

▶ AUGUST 2021

ROOD REVIEW

ADDING TO THE TORAH DOESN'T EQUATE

The first Shabbat in August marks a significant anniversary in the Gospels. It was Saturday, August 2, 27 CE that Yeshua and his disciples walked through the wheat fields of Judea, plucking heads of grain to eat as they passed through (Matthew 12:1-8, Mark 2:23-28, Luke 6:1-5; event 68 in The Chronological Gospels Bible). Even though it was the Sabbath, their actions were completely within the boundaries of the Torah, which reads, "When you reap the harvest of your land, you shall not wholly reap the corners of your field when you reap, nor shall you gather any gleaning from your harvest. You shall leave them for the poor and for the stranger: **I AM THE LORD YOUR GOD" (LEVITICUS 22:23).**

However, the Pharisees didn't see it that way. They asked Yeshua, "Why do you do that which is not lawful to do on the Sabbath day?" You see, the Pharisees, in an effort to make sure that absolutely no work was done on the Sabbath, decreed that plucking grain equated to the heavy task of harvesting, rubbing the chaff off the grain equated to labor-intensive threshing, and eating the grain equated to grain grinding to make flour. If someone obeyed their decree, it would be impossible for the poor to feed themselves by gleaning from the field as the Torah prescribes – which is exactly what Yeshua and his disciples were doing.

Could the Pharisees not see that their addition to the Torah negated the Torah itself? No wonder Yeshua called them "blind!"

Today, Torah-observant believers in Messiah get caught in the same snares. In their zeal to be more like Yeshua, they often go too far in an attempt to feel "more Jewish," subjecting themselves to the extrabiblical, man-made rules of modern Judaism.

In so doing, they end up doing the **opposite** of what Yeshua said to do in Matthew 23:2-3. That is, to "do as the Pharisees tell you [when they read from the Torah] but don't do what they do [negate the Torah in favor of their man-made rules]."

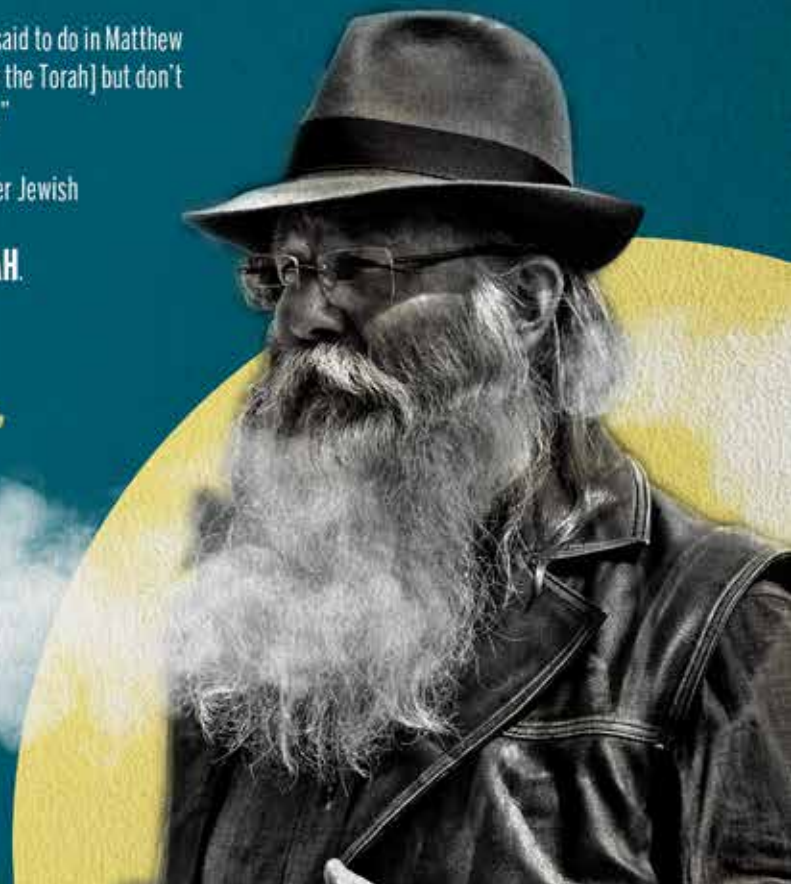
Let's do as Yeshua did – instead of obeying the rules of men (whether Jewish or Christian) who add and subtract from YeHoVaH's commands,

LET'S SET THE RECORD STRAIGHT. OBEY THE TORAH.

And if anyone asks why, ask them why they don't.

See you when the smoke clears,


Michael Rood



HOW MUCH CAN I GET *away* with?

