

John 1:1 In the beginning was the Word, and the Word was with God, and the Word was God.

Yeshua and the Torah

By Matthew Day

Jesus (Hebrew: Yeshua) and the law (Hebrew: Torah): At first glance, these two may seem as opposite as day and night. But, after looking closer, it appears to me that they have many similarities.

They are both life.

Pro 6:23 For the mitzvah is a lamp, and the law is light. Reproofs of instruction are the way of life,

John 11:25 Yeshua said to her, "I am the resurrection and the life. He who believes in me will still live, even if he dies.

They are both everlasting.

Deut 4:40 You shall keep his statutes, and his mitzvot, which I command you this day, that it may go well with you, and with your children after you, and that you may prolong your days in the land, which the LORD your God gives you, forever.

Heb 13:8 Yeshua the Messiah is the same yesterday, today, and forever.

They both started in the beginning.

1John 2:7 Brothers, I write no new mitzvah to you, but an old mitzvah which you had from the beginning. The old mitzvah is the word which you heard from the beginning.

2John 1:6 This is love, that we should walk according to his mitzvot. This is the mitzvah, even as you heard from the beginning, that you should walk in it.

Rev 21:6 He said to me, "It is done! I am the Alef and the Tav, the Beginning and the End. I will give freely to him who is thirsty from the spring of the water of life.

They are both truth.

Psalm 119:142 Thy righteousness is an everlasting righteousness, and thy law is the truth.

John 8:32 And ye shall know the truth, and the truth shall make you free.

John 14:6 Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

They are both everlasting life.

John 12:50 And I know that his commandment is life everlasting: whatsoever I speak therefore, even as the Father said unto me, so I speak.

John 6:47 Verily, verily, I say unto you, He that believeth on me hath everlasting life.

They are both light.

Psalm 119:105 NUN. Thy word is a lamp unto my feet, and a light unto my path.

Psalm 119:130 The entrance of thy words giveth light; it giveth understanding unto the simple.

Pro 6:23 For the commandment is a lamp; and the law is light; and reproofs of instruction are the way of life:

Rev 21:23 And the city had no need of the sun, neither of the moon, to shine in it: for the glory of God did lighten it, and the Lamb is the light thereof.

John 12:46 I am come a light into the world, that whosoever believeth on me should not abide in darkness.

They are both perfect.

Psalm 19:7 The law of the LORD is perfect, converting the soul: the testimony of the LORD is sure, making wise the simple.

1Peter 1:19 But with the precious blood of Christ, as of a lamb without blemish and without spot:

They are both more important than anything else.

Psa 119:72 The law of thy mouth is better unto me than thousands of gold and silver.

Mat 16:26 For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?

Neither change.

Daniel 7:25 KJV And he shall speak great words against the most High, and shall wear out the saints of the most High, and think to change times and laws: and they shall be given into his hand until a time and times and the dividing of time.

Acts 6:13-14 KJV And set up false witnesses, which said, This man ceaseth not to speak blasphemous words against this holy place, and the law: **14** For we have heard him say, that this Jesus of Nazareth shall destroy this place, and shall change the customs which Moses delivered us.

Malachi 3:6 KJV For I am the LORD, I change not; therefore ye sons of Jacob are not consumed.

They are both for Jews and Gentiles.

Exodus 12:49 KJV One law shall be to him that is homeborn, and unto the stranger that sojourneth among you.

John 10:9 KJV I am the door: by me if any man enter in, he shall be saved, and shall go in and out, and find pasture.

Each requires the other.

Mark 12:30 KJV And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment.

John 14:21 KJV He that hath my commandments, and keepeth them, he it is that loveth me: and he that loveth me shall be loved of my Father, and I will love him, and will manifest myself to him.

They are both near.

Deuteronomy 30:11-14 KJV **11** For this commandment which I command thee this day, it is not hidden from thee, neither is it far off. **12** It is not in heaven, that thou shouldest say, Who shall go up for us to heaven, and bring it unto us, that we may hear it, and do it? **13** Neither is it

beyond the sea, that thou shouldest say, Who shall go over the sea for us, and bring it unto us, that we may hear it, and do it? **14** But the word is very nigh unto thee, in thy mouth, and in thy heart, that thou mayest do it.

Romans 10:6-8 KJV But the righteousness which is of faith speaketh on this wise, Say not in thine heart, Who shall ascend into heaven? (that is, to bring Christ down from above:) **7** Or, Who shall descend into the deep? (that is, to bring up Christ again from the dead.) **8** But what saith it? The word is nigh thee, even in thy mouth, and in thy heart: that is, the word of faith, which we preach;

They will both be put in our hearts.

