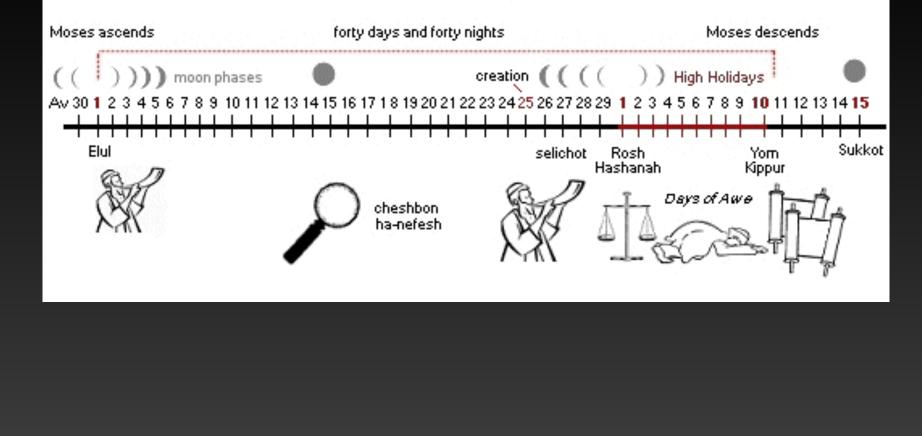
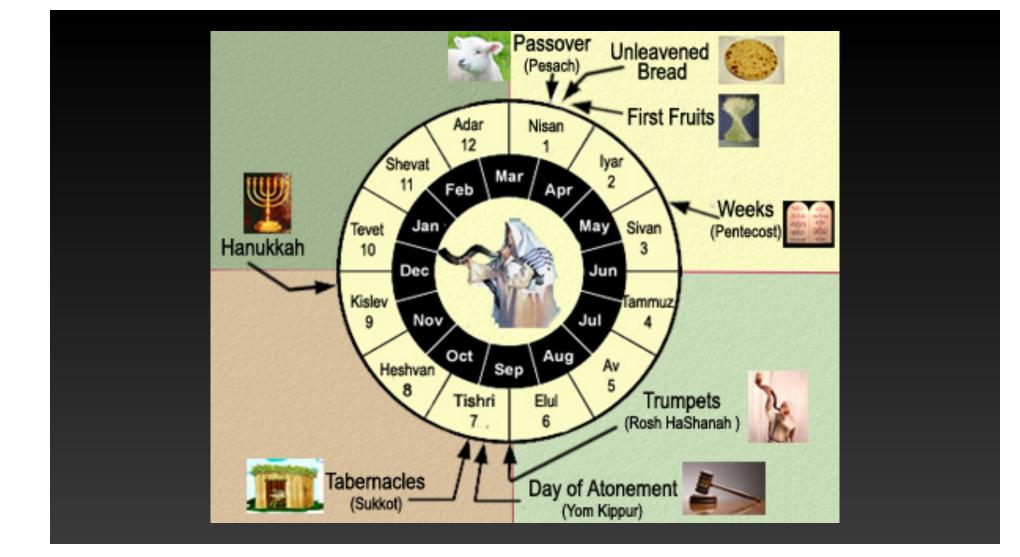


Elul & the Season of Teshuvah





TESHUVAH, A WORD OFTEN TRANSLATED AS "REPENTANCE," THOUGH IT'S MORE ACCURATELY UNDERSTOOD AS TURNING BACK (SHUV) TO YHWH AND OBEY HIM.

JVAH

"When you are in distress and all these things have come upon you, in the latter days you will return to YHWH your Elohim and listen to His voice." Deuteronomy 4:30 As Elul is the month preceding Rosh Hashanah and Yom Kippur, it is considered a month of repentance and spiritual preparation. According to tradition, several biblical verses hint at the centrality of these desired behaviors, as their first letters form the acronym ELUL.

