



DIVE

*Get in His boat.
Catch His wave.
Jump into His chosen days.*

2021 - 2022 / 5782
Sensory Bible Experiences Guide & Planner
www.SensoryBibleExperiences.com

This planner belongs to

Name _____ Phone _____

Email _____ Other _____

If Lost: _____

Important Information:

Important Contacts

Name & Number

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Name & Number

Name & Number

The Sensory Bible Experiences Dive Guide and Planner

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Introduction: This year, get on board and trust the Captain.

We emerge from the Corona Virus storm with a new appreciation for and realization of our human condition. The Sensory Bible Experiences 2021-2022 Dive Guide and Planner is a traveler's guidebook to keep you sailing steadily toward the Son as you get in the boat with the Captain who calls you by name! We pray it brings focus, insight, order, perception, and perspective to enter in, past the glimmering surface, to a deep obedience in Him through His itinerary for you. When you dive into and begin to enjoy His appointed times, blessings, and prayers, the romantic intimacy in your walk with your Bridegroom, Master, and Commander, His guiding glow will shine brightly to others in the darkness. This planner can become a family tradition keepsake or a tool for projects to help chart your course toward a joyful and rich faith voyage. It is designed to help you streamline your life and priorities so you can follow His telescopic, long-term route for you. It then navigates you through a simple, structured format to help you plan personally and professionally with customizable, user-friendly, and practical pages.

You will personalize this Planner to fit your ability, desires, and needs so it's a custom fit! Change or look back on your goals to help you keep them achievable as well as to stay focused and motivated as you look ahead. Print it, feel free to move sections around, then renumber your pages as you like. Store each past year so you have a record of His faithfulness and the memorials He built in your life, then start with a fresh *Guide and Planner* next year to revisit, reevaluate, and redefine your goals. Let Him infuse His desires, ideas, and goals toward a deeply anchored faith walk in Him. Remember that He desires a gentle and quiet spirit, especially in the unpredictable hurricanes, more than perfection. (1 Pet. 3:4) We've all learned to be flexible through this crisis, a trait which will help us in the future.

I invite you to enjoy podcasts, posts, studies, videos, and other resources already on our site to help you navigate this globally historic season. You are welcome to send us a contact form with constructive ideas for improvements, as well as receive updates about SBE and LAT by simply subscribing on our websites: www.SensoryBibleExperiences.com. And on Facebook, Twitter, and Pinterest, so if you enjoy using this *Guide and Planner*, please share it on social media so others also can see and journey along with us. Thank you so much for trusting us to help you steer your ship toward His Light, we take that very seriously. We pray your relationship with Him, family, friends, and life are richly blessed this year.

Thank you to our dedicated and generous support team for their unwavering commitment to the SBE vision, I am truly honored to co-labor with you for His Kingdom!

Taking His direction,

Selah

Selah Cohen, Founder and Director, Sensory Bible Experiences

Sense the wonder of the Word

<i>THE GUIDE:</i> Streamline for Smooth Sailing Ahead	Discover His goals and priorities for you on your route to intimacy with Him.
Strategize for Shalom in the Boat	Plan and confirm steps for His Chosen Times, to talk with Him, to read and study His Travel Manual, and to learn from wise teachers.
<i>THE PLANNER:</i> Sort for Smooth Sailing	Organize information so it's accessible with charts, grids, logs, lists and trackers to help you achieve these goals.
Schedule to Catch the Wave	Use yearly and monthly overviews, calendar, and daily/weekly pages to plan events, your goals, and new habits as you learn more in the next section.
Jump into His Chosen Days & Disciplines	Discover His big wave, blessings, disciplines, prayers, water symbolism and about His Chosen Days, then Include them as He leads.

V - Validate His calling and direction.

I - Inquire of Him and wise advisors for insight.

S - Strategize as He directs.

I - Identity stays focused on Him.

O - Obey with confidence, trust your Captain.

N - No glory for yourself, stay humble.

Streamline

It is time to prayerfully ask the Captain to point out His priorities for your faith and family life. Is it as invigorating, influential, and purposeful as you'd like it to be? Is He calling you to get in the boat and push out toward deeper waters? It will take faith, but He created it all- and is in the boat with you if you've received Him as your Savior. If not, just decide to live for Him, apologize for past mistakes, and ask Him to save you. Amazingly simple yet so profound.

... whoever drinks the water I will give him will never be thirsty again! On the contrary, the water I give him will become a spring of water inside him, welling up into eternal life! John 4:14

I am the real vine, and my Father is the gardener. ² Every branch which is part of me but fails to bear fruit, he cuts off; and every branch that does bear fruit, he prunes, so that it may bear more fruit. John 15:1 CJB

23 And the Lord spoke to Moses, saying, ² "Speak to the children of Israel, and say to them: 'The feasts of the Lord, which you shall proclaim to be holy convocations these are My feasts.'" Leviticus 23 NJKV (His Feasts are described in the rest of the chapter.)

Show me favor, God, show me favor; for in you I have taken refuge. Yes, I will find refuge in the shadow of your wings until the storms have passed. Psalm 57:2 CJB

¹² Teach us to number our days and recognize how few they are; help us to spend them as we should. Psalm 90:12 TLV

So be careful how you act; these are difficult days. Don't be fools; be wise; make the most of every opportunity you have for doing good. ¹⁷ Don't act thoughtlessly, but try to find out and do whatever the Lord wants you to. Ephesians 5:15-17 TLB

Use this section to take inventory of where you are, the direction you want to go, what's getting in your way, and to ask Him to chart course to get you there.

What do you want this planner to be for you?

How would you like this planner to help you?

Which areas do you want to focus on?

Which areas within those areas do you need to be more intentional about?

Please list present areas of faith practice in your life, and others you'd like to add.

Rank each faith area above from 1 (most fulfilling) to 10 (least fulfilling).

Which would you like to focus on the most?

Which of His chosen practices are you interested in and why? Examples: prayer, Sabbath, worship, study, fasting, other.

Why is your obedience to His ways important to you?

Describe what it means to develop and enjoy your spiritual gifts in this context.

How do you feel when you aren't able to nurture your relationship with Him?

In which areas of your faith life are you apathetic or burned out? Why do you think that happened?

During which times of the year are you able to set aside a time for a spiritual retreat?

How would you spend three hours to do this?

Describe your ideal week-long, weekend-long, and day-long retreat from it all:

Week-Long:

Weekend-Long:

Day-Long-

Which disciplines would you spend most of your time on during each retreat?

Choose your top three Biblical practices in which you would like more enjoyment and meaning:

1.

2

3.

Compare your answers to all of the questions above. Do your answers reveal anything?

Which obstacles are getting in the way?

What (or whom) is distracting you?

Which areas in your life are flexible enough to allow for this growth?

Rotating spiritual activities and disciplines can keep things interesting and prevent boredom. How can you rotate your top three? Example: Start celebrating Sabbath (Shabbat), Hebrew word study, recite one prayer or blessing..

List people and groups who could support you in your efforts like our Living Arts Tabernacle Stirred Community (www.LivingArtsTabernacle.com). List three simple schedule changes you can make for the same purpose.

People:

Groups:

Simple schedule changes:

Strategize

But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. Matthew 6:6 NIV

²³ As He got into the boat, His disciples followed Him. ²⁴ Suddenly a great storm arose on the sea, so that the boat was being covered by the waves. But Yeshua kept on sleeping. ²⁵ So they came and woke Him up, saying, "Master, save us! We're perishing!" ²⁶ He said to them, "Why are you afraid, O you of little faith?" Then He got up and rebuked the winds and the sea, and it became totally calm. ²⁷ The men were amazed, saying, "What kind of person is this? Even the winds and the sea obey Him!" Matthew 8:23-27 TLV

This section will help you focus on your prayer, study, and worship space, top three spiritual journey goals, and help you create a travel guide to reach them.

If money or time were not an issue, what would you do to serve the Creator in your family, job or place of worship?

Write three small, realistic stepping-stone ways you can.

1.

2.

3.

(Draw the goals or write them in a poem if that is easier for you.) Based on your answers above, what are three attainable, realistic, and short-term goals? Keep them simple.

Goal 1.

Goal 2.

Goal 3.

What happened when you set goals in the past? Did you achieve all your goals? None?
A few?

What worked? What did not?

What motivated you and what did not?

What are the toughest obstacles to reaching your goals?

How can you avoid any obstacles ahead and move them out of your way this time?

Which approaches, incentives, and support structures helped you succeed?

Which were ineffective?

Yeshua (Jesus) often withdrew to a quiet place to pray as an example to us. It is a powerful way to retreat even you can't get away for a few days. He likely wore a prayer shawl over his head with his prayer shawl when He prayed and taught. Certain items matter, not because they have power, but because they help us connect more deeply with Him. It is the quiet place to regain perspective in life's tumultuous waters. Get in His boat in the right setting so you can confidently ride His wave without faltering and jump into deeper study of His chosen truths for you.