BY DAVID ROBINSON



WHEN IT COMES TO SIN, PEOPLE TODAY OFTEN HAVE THE **WRONG MINDSET**. WE DON'T THINK ABOUT HOW WE CAN BEST LIVE OUR LIVES AS PLEASING TO YEHOVAH. RATHER, OUR THINKING GOES SOMETHING LIKE THIS: "HOW MUCH CAN I GET AWAY WITH AND STILL NOT GET IN TROUBLE?" WE DON'T OBEY HIM FULLY, BUT JUST ENOUGH TO TRY TO GET BY. HOWEVER, YEHOVAH KNOWS OUR HEARTS, AND GAMBLING WITH HIM DOESN'T WORK.

Pharaoh had this exact attitude during the time of the Exodus when YeHoVaH sent plagues upon Egypt. YeHoVaH gave Pharaoh a direct command through Moses and Aaron to let the Hebrews go — including their women, children, and flocks and herds. But Pharaoh was willing to allow only the men of Israel to go, not the others (Exodus 10:9-10). Thus, since Pharaoh was willing to obey only partway, YeHoVaH unleashed a plague of locusts upon the land. After another plague (the Plague of Darkness), Pharaoh conceded to Moses and Aaron and allowed them to take their women and children, but not their flocks and herds (Exodus 10:24). Again, Pharaoh was trying to hold on to as much as he could.

Like Pharaoh, we can deceive ourselves into thinking we have too much to lose. We are attached to that unholy relationship that leads us into sin. We are attached to our jobs that require us to work on the Sabbath. We know we should give to the poor, but we refuse to be charitable because we're attached to our money and comfortable lifestyles. The worst part is that we don't realize how empty we are despite everything we're trying to hold on to.

"I know your works: you are neither cold nor hot. Would that you were either cold or hot! So, because you are lukewarm, and neither hot nor cold, I will spit you out of my mouth. For you say, 'I am rich, I have prospered, and I need nothing,' not realizing that you are wretched, pitiable, poor, blind, and naked."

- Revelation 3:15-17

YeHoVaH would rather His people be totally sold out for Him or completely against Him. He has little patience for fence-sitters. Are we willing to let go of our sins and the ways of this world to follow Him? Are we willing to even let go of our comforts and enjoyments if He commands us to? Are we committed disciples of Yeshua or not?





this Month IN YESHUA'S MINISTRY



August was a busy month for the disciples in 27 CE! The Chronological Gospels Bible details no less than 30 significant events in weeks 25-27 of Yeshua's 70-week ministry.

"this mass swine suicide represented tens of thousands of dollars in lost temple assets to these pagans."

One of the most spectacular events of this period happened during the final few days of August in the area of Gadara (Matthew 8:28; Mark 5:1; Luke 8:26) near the city of Hippos. This is where Yeshua cast out demons from two men into a herd of swine.

Hippos was the location of the temple of Dionysus where the sacrifice of swine, an abomination according to the Torah, was part of the worship of Dionysus (in addition to drunken orgies). The herd of swine Yeshua encountered in the pastureland of nearby Gadara was being raised for sacrifice. No wonder the inhabitants were furious when they found out that their herd had thrown themselves off a cliff into the Sea of Galilee (Matthew 8:34); this mass swine suicide represented tens of thousands of dollars in lost temple assets to these pagans.

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fasting and FAT

by Scott Laird, ND



DEPENDING UPON THE DRIVING SITUATION, A HYBRID VEHICLE WILL USE EITHER GASOLINE OR ELECTRICITY AS ITS FUEL. LIKewise, YOUR BODY HAS TWO CHOICES FOR FUEL, SUGAR AND FAT. THERE IS A TIME AND PLACE FOR EACH, AND SOMETIMES NONE AT ALL.

If you're like most people, your body's primary fuel is sugar, which comes from metabolizing carbohydrates. While useful for certain situations, continually burning sugar taxes your body with metabolic waste in the form of free radicals, which cause inflammation – the genesis of all disease. Furthermore, sugar is quick-burning and, once it is gone, signals hunger for more fuel. This can turn into an unhealthy habit of snacking all day long, never allowing insulin levels to come down, which again is a major contributor to disease.

Fat is different. Fat is a slower burning fuel that contains more than twice the calories per gram of carbohydrates and creates far less metabolic waste. Because it is slower burning and contains more calories, a healthy fat-focused eating pattern allows a person to go for longer periods between meals, allowing insulin to come down and giving the body a much needed rest from digestion. Furthermore, if you train your body to use fat as its primary fuel source instead of sugar (referred to as being fat-adapted), you can go much longer without food. When fat-adapted, a body that burns all of its food does not send a hunger signal like it would when burning sugar – because it has a back-up fuel source: itself. A fat-adapted body will go looking within itself for fat to burn once all food sources are exhausted. That's right, when you are fat-adapted, your own fat will become your body's fuel!