Jeremiah 31:33 KJV But this shall be the covenant that I will make with the house of Israel; After those days, saith the LORD, I will put my law in their inward parts, and write it in their hearts; and will be their God, and they shall be my people.

Romans 10:9 KJV That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.

To me, these similarities seem to confirm John 1:1. Yeshua truly is the Word of God.

Paul Nison Raw Food Enthusiast, Lecturer and Author

By Valerie Rice

We recently had a very interesting gentleman come to visit our synagogue. As many believers realize, Yahweh (the name of God, replaced by "LORD" in most Bibles) has a specific diet for his people, however, could there be more found in scripture to help us lead an even healthier and disease free lifestyle? Through the scriptures and Paul's personal testimony he gave his audience much to think about.

Paul Nison was personally healed of Crohn's disease (inflammatory bowel) through eating a specific diet. He began by eliminating certain foods from his body until he finally became a total raw foodist. Paul has been traveling and teaching others how they can also obtain optimal health. He has been eating a raw food diet for over 15 years and explained how it has changed his life.

Paul expressed that in the beginning our Elohim (God) supplied the first humans with the best possible diet in Paradise [Gen. 1:29]. A diet of fruits and vegetables that was "Raw, Ripe, Fresh, and Organic." As the future progressed Yahweh introduced new items for humans to consume, but after that time the lifespan of man began to decrease [Gen 6:3]. He feels however that the first diet could possibly be the best diet for humans. Scientist has proven raw fruits and vegetables can heal many diseases that afflict our population today. He explained that pain and disease is an alarm our creator gave us to let us know we are doing something wrong and that we need to change, but the more we ignore those symptoms our bodies start to get immune to them. However that doesn't take away the damage that is being done inside our bodies.

Paul stressed that food alone does not contribute to all your health. No matter how good your diet is; there are other aspects to your health which consist of being healthy emotionally, spiritually, physically, and mentally. He said that even though he was definitely healed from his disease and leading an improved and healthier life after about 12 years of eating raw foods, he only become truly healthy by working on all these areas of his life.

Paul made it clear that a raw food diet is not for everyone. Each person must decide his or herself. However if a person made 80% of their diet raw, ripe, fresh and organic they could lead as healthy of lifestyle as a total raw foodist. The most important component in a raw food diet is the enzymes and water we receive in it. This is what is lacking in our diets today. Most of our food is dehydrated or we cook all the much needed water out of it. Also when we cook our food we kill the important enzymes which is detrimental to a healthy digestive system. Enzymes are the energy and life of the food. Lev 17.11 says, life is in the blood. The quality of our food determines the quality of our blood and the quality of our health on every single level. A nourishing diet will produce healthy blood and in turn will increase the efficiency of all the cells in our body. Our blood must be oxidized. Paul quotes Dr. Otto Heinrich Warburg Nobel Peace prize winner who stated cancer can only survive in a non oxidized environment. Paul further stated all disease can only survive in a non oxidized environment. The bottom line is that we have to keep ourselves fully oxidized to keep our bodies detoxified.

Paul states the two causes of disease are from overeating and under sleeping. Our body heals while we sleep and overeating bogs our system down. We always need a healthy balance of each.

Lastly Paul says that before he lectures he makes sure that science can back up his data and secondly his knowledge comes from personal experience. If you would like to learn more about Paul Nison or the raw food lifestyles please visit www.paulnison.com .

Preparation

By Matthew Day

Recently, we had an ice storm that left the ground frozen solid for more than a week. Schools were closed for a week, and other than work we stayed home. Many buildings lost electricity during the storm.

Just before the storm hit, grocery stores were as busy as ever. People were preparing last minute. What if the storm hit without warning? What if the lines at the store were to long to get out in time? What if the storm made it not only dangerous to drive, but literally impossible to drive? A storm like this could cut off electricity, gas, water, and food.

How could one prepare for this? Store extra drinking water in case your pipes freeze (or something else happens to your water supply). Store extra food. Keep food that lasts without refrigeration and can be prepared without fire. Remember to rotate your food supply so that it doesn't go bad. It would be wise to have an backup way to heat and light your house.

As I said before, I am no expert on this subject. What I have written here may seem obvious. If anyone has some good advice on this subject, you are welcome to submit an article.