Which general items and supplies do you or would you like to use now for your faith practice? (Bible versions, worship music, Shabbat items including a book/booklet guide, juice, cup, bread, candles, prayer scarf or shawl, anointing oil, favorite Bible and study helps, journals, drawing, creative expressions, etc.)

Describe your usual prayer, Bible study and worship space. (Examples: tiny, none, large, messy, stuffy, fresh, neat, too neat, cluttered, bright, dark, cold, warm, commuting, outside, etc.) It's difficult to concentrate on Him in the wrong setting. Ask Him for provision and wisdom as needed.

How inviting is your space even if it's just a small corner in your room? How is your lighting? Your chair and table? The temperature? Cluttered or clean? Distraction level or other factors?

Can you take your faith habits, disciplines, and expression outside of this space? If so, how?

If you don't have a quiet space for your disciplines, how can you find one?

Describe your present faith walk mindset. It is okay to be confused, overwhelmed, determined, doubtful, focused, easily distracted, determined, etc. A readily and regularly available space prayer closet space might be just what you need either way. It is especially important to help you be a witness of faith in a position of influence and responsibility.

Express your ideal space using what you have already. How would you reorganize it? Draw, write, doodle, etc. as long as it is a clear idea of what you want your new space to look like. If you don't have a space, list supplies to put in a backpack or tote bag.

Now describe your space or desired space further. In the chart which follows write your top three space problems (too cluttered, not enough light, too noisy), Now I'd like you to write a decision for *each* (declutter, add light, lower noise), and choose one solution (box essential items by category, buy a lamp, buy earplugs/earphones, find a space). Again, keep the answers very general and simple - one or two words each.

Challenge	Decision	Solution
1.		
2.		
3.		

SPACE BREAK: Make those changes to your or your family's space, whether that's to prepare your room, kitchen or living room table area, corner, or another space. If you need to, make your space portable, and try a backpack, rolling cart, cooler or suitcase, large tote bag, notebook or tablet. Think about it: the Tabernacle was portable, yet a powerful place to connect with Elohim the Creator!

Welcome back! Now that your space is in more order and conducive to prayer, study, and worship, let's help your goals come to life. Rewrite your top three goals from the Goal Section:

1.

2.

3.

Now choose one brainstorming method below and one side of a sheet per goal, but no more - stay in control and don't let the faith discipline goals control you. Then proceed to the Goal/Idea Flowchart and choose one goal to break down into detail. This will help you think through it just enough to confirm if you want to proceed with it, and how you will actually make it happen.

Method 1: Radial (Central idea with others around it.)

Method 2: Columns (Table for each idea.)

Method 3: Branches (Three top ideas with each branching downward.)

Try a rough brainstorm using your method of choice here:

This planner is to help you grow your personal and family discipline and practice routine fresh and invigorating. The longer you are in His boat, the more you travel with Him, and the deeper you dive into His chosen days and habits, the more stirred you'll be by His Spirit during the crests and falls in the waves of life.

²⁴ And let us consider one another in order to stir up love and good works, ²⁵ not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.

Hebrews 10:24-25 V

Voyage Notes:

Goal or Idea Flowchart

GOAL / IDEA A (WHAT)	GOAL / IDEA B (WHAT)	GOAL / IDEA C (WHAT)
WHY, WHO, WHEN	WHY, WHO, WHEN	WHY, WHO, WHEN
HOW	HOW	HOW

Concept Outline

NAME OF IDEA OR PROJECT

VISION (THE BIG PICTURE)

MISSION (WHAT YOU WILL DO)

WHY DO THIS?

OBJECTIVES (JUST 3 FOR NOW)

- 1.
- 2.
- 3.

PHASE 1

PHASE 2

PHASE 3

PRODUCTS

TEAM

NEEDS

BUDGET AND TIME ESTIMATES

Concept Detail

CONCEPT:	POSSIBLE NAMES:
COULD BE FOR:	SHARE WITH/DISTRIBUTION/SALES CHANNELS:
COULD BE PART OF:	SERIES? COLLECTION? STUDY?
USED FOR:	DRAWINGS/OUTLINE:
SOLVES:	
HELPS TO:	
WORKS WITH:	
POSSIBLE PRICE:	
FIRST STEPS:	OFFICIAL REGISTRATION NOTES IF ANY:

Quarterly Overview

AREA	QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
FOCUS				
GOALS				
C A M P A I G N				
EVENTS & OFFERS				
TASKS				
SALES				
PROFIT				
LOSS				

Project Work Flow

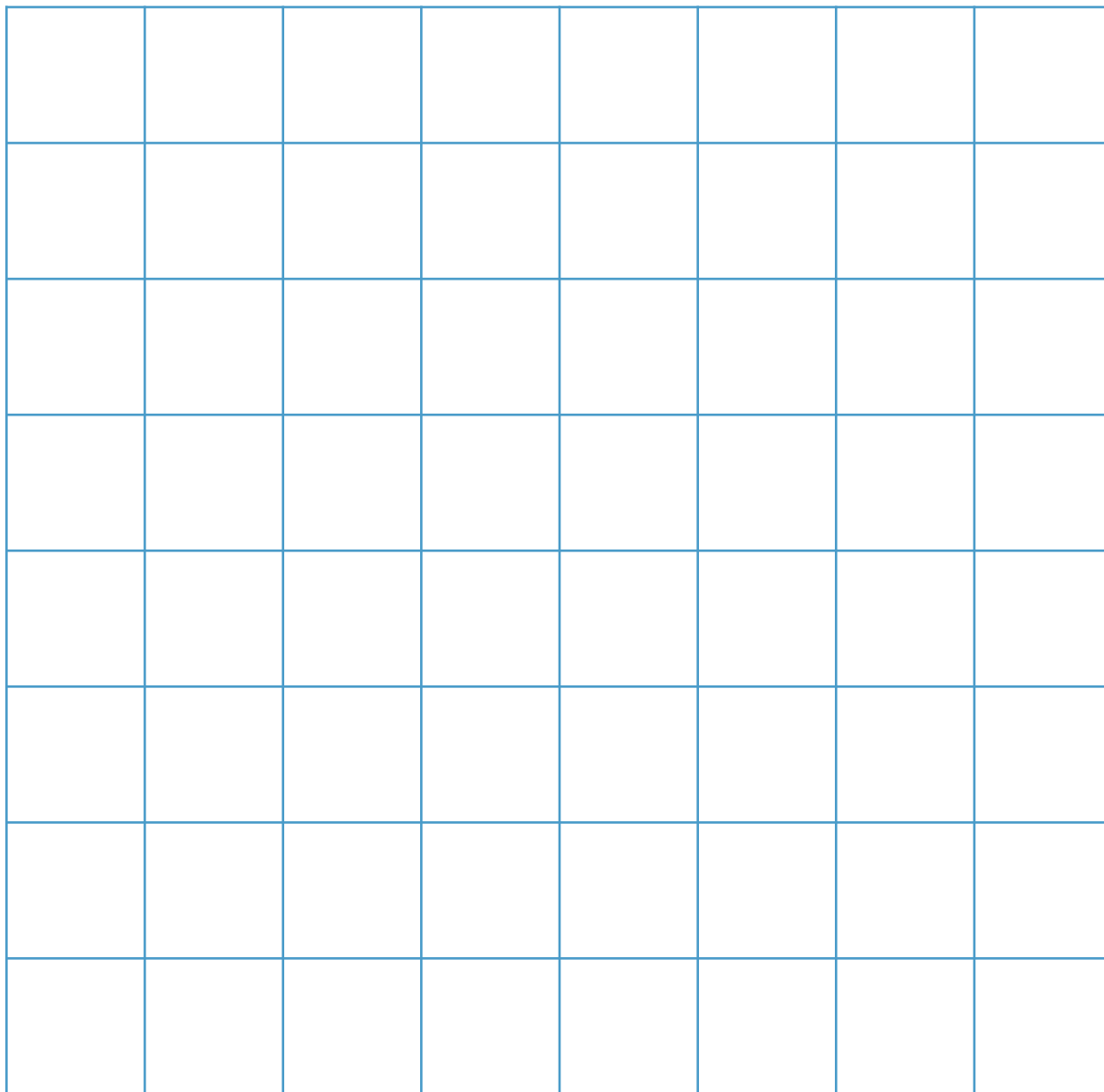
ID- EA	STAGE:			

Large Planning Grid

Sort for Smooth Sailing

Now you are ready to organize the information you generated to make it accessible and useful. Begin to fill in each of the following tracker, list, log or other pages, and remember that you can reorganize them to suit your needs. You can always come back to a certain page in the future.