Repentance = Teshuva

Deu 30:6 "And יהוה your Elohim shall circumcise your heart and the heart of your seed, to love יהוה your Elohim with all your heart and with all your being, so that you might live, Circumcision is symbolic of the covenant between YHWH and the people of Israel. In this verse, circumcision of the heart is envisioned as preparation for living a fuller life. The weekly portion that includes this verse is always read on the last Sabbath in Elul, shortly before Rosh Hashanah.

Relationship through Communication = Prayer = Tefilia

I am my beloved's and my beloved is mine. (Song of Songs 6:3) The most widely known acronym, this verse (often inscribed on decorative wedding bands) is interpreted by the rabbis as an expression of the subliminal and mutual love between God and the people of Israel. This particular verse is suggestive of communication (i.e. prayer), through which one has a closer relationship with YHWH.

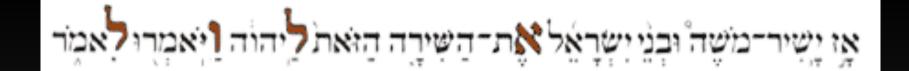
Righteous Deeds of Charity – Tzedakah

The sending of potions to one's friends and gifts to the needy (Book of Esther 9:22)

Although the original context of this verse relates specifically to the celebration of the festival of Purim, it embodies a timeless lesson in generosity and kindness in human relationships, and in the taking of responsibility for the weaker members of society.

Redemption

These three elements together help to "overcome the evil decree/acusations" leading thereby to redemption. In Jewish tradition, the archetype of redemption is the Exodus from Egypt. The exodus is celebrated with the singing of the Song at the Sea, beginning with the verse:



Then Moses and the Israelites sang this song to the Lord. They said: I will sing (Exodus 15:1)

Another amazing hidden acronym for ELUL!

Meditate on...

 Reconciling Relationships with man and God
 Returning to the One true God in Repentance
 Performing Righteous Deeds fulfilling Torah in acts of Love!
 and Receive the Blessings God intends for you! Our Relationship with Yah is enhanced through Prayer... called "Tefillah" in Hebrew Repentance "Teshuvah" is Returning to Elohim and His way of Love through Torah We exhibit His character with Righteous deeds of "Tzedakah"

1)Tefillah-Prayer
 2)Teshuvah-Return
 3)Tzedakah-Charity

Sound the Shofar in Elul:-Heal us, and we shall be healed. Save us and we shall be saved.

The Parable of the Two Sons

Mat 21:28 "But what do you think? A man had two sons, and he came to the first and said, 'Son, go, work today in my vineyard.' Mat 21:29 "And he answering, said, 'I do not wish to,' but afterwards he <u>repented</u> and <u>went.</u> Mat 21:30 "And having come to the second, he said similarly. And he answering, said, <u>'I</u><u>go, master</u>,' <u>but he did not go.</u> Mat 21:31 "Which of the two did the desire of the father?" They said to Him, "The first." said to them, "Truly, I say to you that tax collectors and whores are entering into the reign of Elohim before you, Mat 21:32 for Yohanan came to you in the way of righteousness, and you did not believe him, but tax collectors and whores believed him. And when you saw it, you did not repent afterwards, to believe him.

Great Is the Lord

Psa 145:1 I exalt You, my Elohim, O Sovereign; And bless Your Name forever and ever. Psa 145:2 All day long I bless You, And praise Your Name forever and ever. Psa 145:3 Great is יהוה, and greatly to be praised; And His greatness is unsearchable. Psa 145:4 Generation after generation praises Your works, And they declare Your mighty acts.
Psa 145:5 I declare the esteemed splendour of Your excellency, And the matters of Your wondrous works.
Psa 145:6 And they speak of the might of Your awesome acts, And I recount Your greatness.
Psa 145:7 They send forth the remembrance of Your great goodness, And they sing of Your righteousness.

Psa 145:8 יהוה shows favour and is compassionate, Patient and great in lovingcommitment. Psa 145:9 יהוה is good to all, And He has compassion on all His works. Psa 145:10 All Your works give thanks to You, O הוה, And Your lovingly-committed ones bless You. Psa 145:11 They speak of the esteem of Your reign, And talk of Your might, Psa 145:12 To make known to the sons of men His mighty acts, And the esteemed splendour of His reign.

