

2025-09-22 Erev Rosh Hashanah How to do T'shuvah

From Saturday's message on forgiveness

Many today don't know how to apologize when they've done something wrong

It's simple – I was wrong, I'm sorry, please forgive me.

Many today also don't know how to forgive

It's also simple – you're forgiven, it was nothing, no problem

Rosh Hashanah meaning today, family gatherings, attending services

Jewish New Year, wishing each other L'shana tova u'matukah

Biblical meaning, 1st of 2 moadim - appointed times that are connected

Read in Hebrew

Leviticus 23:23 ADONAI (the LORD) said to Moshe,

24 "Tell the people of Isra'el, 'In the seventh month, the first of the month is to be for you a day of complete rest for remembering, a holy convocation announced with blasts on the shofar.

25 Do not do any kind of ordinary work, and bring an offering made by fire to ADONAI (the LORD).'"

וַיִּדְבֹר יְהוָה, אֶל-מֹשֶׁה לֵאמֹר.
 דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל, לֵאמֹר: בַּחֹדֶשׁ הַשְּׁבִיעִי בְּאַחַד לַחֹדֶשׁ, יִהְיֶה לָכֶם
 שַׁבָּתוֹן--זִכְרוֹן תְּרוּעָה, מִקְרָא-קֹדֶשׁ.
 כָּל-מְלָאכָת עֲבֹדָה, לֹא תַעֲשׂוּ; וְהִקְרַבְתֶּם אֹשֶׁה, לַיהוָה.

וידבר יהוה אל משה לאמר
 דבר אל בני ישראל לאמר בחדש השביעי באחד לחדש יהיה לכם
 שבתון זכרון תרועה מקרא קדש
 כל מלאכת עבודה לא תעשו והקרבתם אשה ליהוה

Shabbaton zicharon teruah - day of complete rest for remembering, with blasts on the shofar

This 1st day of the 7th month is to be a day of remembrance

Convene a holy convocation with sounding of shofar & shouts of joy

Remembering what? Our dependence on God, His awesome nature

Mentioned earlier – great things He has done, restoration of Israel

His mercy, patience, love, grace, His commandments,

Remembering how we've kept, or **not** kept His laws over past year
 Rejoicing over what? All God has done for us, provided, including forgiveness

That we learned on Saturday He brought into the world

Rosh Hashanah begins 10 days, called Days of Awe leading to 2nd moad YK

Day of Atonement

What is atonement? Covering sin, forgiving sin, paying the price for sin

While Temple stood, on YK atonement was made

For entire nation of Israel, everyone

Atonement was made by sacrificing animals who paid penalty for nation's sin
 & enabled God's holy presence to dwell in the midst of Israel

Without consuming, burning up the people

But, for the atonement to be meaningful to the people

They had to be aware of their great need for atonement

*Psalm 34:18 The Lord is near to those who have a broken heart, And saves
 such as have a contrite spirit.*

Contrite spirit means - being willing to be shown what needs to change

What was displeasing to the Lord in actions, words, thoughts & attitudes
 & being willing to change those displeasing things, with God's help

10 days of Awe - Yomim Nora'im – days God put in His calendar

To soften Israelite's hearts, bring awareness of falling short, sin

To do t'shuvah, repentance, t'shuvah means to turn from sin to God

In preparation for YK when all the nation's sin would be atoned for

So there would be gratitude for that atonement

Referring to those who have put their trust in Yeshua's atoning sacrifice

*Hebrews 10:10 ... we have been separated for God and made holy, once and
 for all, through the offering of Yeshua the Messiah's body.*

Separation for God, being made holy - accomplished once for all time

So, are these 10 days relevant today to those who have put their trust

In Yeshua's atoning sacrifice?

For me & most of you, when we first put our trust in

Yeshua's atonement & made Him Lord

It was huge t'shuvah, turning from sin to God

I am so thankful when I remember what I used to be like

My selfishness, foolishness, idolatry, ignorance, hopelessness

Lack of purpose, fears, prejudices, how deceived I was
& how, when I trusted in Yeshua my spirit came alive, I had purpose

I saw the truth & my greatest desire became to serve God
But, BH teaches that first t'shuvah was not the end

But the **beginning** of a lifelong process of change
(TLV) Romans 8:29 For those whom He foreknew He also predestined to be conformed to the image of His Son, so that He might be the firstborn among many brethren

You are not being conformed to the physical, visual image of Yeshua

But to the image of Yeshua's character, values, heart
I know I have a long way to go to be like Him, how about you? Yes?
So, there's a great need for periodic t'shuvah in our lives

I believe that's why the 10 days are relevant to us today
They are God's Appointed Time for uncovering and dealing with sin
Days of introspection, seeking Ruach Ha Kodesh to reveal areas of your life

You need to change
Recognizing ungodly ways, turning to Him for help to change them
Means going deeper than obvious sins like lying, stealing & idolatry
Areas of ungodly attitudes, thoughts like fear, bitterness, doubt, self hatred, pride
Days of being intentionally contrite – humble enough to hear Ruach Ha Kodesh

And to do t'shuvah, repentance
Asking forgiveness from God and/or apologizing to other people
How do you do t'shuvah? 1st pray for revelation of what needs to change
Actions – need to stop going to certain places, websites, TV shows
Inactions – need to get out my Bible & read it, to apologize to someone
Words you are prone to let slip out
Your attitudes towards God or other people, beliefs, doubts
How are these things revealed?