Large Grid



Customizable Chart

--

Scripture Memorization

[illegible]

Prayer Answers & Requests

[illegible]

Login and Password Hint Tracker

[illegible]

Goal Tracker

[illegible]

Reminder Tracker

[illegible]

To Do List

[illegible]

Job or Sale Tracker

[illegible]

Budget Tracker

CATEGORY:							
JANUARY							
FEBRUARY							
MARCH							
APRIL							
MAY							
JUNE							
JULY							
AUGUST							
SEPTEMBER							
OCTOBER							
NOVEMBER							
DECEMBER							
JANUARY							
FEBRUARY							
MARCH							
APRIL							
MAY							
JUNE							

Expense Tracker

[illegible]

Deposit Tracker

[illegible]

Contact List

[illegible]

Resource List

[illegible]

Purchase Tracker

[illegible]

Schedule to Catch His Wave

You got in the boat like the disciples, you're trusting Him to direct your journey like they did, too. They knew the fact that He arrived changed everything. Likewise, His Wave is gaining momentum and you can get ready for the ride of your life! Which wave? It's the What Did and Would Jesus Actually Do wave! It's the wave which will return those who get in the boat back to the Captain's harbor. I recommend this informative interview with Pastor Greg Stone to give you a general overview: https://www.youtube.com/watch?v=00HtT1_Dn8k

You can schedule His chosen days and times into your monthly and yearly pages. This year's Biblical event dates are in the last section. If you prefer to be able to move events around on the monthly layouts, you can use 1 7/8 inch square sticky notes (we recommend the super sticky kind), since we designed the calendar boxes. You have permission to reproduce the daily and weekly layout to use for your purposes only.

Pray about the process, ask the Master and Commander to direct you, and update your planner often yet be open to how He might reroute things for divine appointments. Write down inspirations, important dates, Bible quotes, and other information right away on extra pages or sticky notes so they aren't forgotten. Soon you will learn which techniques work for you, but He might stir up your agenda!

We have more resources in development to enrich the study of His Word, enhance the worship of His Person, and encourage creatives for His purposes, so we hope you'll enter in and sense the Wonder of the Word. If you enjoy this planner, please subscribe for updates on our site and share it with family and friends. Thank you so much for your support.

May He instruct you and teach you in the way you should go on this journey, and may He richly bless your desire to honor and worship Him in His chosen habits and times.

July 2021 - September 2021 Calendar

DATE	IMPORTANT EVENT	CONFIRM/DUE	CONTACT

July 2021

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August 2021

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September 2021

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

September 2021- September 2022 Calendar

DATE	IMPORTANT EVENT	CONFIRM/DUE	CONTACT

September 2021

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2021

S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November 2021

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2021

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

January 2022

S	M	T	W	T	F	S
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February 2022

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March 2022

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April 2022

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May 2022

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2022

S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July 2022

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2022

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2022

S	M	T	W	T	F	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Weekly Time Blocking

M						
T						
W						
TH						
F			SHABBAT PREP	SHABBAT	SHAB.	SHAB.

September 2021 - August 2022 Overview

SEPTEMBER	OCTOBER	NOVEMBER
DECEMBER	JANUARY	FEBRUARY
MARCH	APRIL	MAY
JUNE	JULY	AUGUST

JULY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28
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JULY 2021

THURSDAY	FRIDAY	SATURDAY	
1	2	3	
8	9	10	
15	16	17	
22	23	24	
29	30	31	
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AUGUST 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	

AUGUST 2021

THURSDAY	FRIDAY	SATURDAY	
5	6	7	
12	13	14	
19	20	21	
26	27	28	

SEPTEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29
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SEPTEMBER 2021

THURSDAY	FRIDAY	SATURDAY	
2	3	4	
9	10	11	
16	17	18	
23	24	25	
30			

OCTOBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31			

OCTOBER 2021

THURSDAY	FRIDAY	SATURDAY	
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7	8	9	
14	15	16	
21	22	23	
28	29	30	
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NOVEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	

NOVEMBER 2021

THURSDAY	FRIDAY	SATURDAY	
4	5	6	
11	12	13	
18	19	20	
25	26	27	

DECEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29
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DECEMBER 2021

THURSDAY	FRIDAY	SATURDAY	
2	3	4	
9	10	11	
16	17	18	
23	24	25	
30	31		

JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31		

JANUARY 2022

THURSDAY		FRIDAY		SATURDAY		
				1		
6		7		8		
13		14		15		
20		21		22		
27		28		29		
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FEBRUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28		
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FEBRUARY 2022

FEBRUARY 2022			
THURSDAY	FRIDAY	SATURDAY	
5	6	5	
10	11	12	
17	18	19	
24	25	26	
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MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30
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MARCH 2022

THURSDAY	FRIDAY	SATURDAY	
3	4	5	
10	11	12	
17	18	19	
24	25	26	
31			
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APRIL 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27

APRIL 2022

THURSDAY	FRIDAY	SATURDAY	
	1	2	
7	8	9	
14	15	16	
21	22	23	
28	29	30	
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MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	

MAY 2022

THURSDAY	FRIDAY	SATURDAY	
5	7	8	
13	14	15	
20	21	22	
27	28	29	

JUNE 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			1
5	6	7	8
12	13	14	15
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JUNE 2022

THURSDAY	FRIDAY	SATURDAY	
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JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
3	4	5	6
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JULY 2022

JULY 2022			
THURSDAY	FRIDAY	SATURDAY	
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AUGUST 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
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AUGUST 2022

THURSDAY	FRIDAY	SATURDAY	
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SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
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SEPTEMBER 2022

SEPTEMBER 2022			
THURSDAY	FRIDAY	SATURDAY	
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Weekly Page

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Daily, Study, or Subject Page

Shema שְׁמָע - Hear

Insight and Focus

The Shema is the commanded, central, and foundational declaration of the Jewish faith - the declaration of His Chosen People. The Hebrew and phonetic Hebrew versions below are the short, traditional adaptation taken from Deuteronomy 6:4-12 which is recited every morning and night by most observant Jewish believers worldwide. The Shema can be recited sitting or standing, morning and night, during significant celebrations and Biblical Days including the weekly Shabbat service, anytime one feels the need to be reminded of the instruction, and before death. Many choose to place the right hand over the eyes in reverence during its recitation while standing, and some bend the knees and bow when the word *baruch* is mentioned. What matters most is a reverent heart of respect toward Him. Hear also implies do.

**Hear O Israel, the Lord our God, the Lord is One,
Blessed be the glory of His majesty forever and ever.**

Sheh-mah yisrael, adonai eloheinu, adonai echad
Baruch shem kavod malchuto l'olam va-ed

"The next line of the *Shema* originated in the ancient Temple service. When the priests recited the first verse of the *Shema* during the service each morning, the people gathered in the Temple would respond "Blessed is the name of His Glorious Majesty forever and ever" (*Barukh shem kvod malkhuto l'olam va-ed*). This line became incorporated as the second line of the daily *Shema*. To indicate that it is not part of the Biblical passage of the *Shema*, it is said quietly, except for on Yom Kippur when it is recited out loud." (Source: <https://www.jewishvirtuallibrary.org/the-shema>)

Perception and Perspective

The Shema is a beautiful declaration given to the people of Israel as a way to keep G-d central in our hearts, minds, and lives, and a way to pass it on as part of our faith legacy. We've included three English translations of the extended Shema here, meaning verses 4-12 and felt led to use a hyphen to avoid misusing His Name in too common of a way. It is just a reminder that His Name is holy.

The head of the household will usually recite or lead the family to recite the Shema during Shabbat and with the children every night before they go to sleep. Some also place a piece of artwork or tapestry showing it on their wall to remind the family of its centrality and importance. You can hear it at the end of our Legacy Vision Episode 2 podcast on www.SensoryBibleExperiences.com. Perhaps listen to a new version from different countries once a month. The important thing is to say it with heartfelt joy.

