea on dry ground.

[Prayer]

First of all, where was this?



Alternative Reed Sea  
[NOT Red Sea יָם סוּף Yam Suf] crossing.

Backstory: people of Israel left Goshen/Nile Delta and camped at Reed Sea [NOT Red Sea יָם סוּף]  
Panic from Pharaoh's army. Traditional location. Somewhere, between a hostile army and an ocean. PANIC.

People: Go back

Moshe: stand still

G-d: go forward.

Drying out sea, took a little while, even for G-d

Tim Mahoney supports the alternative view. Allows 7 days.

We'll do an archeology study on this.

Shmot / Ex 14.10-15

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Go Back:

- Fear motivated

1. FOMO: **Fear Of Missing Out**

*[Panic mode. Death by Egyptian swords! Abandon ship.]*

<sup>2</sup>Tim 4.10 For Demas, because he has fallen in love with this present world, has deserted me and gone off to Thessalonica; Crescens has gone to Galatia; Titus has gone to Dalmatia. *[Fear apparently, of losing benefits in the material world]*



[<https://www.worldatlas.com/r/w2000-h1125-q90/upload/0f/03/92/shutterstock-1084821599.jpg>]

*[I came to faith in Messiah in April 1969, glorious revelation. But new enough to the Kingdom when I heard about Woodstock, sort of longing. FOMO music, people, drugs, sex. BUT, glad I didn't go. Party. Similarly when offered Israel summer 1969 on Kibbutz, kibbutz goddess girls...trouble. Went in 1971 to Heb U Jerusalem study program. It's sometimes very tempting to go back*  
***There are some things you just have to miss out on.***  
*"Learn more" is a very hazardous door.*

[https://cdn.theatlantic.com/media/img/photo/2019/08/woodstock/w01\\_50461159-1/original.jpg](https://cdn.theatlantic.com/media/img/photo/2019/08/woodstock/w01_50461159-1/original.jpg)

Mtt 13.6-7 Other seeds fell among the thorns, and the thorns grew and choked them out

Mt 13.18-22 Now the seed sown among thorns stands for someone who hears the message, but it is **choked by the cares of the world and the deceitful glamor of wealth**, so that it produces nothing.  
*[Cares, glamour and glitz]*

Ro 13.13 Let us walk properly as in the day—not in orgies and drunkenness, not in sexual liaisons and sensuality, not in strife and envy.

Go Back:

- Fear motivated
  - FOMO: **F**ear **O**f **M**issing **O**ut
  - Rejection

Mtt 13.5-7 Other seeds fell on rocky ground, where they didn't have much soil. They sprang up immediately, because the soil wasn't deep. But when the sun came up, they were scorched; and because they had no roots, they withered away.

Mt 13.18-22 "So listen to what the parable of the sower means...The seed sown on rocky ground is like a person who hears the message and **accepts it with joy at once, but has no root in himself.**  
*[What does that mean "root in himself"?)*

Mt 13.18-22 So he stays on for a while; but as soon as some **trouble or persecution arises on account of the message**, he immediately falls away.

Mtt 5.1-10 "How blessed are those who are persecuted because they pursue righteousness! for the Kingdom of Heaven is theirs.

Mtt 5.11-12 “How blessed you are when people insult you and persecute you and tell all kinds of vicious lies about you because you follow me! Rejoice, be glad, because your reward in heaven is great — they persecuted the prophets before you in the same way.

Yn 6.58 So this is the bread that has come down from heaven — it is not like the bread the fathers ate; they’re dead, but whoever eats this bread will live forever!

Yn 6.60, 66 On hearing it, many of his talmidim said, “This is a hard word — who can bear to listen to it?” ... From this time on, many of his talmidim turned back and no longer traveled around with him.

Yn 6.67-69 So Yeshua said to the Twelve, “Don’t you want to leave too?”  
*[Leaving the Kingdom and the King because of social pressure, legitimate weirdness (there is illegitimate)]*



Nosh: We all have known people who are hyper-spiritual about everything. You can’t have a normal conversation with them because all discussion, no matter what the subject, is cloaked in spiritual jargon.