As you can imagine, having a back-up fuel source comes in handy when fasting, which many (sugar-fueled) people find difficult to do even just once a year on Yom Kippur. Fasting is indeed an excellent way to increase focus and mental clarity, partly because of the brain-feeding ketones that are created by the liver when sugar is in short supply. Fasting for more than 12 hours also supercharges the body's repair and healing mechanisms. For this reason, intermittent fasting (fasting for 16 hours a day between 8pm and noon, for example) has become a very popular trend for people wanting not only to lose weight, but to empower their body to heal itself.

We'll get more into intermittent fasting next time, but until then, you can watch a video about it at ARoodAwakening.tv/FastingWithFat or email me with questions at ScottLaird@MichaelRood.tv.

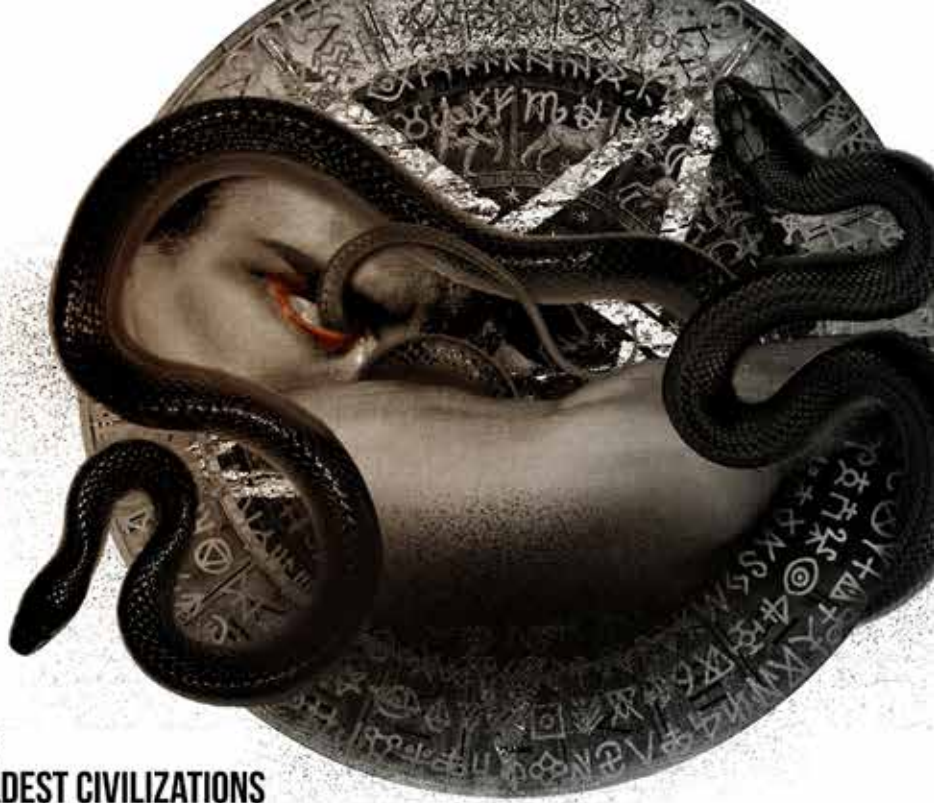


COMING SOON TO

Shabbat
NIGHT LIVE
with Michael Rood

SATAN THE ANCIENT ENEMY

DR. DOUGLAS HAMP SCOTT LAIRD

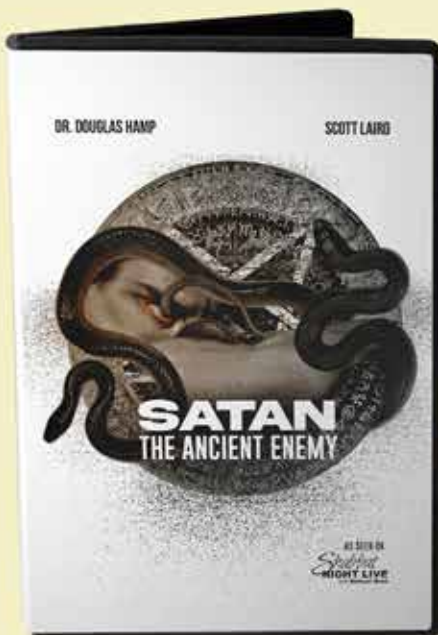


EVIDENCE FOR THE EXISTENCE OF SATAN GOES FARBEYOND THE BIBLE. EVEN THE WORLD'S OLDEST CIVILIZATIONS AND THEIR IDOLS ALL HAVE TIES TO ONE SPIRITUAL ENEMY. BUT WHY IS IT IMPORTANT TO KNOW WHO SATAN IS AND WHAT HE REPRESENTS?

The Ancient Enemy with Dr. Douglas Hamp reveals little known history of satan's dominion on earth, the nature and extent of his power, and his master plan to infiltrate our lives to destroy us from within.

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