Deuteronomy 6:4 “Hear O Israel, the L-rd our G-d, the L-rd is one. 5 Love *Adonai* your G-d with all your heart and with all your soul and with all your strength. 6 These words, which I am commanding you today, are to be on your heart. 7 You are to teach them diligently to your children, and speak of them when you sit in your house, when you walk by the way, when you lie down and when you rise up. 8 Bind them as a sign on your hand, they are to be as frontlets between your eyes, 9 and write them on the doorposts of your house and on your gates. 10 “Now when *Adonai* your G-d brings you into the land that He swore to your fathers—to Abraham, Isaac and Jacob—to give you great and good cities that you did not build, 11 and houses full of all good things that you did not fill, and cisterns dug that you did not dig, vineyards and olive trees that you did not plant, and you eat and are full, 12 then watch yourself so that you do not forget *Adonai*, who brought you out from the land of Egypt, from the house of slavery. (TLV)

Deuteronomy 6:4 “*Sh'ma, Yisra'el! Adonai Eloheinu, Adonai echad* [Hear, Isra'el! *Adonai* our G-d, *Adonai* is one]; 5 and you are to love *Adonai* your G-d with all your heart, all your being and all your resources. 6 These words, which I am ordering you today, are to be on your heart; 7 and you are to teach them carefully to your children. You are to talk about them when you sit at home, when you are traveling on the road, when you lie down and when you get up. 8 Tie them on your hand as a sign, put them at the front of a headband around your forehead, 9 and write them on the door-frames of your house and on your gates. 10 “When *Adonai* your G-d has brought you into the land he swore to your ancestors Avraham, Yitz'chak and Ya'akov that he would give you — cities great and prosperous, which you didn't build; 11 houses full of all sorts of good things, which you didn't fill; water cisterns dug out, which you didn't dig; vineyards and olive trees, which you didn't plant — and you have eaten your fill; 12 then be careful not to forget *Adonai*, who brought you out of the land of Egypt, where you lived as slaves. (CJB)

Deuteronomy 6:4 “Hear, O Israel: The L-rd our G-d, the L-rd *is* one! 5 You shall love the Lord your G-d with all your heart, with all your soul, and with all your strength. 6 “And these words which I command you today shall be in your heart. 7 You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. 8 You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. 9 You shall write them on the doorposts of your house and on your gates. 10 “So it shall be, when the L-rd your G-d brings you into the land of which He swore to your fathers, to Abraham, Isaac, and Jacob, to give you large and beautiful cities which you did not build, 11 houses full of all good things, which you did not fill, hewn-out wells which you did not dig, vineyards and olive trees which you did not plant—when you have eaten and are

full— 12 *then* beware, lest you forget the Lord who brought you out of the land of Egypt, from the house of bondage. (NKJV)

The Aaronic or Priestly Blessing

Focus and Insight

The Aaronic Blessing is the most important blessing in the observant Jew, one that Aaron and his sons were commanded to use to bless the people of Israel, recorded in Numbers 6:23–27:

“The L-rd said to Moses, ‘Tell Aaron and his sons, “This is how you are to bless the Israelites. Say to them:

““The L-rd bless you and keep you; The L-rd make his face shine on you and be gracious to you; The L-rd turn his face toward you and give you peace.””

“So they will put my name on the Israelites, and I will bless them.”

Because of the simple elegance and profound sentiments expressed in this blessing, it has been used throughout the centuries long after the sacrifices of the Aaronic priesthood ended. It is commonly used today in Judaism, Messianic Judaism, the Hebrew Roots Movement and known as the Priestly Blessing, the Priestly Benediction (*birkat kohanim*), the *Dukhanen*, or the “raising of the hands,” although the specific time and method of pronouncement differs within the various groups of Judaism.

Perception and Perspective

A closer analysis of the blessing shows that the emphasis is upon God. God originates the blessing—it was G-d who instructed Aaron on the proper form of the blessing and gave instructions for it to be spoken over the people to begin with. The blessing itself emphasizes that it is the L-rd who blesses the people and does for them what they cannot do for themselves. *The L-rd bless you and keep you.* A blessing from the L-rd is requested; it's not just a general blessing but the specific protection of the L-rd as we ask Him to “keep you,” words that have the sense of guarding or watching over someone. For Israel, this would have had a very practical application as they were surrounded by enemies, and G-d had promised to protect them as long as they were faithful to Him. For the New Covenant believer, the protection of G-d has a somewhat different connotation... In fact, He has promised persecution (2 Timothy 3:12). However, G-d has also promised that nothing shall be able to separate us from the love of G-d that is in Yeshua (Romans 8:36–38).

The L-rd make his face shine on you and be gracious to you. This line of the blessing has to do with experiencing G-d's favor. When a person sees a loved one, his or her face “lights up.” G-d's “face” radiates divine favor. Ancient Israel could expect G-d's

loving, gracious response to their calls for help. New Covenant believers have the promise of G-d's never-ending love (Romans 8:26–38, mentioned above) and have already experienced God's gracious response to save us from our greatest enemies—sin and death (1 Corinthians 15:56–57).

The L-rd turn his face toward you and give you peace. This line of the Aaronic Blessing continues the theme of the “face” of G-d and has the idea of His people receiving His full attention...When the people were faithful to G-d, His “face” was toward them with the result that they would have peace. Peace (*shalom*) is more than just an absence of warfare but a completeness or wholeness and maturity. Judges 2 records what happened when G-d turned His face from His people for a time and they lost *shalom*, but He quickly turned to them again when they repented.

The New Covenant believer has been granted peace with G-d through Yeshua (Romans 5:1), and we can also access the peace of G-d by trusting Him to take care of us. Prayer is the active means by which we can experience this peace (Philippians 4:6–7).

For ancient Israel, the Aaronic Blessing expressed the highest state of blessing that the nation would enjoy as they were faithful to God. The application is slightly different for the New Covenant believer. Yeshua has already granted us all of the things that are asked for in the Aaronic Blessing, and they have been granted on a permanent basis. Our direct experience of these things can fluctuate over time. For the believer, this blessing should be a reminder of what one has in Yeshua. It should also be a prayer for a fuller understanding of G-d's blessings in Yeshua and for the corresponding feelings that should accompany that understanding. (Source: www.gotquestions.org).

The Priestly Blessing... also called the threefold blessing, is an ancient benediction recited by the priests (*kohanim*) in the holy temple in Jerusalem. Today, it is recited in synagogues most commonly during the Musaf prayer, the additional holiday service recited after the Torah reading. The blessing today is traditionally recited in synagogues by the kohanim, the descendants of Moses' brother Aaron who served as priests in the temple. The common procedure is for the Levites, the descendants of the tribe of Levi who served as assistants in the temple, to wash the hands of the kohanim, who then remove their shoes and stand before the ark.

[May] Adonai bless you, and guard you –

יְבָרֶכֶךָ יְהוָה, וַיִּשְׁמְרֶכָּ

Yivarechecha Adonai viyishmirecha

[May] Adonai make His face shine unto you, and be gracious to you –

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ, וַיְחַנֶּכֶךָ

Yā'ēr Adhōnāy pānāw ēlekhā viḥunnékkā

[May] Adonai lift up His face unto you, and give to you peace –

ישא יהוה פניו אליך, וישם לך שלום
Yissā Adhōnāy pānāw ēlekhā viyāshēm lekhā shālōm.

Adapted from www.MyJewishLearning.com Changes ours. Listen to a moving, sonorous rendition of this ancient blessing, on www.SensoryBibleExperiences.com - just click on the Videos Page and scroll down.

Notes:

זו תפילת העמידה *Amidah* שמנה עשרה *Shmonei Esrei*

Insight and Focus

The *Amidah* is the core of every core Jewish worship service, and is therefore also referred to as *HaTefillah*, or “**The** prayer.” *Amidah*, which literally means, “standing,” refers to a series of blessings recited while standing. It can also enrich our personal worship time. It is interesting to note that the Our Father or L-rd’s Prayer is a condensed version of this one - a summary if you will, but it is more probable the Yeshua was quoting the *Amidah*. You can face Israel, or Jerusalem if you are in Israel, and cover your head with a kippah or prayer shawl if the Spirit leads.

Using the image of master and servant, the Rabbis felt that a worshipper should come before his or her Master first with words of praise, then should ask one’s petitions, and finally should withdraw (joyfully and reverently) with words of thanks. Thus, every *Amidah* is divided into three central sections: praise, petitions and thanks.

Perception and Perspective

Originally, Jewish prayer was largely unstructured. Although the Rabbis eventually codified the format and themes of each of the blessings, it was initially left to the creativity of individual prayer leaders to generate the specific wording of the blessings. Individual communities in different countries began to settle on somewhat standard versions of the prayers over time. Today the variations between the traditional texts of the *Amidah* in different communities are fairly minor. This helps worshipers feel more at ease when they visit various synagogues, it is familiar enough to follow along. While differences exist in the various Jewish sects, this is a prayer which brings beautiful unity and this is what Yeshua wanted for us:

John 17:21-23 (NKJV) ²¹ *that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me.*
²² *And the glory which You gave Me I have given them, that they may be one just as We are one: ²³ I in them, and You in Me; that they may be made perfect in one, and that the world may know that You have sent Me, and have loved them as You have loved Me.*

Luke 11:1-4 (TLV) Now Yeshua was praying in a certain place. When He finished, one of His disciples said to Him, “Master, teach us to pray, just as John taught his disciples.”
² Then Yeshua said to them, “When you pray, say, ‘Father, sanctified be Your Name, Your kingdom come.^[a] ³ Give us each day our daily bread. ⁴ And forgive us our sins, for we also forgive everyone indebted to us. And lead us not into temptation.”