### Fear of hostility from Jewish association

An Afghan-born Sydney nurse, Ahmad Rashad Nadir, and his female colleague Sarah Abu Lebdeh boasted they would not treat Israeli patients and would kill Israelis

*[https://allisrael.com/antisemitic-healthcare-workers-in-australia-threaten-to-kill-israelis-saying-i-won-t-treat-them-i-ll-kill-*



*them?utm\_source=convertkit&utm\_medium=email&utm\_campaign=Breakthrough%20on%20hostage%20release%20as%20Hamas%20announces%20commitment%20to%20resume%20deal%20-%2016600997]*

### Associate with Jews...



Israelis are emigrating abroad in numbers the country has never seen before – taking with them their money, education, and professional skills. The numbers behind this movement indicate long-term harm to Israel, even far from the conflict zones in the North and South. In the first seven months of this year, 40,600 people left the country, an average of 2,200 more each month than in 2023.

*(photo credit: ARIE LIEB ABRAMS/FLASH90)*  
*[https://www.jpost.com/israel-news/article-824369]*

## STATE OF ANTISEMITISM IN AMERICA 2024 KEY FINDINGS



**56%** of Jews in the U.S. say they altered their behavior out of fear of antisemitism in 2024

**77%** of Jews in the U.S. say they feel less safe because of the October 7 attacks

American Jewish Committee

As AJC CEO Ted Deutch said, “Antisemitism has reached a tipping point in America... That one-third of American Jews have been the target of antisemitism in the past year should raise red flags for every American and our leaders.”

*[Love Jewish things, heritage of love Jewish people and Israel. I can't turn it off. Name. Face, kippah, job. Some of you can.]*

*[[https://www.ajc.org/AntisemitismReport2024/Ted-on-CNN-Feb12?\\_hsenc=p2ANqtz--p-](https://www.ajc.org/AntisemitismReport2024/Ted-on-CNN-Feb12?_hsenc=p2ANqtz--p-)*

*Im18V8H6ErACVR1rBasv69nl00L4hWQaphBSvXcnjB1DKaBQf5wkBpbANihic04VyazfTT-kpEcPpb-*

*TIF3QagVYA&\_hsmi=347105623&utm\_campaign=SOAR%202024&utm\_medium=email&utm\_content=347105623&utm\_source=hs\_email]*

### Similar in 1967

- Nasser's incendiary speech
- Levi Eshkol trembling, intimidated speech
- UN withdrew



### Gamal Abdel Nasser & Levi Eshkol

In November 2022, for instance, USAID awarded \$100,000 to a Palestinian activist group whose leaders hailed the Popular Front for the Liberation of Palestine, a designated terror group.

Just six days before Hamas's Oct. 7 assault on Israel, USAID handed \$900,000 “to a terror charity in Gaza involved with the son of Hamas leader Ismail Haniyeh.”

*[<https://unitedwithisrael.org/at-usaid-funding-for-terror-tied-groups-and-internal-hostility-toward-israel-goes-back-years/>]*

A February report from the Middle East Forum think tank found that USAID had awarded “millions of federal dollars” to “organizations directly in Gaza controlled by Hamas.”

### Go Back:

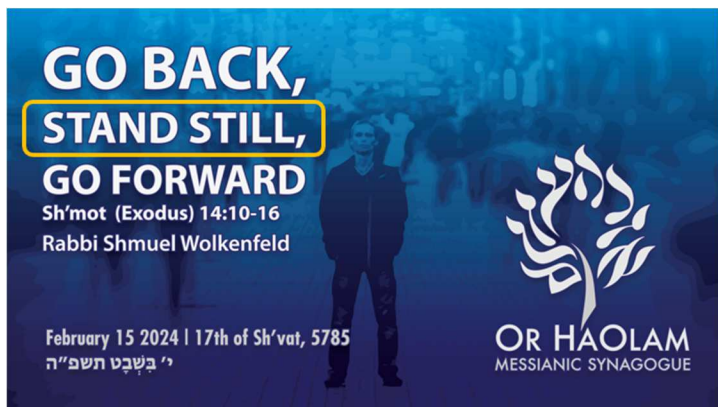
- Fear motivated
  1. FOMO: Fear Of Missing Ot
  2. Rejection
  3. Life failure

- 47% of Americans say dating is harder today than ever before.
- 63% of men under 30 are single—double the rate of women.
- 75% of young adults say finding a committed partner is nearly impossible.