Romans 3:20 ... what Torah (Law) really does is show people how sinful they are.

A primary purpose of God's Word is to reveal **your sin to you**

(TLV) John 16:7 But I tell you the truth, it is to your advantage that I go away! For if I do not go away, the Helper will not come to you; but if I go, I will send Him to you.

The Helper is the Ruach Ha Kodesh

8 When He comes, He will convict the world about sin, righteousness, and judgment.

A primary role of Ruach Ha Kodesh is to reveal & convicts you of sin
It is God's Spirit using His Word that brings revelation & conviction

We have a process given to us by Dr. Henry Wright of BIH

He called it 8 Rs, but I've added 4 R's to it which I'm sure he'd like

1st R - recognize Ruach Ha Kodesh has revealed there's something needing change in you

2nd R - Responsibility needs to be accepted

Don't blame your circumstances, God or others

You have free will, you gave in to that temptation to doubt, criticize

Withdraw, cover up, lie, neglect, judge

3rd R - Repent – be sorry, turn away from that behavior or way of thinking

Apologize to God, ask His forgiveness in Yeshua's name

Remember that it's only because of Yeshua's atoning sacrifice

That you can be forgiven by God

Because someone has to pay the price for you sin & only He can do that

4th R - Receive god's forgiveness by faith, He promised it, you need to receive it

5th R - Renounce – speak out loud against things you are turning away from

Your words have power in the spirit world & in you

6th R - Remove the spirits involved – because you entertained that ungodliness

Satan's deceptive forces may have gained power over you

To prevent you from dealing with that ungodliness

So sometimes deliverance is required for repentance

But, Yeshua gave you authority over all the works of the evil one

Luke 10:19 Remember, I have given you authority; so you can trample down snakes and scorpions, indeed, all the Enemy's forces; and you will remain completely unharmed.

All authority includes the authority to break their power over you & evict them

7th R – Refill with Ruach Ha Kodesh – if you leave the house empty worse spirits will return

8th R - Resist their return – pray for the gift of discerning of spirits

9th R - Renew your mind by the Word – spend time in God's Word

& practice taking every thought captive, rejecting ungodly thoughts

Intentionally thinking godly thoughts, sing praises

10th R - Rejoice

11th R - Restore others

But, some have reported, I've tried all that & my flesh is weak

Or enemy's hold on me is too strong so I fall back into temptation again

So, it doesn't work, God is not true to His promises of victory for me

Or, I'm missing something here

There's one more thing you need to do, & only you can do it for yourself

It's implied by 11 R's but needs to be called out specifically for clarity

Without this 12th thing the whole process doesn't work

T'shuvah is defined as turning away from sin, and turning to God

What is meant by the turning to God?

Certainly attempting to live according to His commandments

Seeking to follow His instruction

But it takes more than that to overcome our flesh & satan's temptations

It's **only** through being connected to the vine, through relationship

With Messiah that we can have victory over sin & satan

John 16:33 "I have said these things to you so that, united with me, you may have shalom. In the world, you have tsuris (troubles). But be brave! I have conquered (overcome) the world!"

You will not be able to overcome world, Yeshua in you will overcome world

You need Him in you to overcome your flesh & satan's temptations

& because He is alive He can give you that help

You need to be in Messiah & have Him in you

How do you connect with Him in this way?

His life is manifested in you, He is alive in you

By the Ruach Ha Kodesh which He has given to you

This is why it's so important to believe that He resurrected

Paul says you must believe it to be saved

Because you can't connect with a dead man
That would be necromancy which is forbidden

Ruach Ha Kodesh gave me a twelfth R

Relate – strengthen your personal relationship with the Lord
How? Connecting with the Lord is done through the Ruach Ha Kodesh
Bible says God is spirit

Bible also says you are made in image of God, so, you are a spirit being
The real you, the being that will live forever is a spirit being
You live in a body of flesh & have a soul, your mind, emotions & will
But you are a spirit

It's through your spirit that God, who is a spirit

Is able to communicate, connect with you – spirits speak to spirits

That's how He can be in you & you can be in Him at same time

When His spirit is in you, you will be strengthened

If you follow the leading of His spirit you will be led into His path for you
The more you are filled with His spirit, the more you will be able

To overcome your flesh & satan's temptations

Remember the story of Peter's denial of Yeshua

Yeshua said He prayed for Peter to keep his faith

Through this great trial he experienced

& to repent & recover, that is to do t'shuvah

Yeshua's prayers for Peter were powerful

Hebrews 7:25... (Yeshua) is alive forever and thus forever able to intercede on their (your) behalf.