Psa 145:13 Your reign is an everlasting reign, And Your rule is throughout all generations. Psa 145:14 יהוה is supporting all who are falling, And raising up all who are bowed down. Psa 145:15 The eyes of all look to You expectantly, And You are giving them their food in its season,

Psa 145:16 Opening Your hand and satisfying The desire of all that live. Psa 145:17 יהוה is righteous in all His ways, And lovingly-committed in all His works. is near to all who call upon יהוה Psa 145:18 Him, To all who call upon Him in truth. Psa 145:19 He does the desire of those who fear Him; And He hears their cry and saves them.

Psa 145:20 יהוה preserves all those loving Him, But all the wrong ones He destroys. Psa 145:21 My mouth speaks the praise of יהוה, And let all flesh bless His set-apart Name, Forever and ever.

- A CRY FROM THE DEEP -

Jonah Flees the Presence of the Lord

Jon 1:1 And the word of יהוה came to Yonah son of Amittai, saying, Jon 1:2 "Arise, go to Ninewěh, the great city, and cry out against it, for their evils have come up before Me."

Jon 1:3 But Yonah rose up to flee to Tarshish from the presence of and went down to Yapho, and found a ship going to Tarshish. And he paid the fare, and went down into it, to go with them to Tarshish from the presence of יהוה.

- A CRY FROM THE DEEP -

Jon 1:4 And יהוה sent out a great wind on the sea, and there was a great storm on the sea, so that the ship was thought to be broken up. Jon 1:5 And the seamen were afraid, and each one cried out to his mighty one, and threw the cargo which was in the ship into the sea, to lighten the load. But Yonah had gone down into the lowest parts of the ship, and he lay down, and was fast asleep.

Jon 1:6 And the captain came to him, and said to him, "What do you mean, sleeper? Arise, cry out to your Elohim, if so be that Elohim shall think about us, so that we do not perish."

JONAH - A CRY FROM THE DEEP -

Jonah Is Thrown into the Sea

Jon 1:7 And they said to each other, "Come, and let us cast lots, so that we know for whose sake this evil has come upon us." So they cast lots, and the lot fell on Yonah.

Jon 1:8 So they said to him, "Please explain to us! For whose sake is this evil upon us? What is your occupation? And where do you come from? What is your country? And from what people are you?"

JONAH - A CRY FROM THE DEEP - Jon 1:9 And he said to them, "I am a Hebrew. And I am fearing יהוה, the Elohim of the heavens, who made the sea and the dry land." Jon 1:10 And the men were exceedingly afraid, and said to him, "Why have you done this?" For the men knew that he fled from the presence of יהוה, for he had informed them.

Jon 1:11 And they said to him, "What are we to do to you to make the sea calm for us?" For the sea was growing more stormy.



Jon 1:12 And he said to them, "Take me and throw me into the sea, so that the sea becomes calm for you. For I know that this great storm is because of me."

Jon 1:13 However, the men rowed hard to bring the ship to land, but were unable, for the sea continued to grow more stormy against them.

Jon 1:14 And they cried out to יהוה and said, "We pray, O יהוה, please, let us not perish for this man's life, and do not lay on us innocent blood. For You, O יהוה, have done as it pleased You."

Jon 1:15 Then they took Yonah and threw him into the sea, and the sea stopped raging. Jon 1:16 And the men feared יהוה exceedingly, and slaughtered a slaughtering to יהוה and made vows.

A Great Fish Swallows Jonah

Jon 1:17 But יהוה appointed a great fish to swallow Yonah. And Yonah was in the stomach of the fish three days and three nights.

Jonah's Prayer

Jon 2:1 And Yonah prayed to יהוה his Elohim from the stomach of the fish.

Jon 2:2 And he said, "I called to יהוה because of my distress, and He answered me. From the stomach of She'ol I cried, and You heard my voice.

