

A Word from the Rabbi & The Rebbetzin

Prepare the Way of the Lord

(Isaiah 40: 1-11, Mark: 1:1-8)



Dear Beloved in Hashem,

As we approach our Shabbat Day **שַׁבָּת** (*Shabbat*), let's all remember how beautiful will be our Day of Redemption (Ephesians 1:11–14) as Israel and the nations as it is in heaven on His Return. During this time of preparation as His bride on earth as it is in heaven, let us all make a plan in our daily schedule to help others in their path of redemption in Moshiach, be a light in to the world and the lives of others, be an example of His goodness and Glory (Matthew 27:66). Do not wait until it is too late to take the opportunity to save lives from the darkness in Moshiach's Name. It is our responsibility to bring His eternal Light of the World, His Torah of Truth, His Moshiach, His Redemption into their lives (Revelation 20:3, Revelation 7:3).

Always ask Hashem for His wisdom and understanding, His discernment and His word filling our mouth to reach His lost sheep of the House of Israel and the Gentiles in times of trials and tribulation (Romans 8:35–36). Remember that Moshiach has given His lives for us when we were sinners and that we do not deserve His infinite grace that brought us to Redemption in Him. Be open-minded and ready to forgive others (Colossians 1:21–23, 1 Corinthians 9:2) as He has forgiven us in His mercy. Do not your religious and legalistic thought avoid you to be His servant in Spirit and in Truth (Hebrews 12:14).

He won the world for us so that we might be set free from our past bondage and sinful lives and share His Torah of truth, His Redemption Plan with others in our lives (1 Peter 1:17, Revelation 2:10).

Today, as we make our Shabbat Plans, Challah Bread, Shabbat Menus with His glorious food, as we prepare for Shabbat Service at home and online, let's think about people in our lives that we would like to see in the Kingdom of Hashem with us and pray for their redemption in Moshiach. Act in His name to reach them with a simple phone call or meet them if possible (Ephesians 1, Acts 14:22), send them a card if you cannot, invite them to our Shabbat Service and Shabbat Luncheon, share our resources, studies, books, and be a light (2 Corinthians 11:25–28, 2 Corinthians 13:5).

Change together one life at the time, Jews and Gentiles, in Moshiach's Name. Amen

Please read more about [our latest events and activities](#). Join us for [Shabbat Service](#) and [Torah Studies](#), [Meditate Daily upon Torah](#), [Be encouraged](#), [Be healed and delivered in Moshiach](#).

Be proactive, be brave, be ready for the Day of the Lord is coming soon.

Shabbat Shalom,

Rabbi Harel & Rebbetzin Gavriela Frye

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If you are looking for ways to grow in your faith and path of Redemption in Moshiach as leader in Hashem. Please contact us via email at vohim2013@gmail.com Hashem is giving you a great opportunity to serve Him in Spirit and in Truth.

Is our week supposed to be 7 days?

The Israelite week was established at the time of creation as a seven-day cycle. Today we take this for granted, but the idea that humans should organize and track their time around periods of seven days was not always universally accepted. Periods of six and ten-day weeks can be found in a number of ancient cultures. Moreover, in the Israelite/Jewish week, the days, instead of being named, are simply numbered. Only the seventh day is privileged to have its own name **שַׁבָּת** (*Shabbat*) - the Sabbath.

How did the seventh day get the name “Sabbath”?

The word **שַׁבָּת** (*Shabbat*) comes from the story of creation in Beresheet (Genesis) 2:1-3. It is said that on the seventh day Hashem (G-d) ceased/rested from all the work that he had done. The word for resting/ceasing that is used in Hebrew is "Shabbat". Hashem (G-d) blessed that day and it has been a special day ever since. In Modern Hebrew, the word for “labor strike” is **שְׁבִיטָה** (*shvita*) and comes from the very same root.

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Blessings in Hashem,

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