The Amidah is recited silently by all members of a congregation — or by individuals praying along — and then, in communal settings, repeated aloud by the prayer leader or cantor, with the congregation reciting “Amen” to all the blessings of the Amidah. (Source: MyJewishLearning.com, some emphasis mine.)

A Messianic Jewish Amidah adapted by Blaine Robinson, used by permission.

Note: This Messianic Jewish Amidah (aka *Shemoneh Esrei*) is based on the original Jewish Amidah and designed for use by talmidim of Messiah Yeshua. This version of the Amidah incorporates the hyphenated names L-rd and G-d in deference to Jewish sensibilities. The Amidah used in Yeshua's day did not have a prescribed text for each of the 18 sections. The content of the prayer was codified after the destruction of the temple in A.D. 70. Feel free to add you own words in each of the sections of this prayer.

1. *Avot* ("Ancestors"): "Blessed are You, ADONAI, Creator of the universe, G-d Most High, and G-d of the patriarchs, G-d of Abraham, G-d of Isaac, and G-d of Jacob. The great El Shaddai, mighty and awesome G-d, G-d Supreme who extends loving kindness and is Master of all, who remembers the gracious deeds of our spiritual forefathers, and who has brought a Redeemer with love for His name's sake. King, Helper, Savior and Protector, blessed are You, ADONAI, Protector of Abraham."

2. *Gevurot* ("Powers"): "Your might is eternal, L-rd G-d, who revives the dead, powerful in saving, who makes the wind to blow and the rain to fall, who sustains the living with loving kindness, who revives the dead with great mercy, who supports the falling, heals the sick, frees the captive, and keeps faith with the dead; who is like You, Almighty, and who resembles You, O King who can bring death and give life."

3. *Kedushat HaShem* ("Sanctification of the Name"): "We cry with the angels: Holy, Holy, Holy, is the L-rd G-d Almighty. Your name is holy, and those who are holy shall praise You every day. Blessed are You, ADONAI, the holy G-d." [*Selah* - meditate on this.]

4. *Binah* ("Understanding"): "You grant knowledge to man, and teach understanding to humans; from Your own self, favor us with knowledge, understanding, and sense. Blessed are You, ADONAI, giver of knowledge."

5. *Teshuvah* ("Repentance"): "Return us, our Abba Father, to Your Scriptures, and draw us closer, our King, to Your worship, and bring us back before You in complete repentance. Blessed are You, ADONAI, who desires repentance." [Remember any unsaved friends, family members or others.]

6. *Selichah* ("Forgiveness"): "Forgive us, our Father, for we have sinned, pardon us, our King, for we have transgressed, for You are a pardoner and forgiver. Blessed are You, ADONAI, gracious One who forgives abundantly." [Name your own sins, failures,

doubtful practices, hurtful actions toward another and unloving attitudes that need forgiveness.]

7. *Geulah* ("Redemption"): "Look upon us in our suffering, and fight our struggles, redeem us speedily, for Your name's sake, for You are a mighty Redeemer. Blessed are You, Messiah Yeshua, ADONAI, Redeemer of Israel."

8. *Refuah* ("Healing"): "Heal us, O ADONAI, and we shall be healed, save us, O Yeshua, and we shall be saved, for You are our glory. Send complete healing for our every illness, for You, Divine King, are the faithful, merciful Physician. Blessed are You, ADONAI, who heals the sick of Your people." [Remember any in the congregation, your family or acquaintances that need healing.]

9. *Birkat HaShanim* ("Blessing for Years [of good]"): "Bless this year for us, O ADONAI our G-d, and all its varied produce that it be for good; provide dew and rain as a blessing on the face of the earth, satisfy us with Your goodness, and bless this year like the good years. Blessed are You, ADONAI, who blessed the years."

10. *Galuyot* ("Diasporas"): "Sound the great shofar to proclaim freedom for all the Land of Israel, lift up a banner for the ingathering of Your exiled people, and bring them together from the four corners of the earth. Blessed are You, ADONAI, who gathers together the dispersed of Your people Israel to fulfill the word of the prophets." [Pray also that Jews spiritually exiled from G-d will return and accept Yeshua as their Messiah and Savior.]

11. *Birkat HaDin* ("Justice"): "Restore justice in the land and remove from us sorrow and sighing. Defend the fatherless, protect the widow. Save the innocent from destruction. Rebuke the oppressor. Break down the strongholds of evil in our culture. Rule over us

Messiah Yeshua, O ADONAI, with kindness and mercy, and vindicate us in the judgment. Blessed are You, ADONAI, King, who loves righteousness and judgment."

12. *Tzadikim* ("Righteous"): "On the righteous and the saintly, on the elders of Your people, on the Commonwealth of Israel, on the teachers of Your Word, on all true *talmidim* of Messiah Yeshua, let Your compassion flow, O ADONAI our G-d. Grant a good reward to all who sincerely trust in Your name; place our lot with them forever and let us not be shamed, for in You do we trust. Blessed are You, ADONAI, the support and security of the righteous."

13. *Bo'ne Yerushalayim* ("Builder of Jerusalem"): "To Jerusalem Your city, return with compassion, and dwell within it as You promised; cleanse it of idolatry and wickedness, build it in our day as an everlasting structure; and speedily establish the reign of Messiah Yeshua in its midst on the throne of David. Blessed are You, ADONAI, builder of Jerusalem."

14. *Birkat David* ("Blessing of David"): "The offspring of Your servant David, Messiah Yeshua, quickly come to bring deliverance; for Your deliverance do we constantly hope. Blessed are You, ADONAI, who makes the glory of deliverance to flourish."

15. *Tefillah* ("Prayer"): "Hear our voice, O ADONAI our G-d, show compassion and mercy to us, accept our prayers with mercy and favor, for You are a G-d who hears prayers and supplications." [You may add a personal prayer.]

16. *Avodah* ("Service"): "Favorably receive, O ADONAI our G-d, Your people and their prayer, restore true worship in Zion, receive with love and favor our offerings, our prayers, and may the worship of Your people always be favorably received by You, may our eyes behold Your return to Zion in mercy. Blessed are You, ADONAI, who restores His Divine Presence to Zion."

17. *Hodaah* ("Thanksgiving"): "We give thanks to You who are ADONAI our G-d and G-d of our fathers for all eternity. You are the strength of our lives, the shield of our deliverance. In every generation, we shall thank You and declare Your praise for our lives that are entrusted in Your hand, and for our souls that are in Your care, and for Your miracles that are daily with us, and for Your wondrous deeds and goodness that occur at all times, evening, morning, and noon. You are the Benevolent One, for Your mercies are never ended. The Compassionate One, for Your deeds of kindness do not stop, always have we placed our hope in You. For all this, O Yeshua, our King, may Your name be always blessed and exalted forever and ever. All the living will forever thank You and praise Your name in truth, O G-d, O Messiah Yeshua, our eternal salvation and help. Blessed are You, ADONAI, whose name is goodness; it is pleasing to give thanks to You." [*Selah* - meditate on this,]

18. *Shalom* ("Peace"): "Establish peace, well-being, blessing, grace, loving kindness, and mercy upon us and upon all of the Commonwealth of Israel, for by the light of Your presence have you given us, O ADONAI our G-d, instruction of life in Your Word, love of kindness, justice, blessing, compassion, life, and peace, and it is good in Your sight to bless Your people at all times and in every hour with Your peace. Blessed are You, ADONAI, who blessed His people, the Commonwealth of Israel, with *shalom*."

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שַׁבָּת *Shabbat - Rest*

Insight and Focus

Shabbat (Sabbath or Shabbos) is a time chosen by the G-d of Israel during which Jews celebrate freedom from the regular labors of everyday life. It offers a lovely opportunity to get off the daily treadmill, savor what is good, contemplate the spiritual aspects of life, and spend time with family. Sabbath is given special status as a holy day at the very beginning of the Torah in Genesis 2:1–3. It is first commanded after the Exodus from Egypt, in Exodus 16:26 (relating to the cessation of manna) and as also in Exodus 20:8–11 (as the fourth of the Ten Commandments). It was G-d's idea for us to rest on the seventh day, and He showed us by His own example. It is fun to remember that Shabbat starts with “shhh...”, or a time to be still after the whirlwind of the week. The more you focus on preparing for Shabbat, the more it will give back to you.

