

COUNT THE OMER TO SHAVUOT!

THE FIRE! THE THUNDER! THE AWESOME VOICE OF THE ALMIGHTY HIMSELF DELIVERING THE 10 COMMANDMENTS... AND THAT WAS JUST THE FIRST SHAVUOT (SHAH-VOO-OAT)!

On this same day in history, the mighty rushing wind of the Holy Spirit was given to Yeshua's disciples in Jerusalem. That's why Shavuot (also known as Pentecost) is the anniversary of both events – the inseparable bond between the Torah and the Spirit!

Shavuot is a Hebrew word that means "weeks" and is called as such because we are to count 7 weeks up to the day of Shavuot from the Day of First Fruits (the morrow after Yeshua rose from the dead). The Day of First Fruits is the period of the spring barley harvest and Shavuot is the period of the wheat harvest.

It is common among Torah-observant believers to mark each day during this period by "counting the omer" (49 days) up to the 50th day of the count, which is the actual day of Shavuot. The "omer" is a unit of measure used in the Bible and in this context refers to the measure of barley used in the "wave" offering on the Day of First Fruits, the first day of the counting of the omer.

USE THE REFERENCE BELOW TO COUNT THE DAYS TO SHAVUOT, THIS YEAR ON SUNDAY, MAY 23.

(NOTE: EACH HEBREW OMER DAY BELOW BEGINS AT SUNSET THE DAY BEFORE THE GREGORIAN DAY LISTED)

DAY 28	SATURDAY, MAY 1
DAY 29	SUNDAY, MAY 2
DAY 30	MONDAY, MAY 3
DAY 31	TUESDAY, MAY 4
DAY 32	WEDNESDAY, MAY 5
DAY 33	THURSDAY, MAY 6
DAY 34	FRIDAY, MAY 7
DAY 35	SATURDAY, MAY 8
DAY 36	SUNDAY, MAY 9
DAY 37	MONDAY, MAY 10
DAY 38	TUESDAY, MAY 11
DAY 39	WEDNESDAY, MAY 12
DAY 40	THURSDAY, MAY 13 (YESHUA ASCENDS - EVENT #246 IN THE CHRONOLOGICAL GOSPELS BIBLE)
DAY 41	FRIDAY, MAY 14
DAY 42	SATURDAY, MAY 15
DAY 43	SUNDAY, MAY 16
DAY 44	MONDAY, MAY 17
DAY 45	TUESDAY, MAY 18
DAY 46	WEDNESDAY, MAY 19
DAY 47	THURSDAY, MAY 20
DAY 48	FRIDAY, MAY 21
DAY 49	SATURDAY, MAY 22
DAY 50	SUNDAY, MAY 23 (SHAVUOT - EVENT 254 IN THE CHRONOLOGICAL GOSPELS BIBLE)

LEARN MORE ABOUT SHAVUOT AT AROODAWAKENING.TV/SHAVUOT



TWISTING THE WORD

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With a love gift donation of \$100 or more, we'll send you *Twisting The Word*, plus an ancient replica oil lamp featuring the Lion of Judah artwork, plus burning oil, and wicks.



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▶ MAY 2021 ROOD REVIEW THE ACCEPTABLE YEAR OF THE LORD

The final weekend of May 2021 marks the anniversary of when Yeshua was asked to read from the Torah in a crowded synagogue on Shabbat; it was the 13th day of the third month, 27 CE. Luke's record tells us:

"When he opened the scroll, he found the place where it was written, and he read: 'The Spirit of Adonai Yehovah is upon me, because Yehovah has anointed me to preach good tidings unto the meek; he has sent me to heal the brokenhearted, to proclaim deliverance to the captives, and recovering of sight to the blind,' to set at liberty those who are bound, to preach the acceptable year of Yehovah.' He closed the scroll, gave it back to the rabbi, and sat down. Every eye in the synagogue was riveted on him. He began, 'This day is this Scripture fulfilled in your ears.'"

- Luke 4:17-21

When the crowd heard that last statement, they were enraged! This was the same young rabbi who healed a lame man on the Sabbath (a major Pharisee no-no) the previous week (John 5:2-15); he was also rumored to have spoken to some Samaritan woman a week before that (John 4:5-43); and (perhaps most infamously), he drove the merchants out of the temple with a whip exactly two months prior (John 2:14-22).

Indeed, this was the "acceptable year of the LORD" in the eyes of that crowd – an acceptable year to get rid of this character!