**Go Back:**

- Fear motivated
  1. FOMO: Fear Of Missing Ot
  2. Rejection
  3. Life failure
  4. Sinful failure Anger/bitterness

Ro 7.22-24 For in my inner self I completely agree with God’s Torah; but in my various parts, I see a different “torah,” one that battles with the Torah in my mind and makes me a prisoner of sin’s “torah,” which is operating in my various parts. What a miserable creature I am! Who will rescue me from this body bound for death?



Standing still is a GREAT thing to do, in most cases.

Shmot / Ex 14.10-15 Moshe answered the people, “Stop being so fearful! **Remain steady**, and you will see how Adoni is going to save you. He will do it today — today you have seen the Egyptians, but you will never see them again! Adoni will do battle for you. **Just calm yourselves down!**” [Stand still]

T'hilim Ps 46.11-12 “**Be still, and know that I am God.** I am exalted among the nations. I am exalted in the earth.” Adoni-Tzva’ot is with us.

The God of Jacob is our strong tower.

Iyov / Job 37.14 “**Listen to this, Iyov/Job: stand and consider God’s wonders.** Do you know how God orders them, and makes the lightning flash in His cloud?

T'hilim / Ps 37.7-8 **Be still before Adoni; wait patiently till he comes.** Don’t be upset by those whose way succeeds because of their wicked plans. Stop being angry, put aside rage, and don’t be upset — it leads to evil.

Hab 2.20 Adoni is in his holy temple; let all the earth be silent before him.

Zekh 2.17 Be silent before Adonai, all flesh, for He has aroused Himself from His holy dwelling.”



Shmot / Ex 14.10-15 Adoni asked Moshe, “Why are you crying to me? Tell the people of Isra’el to **go forward!** Lift your staff, reach out with your hand over the sea, and divide it in two. The people of Isra’el will **advance** into the sea on dry ground.

**Go Forward**

1. No where else to go!

Yn 6.67-69 So Yeshua said to the Twelve, “Don’t you want to leave too?” Peter Shim’on Kefa answered him, “Lord, to whom would we go? You have the word of eternal life. We have trusted, and we know that you are the Holy One of God.”

*[No where else to go]*

**Go Forward**

1. No where else to go!
2. Dealing with internal sin is normal! Just do it!

Mtt 6.12-13 Forgive us what we have done wrong, as we too have forgiven those who have wronged us. And do not lead us into hard testing, but keep us safe from the Evil One.

*[So, normative in the Kingdom to be addressing weakness, even failure. BUT address it.]*

Ro 6.12-14 Therefore, do not let sin rule in your mortal bodies, so that it makes you obey its desires; and do not offer any part of yourselves to sin as an instrument for wickedness. On the contrary, offer yourselves to God as people alive from the dead, and your various parts to God as instruments for righteousness. For sin will not have authority over you; because you are not under legalism but under grace. *[We are all a mess at times, deep down. But His grace is sufficient. Seek Him, Love Him, worship Him, T’shuvah / Repentance]*

**Go Forward**

1. No where else to go!
2. Dealing with internal sin is normal! Just do it!
3. Go forward in prayer

Nasser, Eshkol, Schneerson





[<https://youtu.be/zQ8gS0zw7rE>]



On June 3, 1967 – two days before fighting began – the Lubavitcher Rebbe Rabbi Menachem M. Schneerson announced what was regarded as a radical step: Every Jewish man – no matter where he was, no matter his level of religious observance – should help safeguard Israel by putting on Tefillin.