Jon 2:3 "For You threw me into the deep, into the heart of the seas, and the floods surrounded me. All Your breakers and Your waves passed over me. Jon 2:4 "So I said, 'I have been driven away from Your eyes. Would I ever look again toward Your set-apart Hěkal?' Jon 2:5 "Waters encompassed me, unto life, the deep closed around me, weeds were wrapped around my head. Jon 2:6 "I went down to the base of the mountains, the earth with its bars were behind me forever. But You brought up my life from the pit, O יהוה, my Elohim.

Jon 2:7 "When my life fainted within me, I remembered יהוה. And my prayer went up to You, into Your set-apart Hěkal.

Jon 2:8 "Those observing false worthlessnesses forsake their own loving-commitment.

Jon 2:9 "But I slaughter to You with the voice of thanksgiving, I pay what I have vowed. Deliverance is of יהוה." Jon 2:10 Then יהוה spoke to the fish, and it vomited Yonah onto the dry land.



Jon 3:1 And the word of יהוה came to Yonah the second time, saying, Jon 3:2 "Arise, go to Ninewěh, that great city, and proclaim to it the message that I am speaking to you."

Jon 3:3 And Yonah arose and went to Ninewěh, according to the word of יהוה. Now Ninewěh was a great city before Elohim, of three day's journey.



Jon 3:4 And Yonah began to go in to the city on the first day's walk. And he cried out and said, "Yet forty days, and Ninewěh shall be overthrown!"

Jon 3:5 And the men of Ninewěh believed in Elohim, and proclaimed a fast, and put on sackcloth, from the greatest to the least of them.



The People of Nineveh Repent

Jon 3:6 And the word reached the sovereign of Ninewěh, so he arose from his throne and took off his robe, and covered himself with sackcloth and sat in ashes.

Jon 3:7 And he proclaimed and said throughout Ninewěh, "By decree of the sovereign and his nobles: No man or beast, herd or flock, shall taste whatever – let them not eat, let them not even drink water.

- A CRY FROM THE DEEP -

Jon 3:8 "But let man and beast be covered with sackcloth, and call mightily to Elohim. And let each one turn from his evil way and from the violence that is in his hands.

Jon 3:9 "Who knows whether Elohim does turn and relent, and shall turn away from the heat of His displeasure, so that we do not perish?" Jon 3:10 And Elohim saw their works, that they turned from their evil way. And Elohim relented from the evil which He had said He would do to them, and He did not do it.



Jonah's Anger and the Lord's Compassion

Jon 4:1 But it greatly displeased Yonah, and he was grieved. Jon 4:2 And he prayed to יהוה, and he said, "Please, יהוה, was this not what I said while I was in my own land? This is why I went ahead and fled to Tarshish. For I know that You are an Ěl showing favour, and compassionate, patient and of great loving-commitment, and relenting from doing evil. Jon 4:3 "And now, O יהוה, please take my life from me, for it is better for me to die than to live!"

A CRY FROM THE DEEP

Jon 4:4 And יהוה said, "Are you right to be displeased?" Jon 4:5 Then Yonah went out of the city and sat on the east side of the city, and made himself a shelter there, and sat under it in the shade, to see what would become of the city.

Jon 4:6 And יהוה Elohim appointed a plant and made it come up over Yonah, to be a shade for his head to deliver him from his discomfort. And Yonah greatly rejoiced over the plant.



Jon 4:7 But as morning dawned the next day Elohim appointed a worm which struck the plant so that it withered. Jon 4:8 And it came to be when the sun came up, that Elohim appointed a scorching east wind, and the sun struck on Yonah's head, so that he grew faint, and asked for his life to die, and said, "It is better for me to die than to live."



Jon 4:9 And Elohim said to Yonah, "Have you rightly become displeased over the plant?" And he said, "I have rightly become displeased, even to death!"

Jon 4:10 And יהוה said, "You felt sorry for the plant for which you have not laboured, nor made it grow, which came up in a night and perished in a night.