The "year of the LORD" is more literal than most believers realize. In his statement at the synagogue that day, Yeshua was prophesying the final "one year" countdown in which the Spring Feasts of Yehovah would be fulfilled. You see, this event occurred on the first Sabbath after Shavuot (Pentecost). Exactly one year later, again on Shavuot, the crucified and risen Messiah would mikveh (baptize) his followers with the Ruach Kodesh (the Holy Spirit).

We don't need fairytales about a three-and-a-half year ministry; we need only one, acceptable year of Yehovah. We need only to heed the words of THE Prophet, the one of whom Moses spoke – the prophet who stood up and boldly proclaimed the acceptable year of the LORD in a crowded, angry synagogue. That prophet also spoke of things we are seeing in our present age and said, "I am coming quickly" (Revelation 22:20).

Let's be like him. Let's do what he told us to do with the time that we have left.


Michael Rood

See you when the smoke clears!





FASTING:

The 'Fastest' Way to Heal

BY SCOTT LAIRD, ND

The old adage, "you are what you eat" is essentially true although not entirely accurate. It's what you absorb that matters, and nutrient absorption boils down to gut health. Unfortunately, almost everyone has less-than-optimal gut health and it doesn't always come with obvious symptoms like bloating, indigestion, or heartburn. It can create more covert issues like allergies, diabetes, depression, ADHD, memory problems, thyroid issues, blood clots, and even cardiovascular disease and cancer.

As complicated as poor nutrient absorption can be, the root cause is quite simple: inflammation. Now, inflammation itself has many causes, including the process of digestion – which begs the question, "if a person just stopped eating for a while to give the body a rest, would that reduce inflammation and promote healing?" Yes, it would.

Fasting is extremely health-promoting and it doesn't have to mean a 40-day meditation session in the wilderness. In fact, "intermittent fasting" (eating only between noon and 8pm each day) can become a barely-noticeable part of everyday life while still reaping many benefits.

Dr. David Jockers, a fellow believer and a friend of mine who recently appeared on my Health Awakening show (available to watch at HealthAwakening.tv), has written a new book on fasting called "The Fasting Transformation: A Functional Guide to Burn Fat, Heal Your Body and Transform Your Life with Intermittent and Extended Fasting."

"Fasting is the most ancient, inexpensive and most powerful healing strategy known to mankind," he writes. "Fasting holds promise for the prevention and treatment of major diseases such as cancer, autoimmune conditions, digestive disorders and neurodegenerative pathologies."

In fact, Dr. Jockers notes that that one of the simplest interventions for getting our chronic disease epidemic under control may be promoting a fasting lifestyle. Preliminary studies show that fasting improves insulin sensitivity, body fat levels, blood pressure, control over stress (measured by heart rate variability), inflammation levels, and protective effects against brain and heart damage.* It works because fasting is built into our DNA. When the body realizes there is no food coming in, it shifts into a more energy efficient, "clean burning" metabolism when deep healing can occur.

FOR MORE INFORMATION, I HIGHLY RECOMMEND GETTING DR. JOCKER'S NEW BOOK, AVAILABLE AT DRJOCKERS.NET/FASTING-TRANSFORMATION

*Mattson MP, Longo VD, Harvie M. Impact of intermittent fasting on health and disease processes. Ageing Res Rev. 2016; 39:46-58. PMID: 5411330

MAY 2021

PRAYER CALENDAR

ONE OF THE MOST POWERFUL WEAPONS WE HAVE AS BELIEVERS IS PRAYER! JOIN WITH US AS WE PETITION THE ALMIGHTY IN UNISON EACH DAY IN MAY FOR THESE REQUESTS FROM OUR ONLINE PRAYER PAGE:

- MAY 1: "PLEASE CONTINUE TO PRAY FOR YEHOVAH TO SAVE MY MARRIAGE." - TEJA
- MAY 2: "PRAY FOR MY SON SAMUEL WHO WAS RAISED AS A BELIEVER BUT HAS TURNED FROM YESHUA." - KELLIE
- MAY 3: "I AM SUFFERING FROM BREATHING, HEART, AND MENTAL HEALTH ISSUES. ASK GOD TO HELP!" - CHRIS
- MAY 4: "I HAVE ANKLE TROUBLES THAT MAKE IT HARD FOR ME TO FIND WORK; PLEASE PRAY!" - JOSHUA
- MAY 5: "I AM DISABLED, AND HOMELESS DUE TO A MARIJUANA ALLERGY. I NEED A ROOF OVER MY HEAD; YEHOVAH'S WILL BE DONE." - ROBIN
- MAY 6: "MY WIFE AND I ARE BOTH SICK. WE NEED HEALING PHYSICALLY, MENTALLY, AND SPIRITUALLY." - VAN
- MAY 7: "I HAVE PTSD AND HAVE SOLD MY BODY TO FEED MY HEROIN ADDICTION. I NEED GOD'S REDEMPTION!" - FAITH
- MAY 8: "PLEASE PRAY THAT MY COUSIN CINDI WOULD BE HEALED OF BREAST CANCER." - JOHN
- MAY 9: "I AM 69 YEARS OLD AND STRUGGLING WITH HOMOSEXUAL TEMPTATION. I WANT TO BE FREE." - EMILIO
- MAY 10: "MY 48-YEAR-OLD SON NEED DELIVERANCE FROM DOWNS SYNDROME." - WILMA
- MAY 11: "I NEED YEHOVAH'S HELP TO PAY OFF MY DEBTS." - MARISHA
- MAY 12: "PLEASE PRAY FOR MY FRIEND LEAH WHO LOST HER DAUGHTER-IN-LAW." - COLLEEN
- MAY 13: "I HAVE BEEN DIAGNOSED WITH HEART AND KIDNEY DISEASE. I NEED HEALING!" - KEITH
- MAY 14: "MY WIFE IS IN SEVERE PAIN AND THERE IS NO CURE. SHE NEEDS YEHOVAH'S HEALING!" - JOEL
- MAY 15: "I AM HAVING ANXIETY AFTER WITHDRAWING FROM MEDS. PLEASE PRAY FOR PEACE!" - WINSTON
- MAY 16: "I HAVE HAD CONSTANT STOMACH PAIN FOR 3 YEARS. NO MEDS WORK; I NEED YEHOVAH'S HEALING." - RYAN
- MAY 17: "I NEED SOMEONE TO PRAY WITH ME FOR MY FIANCÉE WHO IS HAVING CHRONIC STOMACH PAIN." - BILL
- MAY 18: "PRAY THE EVIL CARTELS WHO TRAFFIC WOMEN, CHILDREN, AND DRUGS COME TO JUSTICE!" - ANONYMOUS
- MAY 19: "I NEED GOD TO DELIVER ME FROM MY TOXIC LIVING SITUATION." - KATARINA
- MAY 20: "I NEED MY ADULT CHILDREN TO COME INTO THE KNOWLEDGE AND WALK IN TORAH." - JANE

- MAY 21: "I AM IN NEED OF HEALING FROM RECENT SURGERY TO MY CAROTID ARTERIES." - LOWELL
- MAY 22: "I NEED PRAYER FOR DELIVERANCE FROM ANGER, BITTERNESS, AND A SELFISH ATTITUDE." - JONI
- MAY 23: "I AM BEING SPIRITUALLY ATTACKED IN EVERY DIRECTION. YEHOVAH HELP ME!" - SUSAN
- MAY 24: "PRAY THAT THE ISRAELI GOVERNMENT WOULD SEE WHAT THEY ARE DOING TO THEIR PEOPLE!" - LANCE
- MAY 25: "MY FRIEND'S 18-YEAR-OLD DAUGHTER IS BATTLING TERMINAL CANCER - PLEASE PRAY." - MELANIE
- MAY 26: "I AM 73 YEARS OLD, DEPRESSED, AND LACKING FAITH. I NEED TO BE LIFTED UP!" - LINDA
- MAY 27: "PLEASE PRAY FOR MY GRANDDAUGHTER'S DELIVERANCE FROM SUBSTANCE ABUSE." - RITA
- MAY 28: "MY ENTIRE FAMILY IS SUFFERING AILMENTS AND DOCTORS HAVE NOT BEEN ABLE TO HELP." - STEVEN
- MAY 29: "I NEED YEHOVAH TO DESTROY THE CANCER IN MY WIFE'S BODY!" - LYNN
- MAY 30: "MY SISTER-IN-LAW HAS BEEN DIAGNOSED WITH LUNG CANCER AND NEEDS HEALING." - BONNIE
- MAY 31: "MY BROTHER TOM IS IN A LOT OF PAIN WITH LEUKEMIA. PLEASE KEEP HIM IN PRAYER." - JOHN

PRAYERS



NEW

SHAVUOT GARDEN FLAG

This custom-designed, standard-size, weather-resistant garden flag declares "Happy Shavuot" with a flame that commemorates both the Torah being shouted down by the Almighty at Mt. Sinai and the Spirit rushing down in the book of Acts.

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