*[First day Israel destroyed entire Egyptian and Syrian air forces. Took Sinai, Judea Samaria, Jerusalem, Golan.]*

### Go Forward

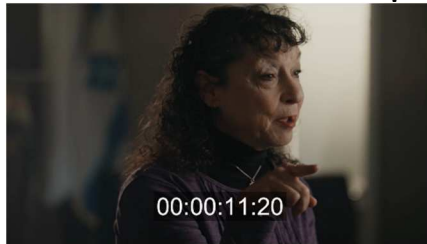
1. No where else to go!
2. Dealing with internal sin is normal! Just do it!
3. Go forward in prayer
4. Go forward in community ingathering

*[Stuck 1970s Rees Howells?]*



Erez Soref, founder of One For Israel

We have our own One For Israel digital outreach / Ingathering strategy. 5 testimonies soon to be published on our website.



Rukhel Wisoff-Fields

### Forward: Kingdom inward and outward

#### Go Forward

1. No where else to go!
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3. Go forward in prayer
4. Go forward in community ingathering
5. Plus Speak direct: me at J, Invite to in person and webstream
6. Servants here. *We could change third hour of prayer to a third Shabbat oneg, but we need a lot more oneg workers. Speak to Dawn]*
7. Schmoozers here.

## 8. Mental health strategy

### Laughter is the Best Medicine



[.Halfpoint/Shutterstock [https://www.theepochtimes.com/health/laughter-is-the-best-medicine-1412645?ea\\_src=author\\_manual&ea\\_med=related\\_stories](https://www.theepochtimes.com/health/laughter-is-the-best-medicine-1412645?ea_src=author_manual&ea_med=related_stories)]

Mishlei/ Prov 17.22 TLV **A cheerful heart is good medicine, but a crushed spirit dries up the bones.**

DARBY **A joyful heart promotes healing; but a broken spirit dries up the bones.**

AMP **A happy heart is good medicine and a joyful mind causes healing, But a broken spirit dries up the**

bones.  
For starters, laughter has been shown to **decrease pro-inflammatory cytokines**, making it an ally in lowering persistent inflammation—a factor involved in every chronic health condition from diabetes and arthritis to heart disease and metabolic syndrome. With each laugh, you're **dialing down inflammation**, an essential step in disease prevention and reversal.

[[https://www.theepochtimes.com/health/laughter-can-reverse-disease-and-help-you-live-longer-heres-how-5801771?utm\\_source=Health&src\\_src=Health&utm\\_medium=email&utm\\_campaign=health-2025-02-11&src\\_cmp=health-2025-02-11&est=AAAAAAAAAAAAAAAAAcuomYBYAh9bH4LguuWhYArg0yEwDi4CakWZxJkVclaEQIH3YKA%3D%3D](https://www.theepochtimes.com/health/laughter-can-reverse-disease-and-help-you-live-longer-heres-how-5801771?utm_source=Health&src_src=Health&utm_medium=email&utm_campaign=health-2025-02-11&src_cmp=health-2025-02-11&est=AAAAAAAAAAAAAAAAAcuomYBYAh9bH4LguuWhYArg0yEwDi4CakWZxJkVclaEQIH3YKA%3D%3D)]

Type 2 diabetes, laughter can **lower blood glucose** levels and delay cardiovascular complications. A good laugh also works wonders for **lowering blood pressure** and elevating mood by reducing stress hormones such as **cortisol and adrenaline**.

Laughter can kill cancer cells. A hearty chortle boosts the activity of specific immune cells that target and destroy cancer cells.

Laughing enhances memory, especially in older adults. Among adults aged 65 and older, sharing laughter—whether with friends, children, or grandchildren or even while listening to the radio—has been associated with a lower risk of dementia, according to a 2022 study.

Laughter strengthens immunity. A 2001 study in *Alternative Therapies in Health and Medicine* showed that watching a humorous video for an hour improved immune markers, including T and B cells.

A 2020 study found that among people aged 40 and older, those who laughed less than once a month had a significantly higher risk of all-cause mortality than those who laughed at least once a week.

*[So, how do we do this?]*

Why did the mushroom get invited to all the parties?  
Because he's a fungi!

What do you get when you pamper a cow?  
Spoiled milk!



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8. **Mental health strategy**

*[Stay for the third hour. Come up to pray or tell a joke?!]*