Shabbat is observed and enjoyed from a few minutes before sunset on Friday evening until the appearance of three stars in the sky on Saturday night. Shabbat is welcomed in by lighting candles and reciting a blessing. The evening meal and the early afternoon meal typically begin with a blessing named *kiddush* and another blessing recited over two loaves of challah. Challah is a very special braided bread, a labor of family devotion and love often, but not only, baked by the matriarch or women of the household. It is a lovely custom to pray over the family and Shabbat during the mixing and baking process. Shabbat comes to a bittersweet close the following evening with a *havdalah* blessing over a braided candle, cup of juice or wine, and spices. Some attend service on Friday night, on Shabbat, or both to learn, worship, and pray. (Source: Wikipedia)

Perception and Perspective

We've included the basic information to help you get started, including the blessings mentioned above in the Shabbat blessing section. What is beautiful is that each individual or family can personalize Shabbat by incorporating special blessings, recipes and traditions they want to pass on to their future generations. Most importantly, once the decision is made to celebrate it, it should be viewed as a delight and not a frustration. Some families choose to wear white and use their best dishes and tablecloth for the occasion. The Shabbat is His sign to us, much like a wedding ring, that we are His beloved bride and we choose to accept His lifestyle for us by drinking the cup. Below is a list and tips to help you begin and continue the Shabbat journey with joy. You might even like to add inspirational drawings around the margin of this section to make it your own.

Isaiah 58:13-14 The Message (emphasis ours)

“If you watch your step on the Sabbath and don't use My holy day for personal advantage, If you treat the Sabbath as a day of joy, God's holy day as a celebration,

*If you honor it by refusing 'business as usual,' making money, running here and there—
Then you'll be free to enjoy G-d! Oh, I'll make you ride high and soar above it all.
I'll make you feast on the inheritance of your ancestor Jacob." Yes! G-d says so!*

Plan

Shabbat Preparation List and Tips

If you start early and do a few of the items every day on Tuesday, Wednesday or Thursday to pace yourself, as well as delegate when possible, you will find a schedule and routine which work for you. Putting all the non-perishable items you need in a special Shabbat box or basket saves time.

Preparation ahead of time ensures that the Shabbat remains a delight and does not begin to feel like a burden. Our families will benefit greatly if we position our hearts correctly to support the leader of the home, avoid strife and stress, but really embrace one of joy and life. This requires great prayer, patience, and practice.

Our most important tip is to find at least an hour to prepare your own body, heart and mind for Shabbat. It is well worth the effort and helps our own heart be in the right condition to minister to others, to rest and spend time in private worship, study, and prayer at the best point for you prior to Erev Shabbat (Friday evening).

Mark a T, W, or TH for the best day of the week to get that item done, and utilize the tools in the Sort section of the Planner to establish a routine.

- Focus on the reason for Shabbat: to *delight in the obedience which brings the blessing*. Eliminate or minimize negativity, and emphasize the positive aspects of and beauty in the preparation for the Shabbat.
- Clean out and fuel up the car.
- De-clutter, organize, and clean the living space. Do your biggest weekly family jobs early in the week.
- Gather ingredients for or pre-make your meals (freeze ahead if needed) including snacks for before or after service. Many find programmable slow-cookers or pressure-cookers helpful as they can be programmed to keep the food warm after cooking. Instant oatmeal, bread, and healthy toppings for them, etc. make for easy breakfast most family members can prepare themselves.
- Fill water bottles, finish laundry, take out the trash, etc.
- Purchase or bake challah, ensure you have grape juice or wine.

- Pre-set the table with your nice dishes, utensils, and glasses, head covering/s, two candles (battery-operated ones are safer around children and can be left on), Bible, Kiddush cup for the wine/grape juice, bread board or plate and cover, booklets or pages of the blessings, and prayers, fresh flowers or another centerpiece, etc. A tzedakah or charity box for coins is nice, also. You might also like to provide a small flask of oil with which to anoint each family member.
- Set aside special best or white clothes to wear and totes or backpacks with healthy snacks to take to services. Encourage everyone to mikveh or bathe to prepare spiritually.
- Set timers on your electronics to shut off or be silenced if desired. Enjoy battery-operated candles all over the house for a lovely glow on this special night.
- Let family and friends know you will not respond during this time unless it is an emergency.
- Prepare a quiet activity box for young children which they only see on Shabbat. Ensure relaxing activities like encouraging audio and regular books, art, and uplifting music are accessible.
- Help older children to plan their own positive, life-giving Bible-centered activities and games after service.
- Keep it simple and streamlined, you'll develop a routine eventually.
Prayerfully seek guidance from your spouse on how and when to participate in activities such as charity causes, classes, groups, and studies.
Avoid usual work-week conversations about money, problems, troubling world news, transactions, and other stressors. Try to create a safe sanctuary environment.
- The essential commandment on this day is to rest. Allow plenty of margin to let you breathe, relax and reset. Request to take a long bath or nap without interruptions.
- Compile a folder or binder of favorite make-ahead recipes for Shabbat and other holidays.
- Compile a Shabbat music playlist including music by Joshua Aaron, Aaron Shust, Carolyn Hyde, Aaron Shust, Shani Ferguson, Sara Liberman, Miqedem and others. You can find their videos and information on You Tube. We also have inspirational videos on www.SensoryBibleExperiences.com
Your family ideas, notes, recipes, and tips:
-

The Shabbat Blessings

Below are the sacred and sweet blessings recited while standing, if one is able, during the eve of Shabbat (erev Shabbat) before sunset, including those said over the candles, bread and the juice (wine), wife, husband, children, and more. Before Shabbat begins, some like to say the blessing for and wash hands then say the Shema, but you can pray and ask Him to give you direction for your family. You can learn them in English then in Hebrew using the phonetic pronunciations.

Washing the Hands

We each set the intention that He may prepare our hearts to enter into and delight in His Shabbat. You can use a special cup for this purpose if you like. Some like to the cup a little with each blessing mentioned until it runs over.

Psalm 23:5

*You prepare a table before me in the presence of my enemies.
You anoint my head with oil; my cup overflows. (NIV)*

Blessed are You, L-rd our G-d, King of the universe, who has sanctified us with Your commandments, and commanded us concerning the washing of the hands.

Baruch ata Adonai, Eloheinu Melech ha-olam, asher kidshanu

b'mitzvotav vitzivanu al n'tilat yadayim.

Recitation the Shema

We begin with the Shema, the most important declaration of faith for observant Jewish people. Once all are gathered at the table, the patriarch of the family leads:

**Hear O Israel, the L-rd our G-d, the L-rd is One.
Blessed be Name of His glorious majesty for ever and ever. Amen.**

*Shema Israel, Adonai Eloheinu, Adonai Echad.
Baruch Shem Kvod Malchuto Leolam Vaed.*

Blessing over the Candles (neirot)

This is normally done by the mother or matriarch of the family or if there is none, the father or single person. Some cover their heads, some circle the candles with their hands, others choose not to.

Blessed are You, L-rd our G-d, King of the universe, who sanctified us with His commandments, and commanded us to kindle the light of the holy Shabbat.
*Baruch A-tah Ado-nai E-lo-hei-nu Me-lech Ha-olam A-sher Ki-de-sha-nu Be-mitz-vo-tav
Ve-tzi-va-nu Le-had-lik Ner Shel Sha-bbat Ko-desh.*

Blessing over the Wine (yaeen) or Juice (pree ha-gafehn)

Recited by the father or patriarch while holding a cup full of grape juice or wine is called the Kiddush. Some like to touch the cup a little with each thing or person people are thankful for until it runs over before the blessing.

**Blessed are You O L-rd our G-d, King of the Universe,
Creator of the fruit of the vine.**

*Baruch A-tah Ado-nai E-lo-hei-nu Me-lech Ha-olam
borey pree ha-gafen.*

The father or patriarch then drinks some juice or wine then the cup is passed around or each person drinks from their own cup.

Blessing over the Bread (lechem)

Traditionally two loaves are made representing the double portion of manna, and they are covered until it is time to bless it.

**Blessed are You O L-rd our G-d King of the Universe
who brings forth the bread from the earth.**

*Baruch A-tah Ado-nai E-lo-hei-nu Me-lech Ha-olam
hamotsee lehem meen ha'aretz.*

He then breaks one loaf, takes a piece and passes the plate so all can take a piece and partake together.

**Blessed are You O L-rd our G-d King of the Universe
who creates the various kinds of foods.**

Baruch A-tah Ado-nai E-lo-hei-nu Me-lech Ha-olam

Boray Mee nay Matzonot.

Wife/Mother (ishtee/ima)

It is customary to give the mother/wife much appreciation, honor, flowers or a card, to read **Proverbs 31:10-31** over her, and add a personal blessing and prayer for her. The husband might place one arm around his wife and his prayer shawl around her as her protector.