Jon 4:11 "And should I not pardon Ninewěh, that great city, in which are more than one hundred and twenty thousand beings who have not known their right hand from their left, and much cattle?"

The Parable of the Prodigal Son Luk 15:11 And He said, "A certain man had two sons,

Luk 15:12 and the younger of them said to his father, 'Father, give me the portion of goods falling to me.' And he divided his livelihood between them. Luk 15:13 "And not many days after, the younger son, having gathered all together, went away to a distant country, and there wasted his goods with loosea living. Luk 15:14 "And when he had spent all, there arose a severe scarcity of food throughout that land, and he began to be in need. Luk 15:15 "And he went and joined himself to one of the citizens of that country, and he sent him to his fields to feed pigs. Luk 15:16 "And he was longing to fill his stomach with the pods which the pigs were eating, and no one gave to him.

Luk 15:17 "But having come to himself, he said, 'How many of my father's hired servants have bread enough and to spare, and I am perishing with hunger!

Luk 15:18 Having risen, I shall go to my father and say to him, "Father, I have sinned against the heaven, and before you, Luk 15:19 and I am no longer worthy to be called your son. Make me like one of your hired servants." ' Luk 15:20 "And having risen, he went to his father. And while he was still a long way off, his father saw him and was moved with compassion, and ran and fell on his neck and kissed him.

Luk 15:21 "And the son said to him, 'Father, I have sinned against the heaven, and before you, and I am no longer worthy to be called your son.' Luk 15:22 "But the father said to his servants, 'Bring out the best robe and put it on him, and put a ring on his hand and sandals on his feet. Luk 15:23 And bring the fattened calf here and slaughter it, and let us eat and rejoice, Luk 15:24 because this son of mine was dead and is alive again, and he was lost and is found.' And they began to rejoice. Luk 15:25 "And his older son was in the field, and when he came and approached the house, he heard music and dancing. Luk 15:26 "And having called one of the servants he asked what this meant. Luk 15:27 "And he said to him, 'Your brother has come, and your father has slaughtered the fattened calf because he received him back in health.' Luk 15:28 "And he was wroth and would not go

in. So his father came out and pleaded with him.

Luk 15:29 "And answering, he said to his father, 'See, these many years I have been serving you, and I have never transgressed a command of yours, but to me you have never given a young goat, so I could rejoice with my friends. Luk 15:30 But when this son of yours came, who has devoured your livelihood with whores, you slaughtered the fattened calf for him.' Luk 15:31 "Then he said to him, 'Son, you are always with me, and all I have is yours.

Luk 15:32 And we had to rejoice and be glad, for your brother was dead and is alive, and was lost and is found.

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Blessed Are the Forgiven Psa 32:1 Blessed is he whose transgression is forgiven, Whose sin is covered. Psa 32:2 Blessed is the man to whom יהוה imputes no crookedness, And in whose spirit there is no deceit. Psa 32:3 When I kept silent, my bones became old Through my groaning all the day. Psa 32:4 For day and night Your hand was heavy upon me; My sap was turned into the droughts of summer. Selah.

Psa 32:5 Lacknowledged my sin to You, And my crookedness I did not hide. I have said, "I confess my transgressions to יהוה," And You forgave the crookedness of my sin. Selah.

Psa 32:6 Therefore, let every lovingly-committed one pray to You While You might be found; Even in a flood of great waters They would not reach him.

Psa 32:7 You are my hiding place; You preserve me from distress; You surround me with songs of deliverance. Selah. Psa 32:8 "Let Me instruct you and teach you in the way you should go; Let Me counsel, My eye be on you. Psa 32:9 Do not be like the horse, like the mule, With no understanding, with bit and bridle, Else they do not come near you."

Psa 32:10 Many are the sorrows of the wrong; But as for the one trusting in Loving-commitment surrounds him. Psa 32:11 Be glad in יהוה and exult, you righteous; And shout for joy, all you upright in heart!