- ¹⁰ Who can find a virtuous wife? For her worth *is* far above rubies.
¹¹ The heart of her husband safely trusts her; So he will have no lack of gain.
¹² She does him good and not evil All the days of her life.
¹³ She seeks wool and flax, And willingly works with her hands.
¹⁴ She is like the merchant ships, She brings her food from afar.
¹⁵ She also rises while it is yet night, And provides food for her household, And a portion for her maidservants.
¹⁶ She considers a field and buys it; From her profits she plants a vineyard.
¹⁷ She girds herself with strength, And strengthens her arms.¹⁸ She perceives that her merchandise *is* good, And her lamp does not go out by night.
¹⁹ She stretches out her hands to the distaff, And her hand holds the spindle.
²⁰ She extends her hand to the poor, Yes, she reaches out her hands to the needy.
²¹ She is not afraid of snow for her household, For all her household *is* clothed with scarlet.
²² She makes tapestry for herself; Her clothing *is* fine linen and purple.
²³ Her husband is known in the gates, When he sits among the elders of the land.
²⁴ She makes linen garments and sells *them*, And supplies sashes for the merchants.
²⁵ Strength and honor *are* her clothing; She shall rejoice in time to come.
²⁶ She opens her mouth with wisdom, And on her tongue *is* the law of kindness.
²⁷ She watches over the ways of her household, And does not eat the bread of idleness.
²⁸ Her children rise up and call her blessed; Her husband *also*, and he praises her:
²⁹ "Many daughters have done well, But you excel them all."
³⁰ Charm *is* deceitful and beauty *is* passing, But a woman *who* fears the Lord, she shall be praised.
³¹ Give her of the fruit of her hands, And let her own works praise her in the gates. (NKJV)

Husband/Father (b'alee/abba)

It is customary to read **Psalms 1** over the husband or father, and add a personalized blessing or prayer.

- ¹ Blessed *is* the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful;
² But his delight *is* in the law of the Lord, and in His law he meditates day and night.
³ He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, Whose leaf also shall not wither; and whatever he does shall prosper.
⁴ The ungodly *are* not so, but *are* like the chaff which the wind drives away.
⁵ Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous.
⁶ For the Lord knows the way of the righteous,
But the way of the ungodly shall perish. (NKJV)

Children (yeladim)

This custom is taken from the Aaronic Blessing and is a sweet way to make each child feel uniquely valued. The parents can hold the prayer shawl over the children for this time.

For boys, the first line is:

May you be like Ephraim and Menashe.
Yesimcha Elohim k'Ephraim v'chi-Menashe.

For girls, the first line is:

May you be like Sarah, Rebecca, Rachel, and Leah.
Yesimech Elohim k'Sarah Rivka Rachel v'Leah

For both the rest of the blessing is:

May G-d bless you and protect you.
Yivarechecha Adonai v'yishmerecha

May G-d show you favor and be gracious to you.
Ya'er Adonai panav eilecha vichuneka

May G-d show you kindness and grant you peace.
Yisa Adonai panav eilecha v'yasem lecha shalom

There are also melodies to sing the blessing such as that from Fiddler on the Roof which can be found on YouTube like Joshua Aaron's Ha Bracha.

Torah Portions (Parashot)

You can find the weekly Scripture portions on

<https://torahportions.ffoz.org/torah-portions/thisyear/>

<https://www.hebrew4christians.com/Scripture/Parashah/parashah.html>

Psalm 119:102-104 I have not departed from Your judgments, For You Yourself have taught me. How sweet are Your words to my taste, Sweeter than honey to my mouth Through Your precepts I get understanding; Therefore I hate every false way.

**Blessed are You O L-rd our G-d, King of the Universe
who has given us the Torah of life and planted everlasting life in our midst.**

or

**Blessed are You, O L-rd our God, king of all existence,
Who chose us from among all nations and who gave us your Torah.**

Blessed are You, O Lord, who gives the Torah

Baruch atah Adonai, Eloheynu melech ha'olam.

Asher bachar banu mikol ha'amim v'nosan lanu es toraso.

Baruch atah Adonai, nosayn hatorah.

Guests and Specific Needs

Your family might like to say blessings and prayers for guests and any specific needs at this time.

*Hebrews 12:2 (NKJV) Do not forget to entertain strangers,
for by so doing some have unwittingly entertained angels.*

Now we can enjoy a relaxed dinner and positive conversation, to visit those in need of company, study, pray, play, worship and engage in other practices to help you enter into His peace until three stars are visible or the sun has set on Saturday evening. You can bring Shabbat to a close with Havdala.

הַבְּדֵלָה - Havdala - Separation

The Havdalah ceremony is a beautiful way to bring Shabbat to a close and begin the next week when three stars are visible in the sky (or it is past dusk). The family usually gathers for dinner, to say/hear the blessings, and enjoy the sight of a lit braided candle (or battery-operated one for safety), taste the sweetness of the grape juice or wine, feel the cup, and smell the pungent, fragrant spices - another truly romantic sensory Bible experience! You may choose to play a fun family board game or spend some time blessing and praying for local and global needs as well as each other's coming week.

Opening Scripture/Song

Behold, G-d is my unfailing help; I will trust in G-d and will not be afraid. God is strength and song, my Deliverer. With joy shall you draw water out of the wells of salvation. G-d alone is our help; may G-d bless His people. G-d of the universe is with us; the G-d of Jacob is our protection. There was light and joy; gladness and honor for the Jewish people. So may we be blessed. I will lift the cup of salvation and call upon G-d's Name.

Hinei El yeshu'ati, evtach v'-lo efchad. Ki ozi ve-zimrat Yah, vayhi li liyshu'a. Ush'avtem mayim b'sason mi-ma'y'nei ha-yshu'a. L'Adonai ha-y'shu'a, al amkha virkhatekha selah. Adonai tz'vaot imanu, misgav lanu Elohei Ya'akov selah. Adonai tz'vaot ashrei adam boteakh bach. Adonai hosheea, ha-Melech ya'aneinu b'yom kor'einu. La-Yhudim hayta orah ve-simcha ve-sason viykar, ken tihyeh lanu. Kos yeshu'ot esa uvshem Adonai ekra.

Juice/Wine

**Blessed are You O L-rd our G-d, King of the Universe,
Creator of the fruit of the vine.**

Baruch A-tah Ado-nai E-lo-hei-nu Me-lech Ha-olam
borey pree ha-gafen.

Candlelight/Fire (haeesh)

Traditionally, a braided candle with more than one wick is used, but you can use battery-operated candles for safety or simple candles you have on hand.

Psalm 19:9 The precepts of Adonai are right, giving joy to the heart. The mitzvot of Adonai are pure, giving light to the eyes.

Barukh atah Adonai Eloheinu melek ha'olam, bo're m'orei ha'esh,

**Blessed are You O L-rd our G-d King of the Universe
who creates the fire's light.**

It is customary for the participants to hold their hands up to the candle, and gaze at the reflection of the light in on their palms and nails. We can also think about how we are to be His shining ones in a dark world:

1 Peter 2:9 But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light; (TLV)

1 Php 2:14-15 Do everything without kvetching (a little Yiddish for you) or arguing, ¹⁵ so that you may be blameless and pure children of G-d, without defect in the midst of a twisted and perverted generation,^[a] among whom you shine like stars in the sky, (CJV, comment ours)

Spices - (besamim)

The second Havdalah blessing is recited over fragrant spices. The spices can symbolize the sweetness of Shabbat and how we are to be His fragrance in this needy world. The spices commonly used are cloves, cinnamon or bay leaves. They are usually kept in a special decorated holder.

¹⁴ But thanks be to G-d, who in the Messiah constantly leads us in a triumphal procession and through us spreads everywhere the fragrance of what it means to know Him! ¹⁵ For to G-d we are the aroma of the Messiah, both among those being saved and among those being lost...

2 Corinthians 2:14-15 (CJB, emphasis ours)

**Blessed are You, L-rd, our G-d, King of the Universe,
who creates varieties of spices.**

Barukh ata Adonai, Eloheinu Melekh ha-olam,
borei minei v'samim.

Separation

But you are a chosen people, the King's cohanim, a holy nation, a people for G-d to possess! Why? In order for you to declare the praises of the One who called you out of darkness into his wonderful light. I Peter 2:9 (CJB)

But you are the ones chosen by G-d, chosen for the high calling of priestly work, chosen to be a holy people, G-d's instruments to do His work and speak out for Him, to tell others of the night-and-day difference he made for you—from nothing to something, from rejected to accepted. I Peter 2:9 (MSG emphasis ours)

**Blessed are You, L=RD our G-d, King of the universe, Who distinguishes between
the sacred and the secular, between light and dark, between Israel and the**

nations, between the seventh day and the six days of labor. Blessed are You, LORD, Who distinguishes between the sacred and the secular.

Barukh ata Adonai Eloheinu, melekh ha'olam, ha'mavdil bein kodesh l'hol, bein or l'hoshekh, bein yisra'el la'amim, bein yom ha'sh'vi'i l'sheshet y'mei ha'ma'a'se. Barukh ata Adonai, ha'mavdil bein kodesh l'hol.

The person who recited the blessings now drinks the juice/wine.

At the conclusion of Havdalah, the flame of the candle is extinguished (or the switch turned off) in the cup of wine, or alternatively, the leftover wine is poured into a small dish and the candle is extinguished in it, as a sign that the candle was lit just for the good deed (or mitzvah) of Havdalah. (Source Wikipedia)

It is fun to sing *HaMavdil Bein Kodesh LeChol (Who Separates Holy from Ordinary/Weekday)*. There are a few different versions available on iTunes.

Now we can bless one another with the words *Shavua Tov! (Have a good week!)*.

May the Creator richly bless your Shabbat through the years and make it a joyful tradition and legacy throughout your generations. Amen!

Shabbat and Havdala during other Appointed Times are carried out in different ways throughout the year. Please see Wikipedia for more information.

Moadim מועדים - His Chosen (Appointed) Times

Focus and Insight

While this term usually refers to the three main pilgrimage festivals Pessach, Shavuot and Sukkot, we can borrow it for the title of this general overview of the major Appointed Times of the L-rd. The disciples celebrated them. Yeshua celebrated, embodied and, in many ways, fulfilled them or brings them to completion. May each one of these commemoration bring you a deeper joy and understanding in your faith walk with Him. The Hebrew months corresponding to the ones in this planner can be found on www.hebcal.com.

Perception and Perspective

Cautions: We do not recommend or endorse any Kabbalistic practices as mysticism/sorcery is forbidden in Scripture. Also, beware of any congregation that denies Yeshua is the Messiah or makes you feel unworthy to be there unless you follow all the laws to perfection - no one can, which is why we need Yeshua, our High Priest.

We've included pages on the main prayers and blessings for weekly Shabbat and Havdala for now, and hope to add more in next year's planner, and invite you to subscribe to our website updates and highly recommend you continue your learning journey using a good translation of the Bible like the TLV or NKJV and watch the teachings Pastor Greg Stone of Gateway Church's Jewish Ministry, Rabbi Jason Sobel of Fusion Global (he is an advisor for *The Chosen* streaming series about the life of Yeshua and his first talmidim or disciples) who gives a wonderful introduction to the Biblical Holidays on his You Tube channel. For more intermediate to advanced learning, I recommend Beth Am Messiah Congregational online services (also on You Tube) led by Rabbi Aharon Mendez. The books *Walk with Y'shua through the Jewish Year* is great for younger children), *A Family Guide to the Biblical Holidays* by Robin Sampson and *The Complete Guide to Celebrating our Messiah in the Festivals* by Susan Mortimer are both more detailed, comprehensive and helpful for activity-based youth education. Other sites we can recommend include those of Jews for Jesus and First Fruits of Zion. While there are many more resources available than ever before, not all are accurate or reliable, and when in doubt pray for discernment, and ask one of the above teachers for guidance.

It is interesting to note that in each of Adonai's Chosen Dates, we see the symbolism of water. The weekly or monthly mikvah or immersion is an important part of a Jewish person's life as well. Just like when Jesus was immersed by John the "mikvaman", it symbolizes a significant status change. When we *DIVE* into His Chosen Dates and Disciplines, we undergo a definite status change spiritually and won't be the same- we go from an old understanding to new mindset!

Yom Teruah and Rosh Hashana	Water of Preparation before the King as a new year begins.
Yom Kippur/Day of Atonement	Water of Cleansing by His Sacrifice - see our video on the SBE site.
Sukkot/Tabernacles	Water of Freedom and Provision - Water Libation Ceremony during which Yeshua declared, "If anyone is Thirsty let them come to Me."

Simchat Torah	Water of the Word - Living Words from the Living Water
Purim	Water of Beautification, listen to <i>Hidden: A Sensory Bible Audio</i> Experience on www.SensoryBibleExperiences.com
Passover & Unleavened Bread	Water of Deliverance and Status Change
Bikkurim/Firstfruits	Water for Growth and Fruitfulness
Pentecost /Shavuot	Water of Empowerment by the Spirit

From HebCal.com which also has a calendar with the Hebrew months. *Additions and changes below mine:*

Holidays begin at sundown on the evening before the date specified. Dates in **bold** are *yom tov*, so they have similar obligations and restrictions to Shabbat in the sense that normal "work" is forbidden.

Major Holidays	Dates	Description
Yom Teruah & Rosh Hashana	Sep 6-8, 2021 Sep 25-27, 2022	The (Day) Feast of Trumpets announces that the chosen dates of the King are approaching. Jewish New Year celebrates a fresh beginning celebrating the Creator.
Yom Kippur	Sep 15-16, 2021	The Day of Atonement is the holiest day of the year for the Jewish people and is focused on repentance, fasting, and prayer.
Sukkot	Sep 20-27, 2021	The Feast of Tabernacles recalls the booths during the Exodus and present ingathering of exiles from the diaspora.
Shmini Atzeret	Sep 27-28, 2021	Eighth Day of Assembly of Tabernacles.
Simchat Torah	Sep 28-29, 2021	Day to celebrate that G-d gave us the Torah.
Chanukah	Nov 28-Dec 6, 2021	The Jewish festival of rededication, also known as the Festival of Lights commemorates the bravery of the Macabbees.
Purim (Lots)	Mar 16-17, 2022	Purim celebrates how G-d delivered His people from death through Queen Esther.
Pesach (Passover)	Apr 15-23, 2022	Passover and the Feast of Unleavened Bread commemorate the Exodus from Egypt.
Shavuot (Pentecost)	Jun 4-6, 2022	Festival of Weeks and the outpouring of the Spirit.

Minor Holidays	Dates	Description
Tu BiShvat	Feb 5-6, 2022	New Year for Trees
Shushan Purim	Mar 7-8, 2022	Purim celebrated in Jerusalem and walled cities
Pesach Sheni	May 4-5, 2022	Second Passover, one month after Passover
Lag BaOmer	May 8-9, 2022	33rd day of counting the Omer
Tu B'Av	Jul 23-24, 2021 Aug 11-12, 2022	Jewish holiday of love, observed on the 15th day of the Hebrew month of Av
Purim Katan	Feb 14-15, 2022	Purim celebration during Adar 1 on leap years
Modern Holidays	5782 2021-2022	
Yom HaAliyah	Oct 12-13 Tu-W	Aliyah Day
Yom HaShoah/	Apr 27-28 W-Th	Holocaust Remembrance Day
Yom HaZikaron	May 3-4 Tu-W	Israel Memorial Day
Yom HaAtzma'ut	May 4-5 W-Th	Israeli Independence Day
Yom Yerushalayim	May 28-29 Sa-Su	Jerusalem Day
Rosh Chodesh (New Moon/ New Month)	5782 2021-2022	
Rosh Chodesh Cheshvan	Oct 5-7 Tu-Th	
Rosh Chodesh Kislev	Nov 4-5 Th-F	
Rosh Chodesh Tevet	Dec 3-5 F-Su	
Rosh Chodesh Sh'vat	Jan 2-3 Su-M	
Rosh Chodesh Adar	N/A	
Rosh Chodesh Adar I	Jan 31-Feb 2 M-W	
Rosh Chodesh Adar II	Mar 2-4 W-F	
Rosh Chodesh Nisan	Apr 1-2 F-Sa	
Rosh Chodesh Iyyar	Apr 30-May 2 Sa-M	
Rosh Chodesh Sivan	May 30-31 M-Tu	

Rosh Chodesh Tamuz	Jun 28-30 Tu-Th			
Rosh Chodesh Av	Jul 28-29 Th-F			
Rosh Chodesh Elul	Aug 26-28 F-Su			

Month Number		Hebrew month	Length	Gregorian
Ecclesiastical / Biblical	Civil			
1	7	Nisan	30	Mar–Apr
2	8	Iyar	29	Apr–May
3	9	Sivan	30	May–Jun
4	10	Tammuz	29	Jun–Jul
5	11	Av	30	Jul–Aug
6	12	Elul	29	Aug–Sep
7	1	Tishrei	30	Sep–Oct
8	2	Cheshvan	29/30	Oct–Nov
9	3	Kislev	30/29	Nov–Dec
10	4	Tevet	29	Dec–Jan
11	5	Shevat	30	Jan–Feb
12	6	Adar	29	Feb–Mar
Total			353, 354 or 355	

The 2021-2022 SBE DIVE Guide and Planner is for anyone who wants to get into the boat, catch the wave, and jump into a deeper understanding of the Captain's Chosen Days and habits. It is a practical tool to plan your journey with the Living Water.

So just what would Jesus do? Come on in, the Living Water is divine!

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- Begin a refreshing planning journey with your Creator, get to know His plan and invite Him into yours.*
- Reject the storms of disbelief and instead make blessed and lasting faith legacy memories for your generations.*
- Move through the challenges, overcome roadblocks, get yourself organized and sail toward His faith goals for you.*
- Keep your eyes on the Captain as He glides you to His plan, then helps you catch inspiration and explore resources to keep your sails filled with His Spirit!*

We don't just entertain, you enter in and sense the Wonder of the Word!

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