It is awesome that Yeshua is interceding for you and I right now

Look today at Peter's story from a different perspective

& see something else Yeshua did besides praying for Peter

To enable Peter to do t'shuvah, including overcoming his iniquity

Peter was a man who fell into pride & then fear the night Yeshua was arrested

Yeshua revealed that satan wanted to destroy Peter & the other disciples

Luke 22:32 But I prayed for you, Shim'on (Peter), that your trust might not fail.

And you, once you have turned back in repentance, strengthen your brothers!"

What did Yeshua do to prevent satan from gaining this power over his friends?

Prayed that Peter's trust in Yeshua would not fail, even when He saw Him die

That Peter's faith would fail him but he would repent & return to the Lord
 Peter would strengthen the rest of the disciples

Who were also in danger of having their faith fail

That Peter would "turn back in repentance" – in Hebrew t'shuvah

Meaning he would turn away from evil & toward God

33 Shim'on (Peter, Kefa) said to him, "Lord, I am prepared to go with you both to prison and to death!"

Here's one reason Peter needed Yeshua's prayers

Peter's pride was revealed in his boasting of his courage & loyalty to Yeshua
 Yeshua knew Peter didn't have much courage

& his pride was about to be humbled, so He made a prediction

34 Yeshua replied, "I tell you, Peter, the rooster will not crow today until you have denied three times that you know me."

Then the authorities came for Yeshua

54 Having seized him, they led him away and brought him into the house of the Cohen Hagadol (high priest). Peter followed at a distance;

55 but when they had lit a fire in the middle of the courtyard and sat down together, Peter joined them.

56 One of the servant girls saw him sitting in the light of the fire, stared at him and said, "This man also was with him."

57 But he denied it: "Lady, I don't even know him."

What happened to Peter's boast he was prepared to follow Yeshua

To prison & death? Fear of persecution overcame his courage

58 A little later, someone else saw him and said, "You're one of them too"; but Peter said, "Man, I am not!"

Peter had a second chance to overcome his fear & he failed again

59 About an hour later, another man asserted emphatically, "There can be no doubt that this fellow was with him, because he too is from the Galil (Galilee)!"

60 But Peter said, "Man, I don't know what you're talking about!" And instantly, while he was still speaking, a rooster crowed.

Strike 3 for Peter & the rooster crowed fulfilling Yeshua's prediction

61 The Lord turned and looked straight at Peter; and Peter remembered what the Lord had said, "Before the rooster crows today, you will deny me three times."

62 *And he went outside and cried bitterly.*

Why did Peter cry? Ashamed he was such a coward & denied knowing Lord
Realized he did not have the courage to fulfill his boast

This was true repentance, with tears for his pride & cowardice
Yeshua's prayers were so important for Peter

To not only repent but do t'shuvah, to change
But, Yeshua did something else to enable Peter to change
We read it earlier in John 16:7 when He said He would send the Ruach Ha
Kodesh

After Yeshua was crucified & rose from the dead He was with His disciples
*Acts 1:4 At one of these gatherings, he instructed them not to leave
Yerushalayim but to wait for "what the Father promised, which you heard
about from me.*

*8 But you will receive power when the Ruach HaKodesh comes upon you; you
will be my witnesses both in Yerushalayim and in all Y'hudah and Shomron,
indeed to the ends of the earth!"*

He promised them power to be His witnesses

That power was the power to overcome the fear of persecution

Ridicule & rejection, a witness must be bold

On Shavuot Yeshua fulfilled His promise & sent Ruach Ha Kodesh to His
disciples

*2:4 They were all filled with the Ruach HaKodesh and began to talk in different
languages, as the Spirit enabled them to speak.*

That wonderful fulfillment meant Yeshua, in Spirit, was now living in them

*5 Now there were staying in Yerushalayim religious Jews from every nation
under heaven.*

*6 When they heard this sound, a crowd gathered; they were confused, because
each one heard the believers speaking in his own language.*

*12 Amazed and confused, they all went on asking each other, "What can this
mean?"*

13 But others made fun of them and said, "They've just had too much wine!"

The people in the crowd were not believers in Yeshua

Some realized they were witnessing a miracle of God

Others were mocking, hostile, it was not a friendly crowd

Let's see what happened to fearful Peter after being filled with Ruach Ha Kodesh

*14 Then Peter **stood up** with the Eleven and raised his voice to address them: "You Judeans, and all of you staying here in Yerushalayim! Let me tell you what this means! Listen carefully to me!*

15 "These people aren't drunk, as you suppose - it's only nine in the morning. First he boldly confronted the mockers, no fear of ridicule here

16 No, this is what was spoken about through the prophet Yo'el (Joel):

Peter quoted Joel's prediction of the pouring out of Ruach Ha Kodesh

22 "Men of Isra'el! Listen to this! Yeshua from Natzeret was a man demonstrated to you to have been from God by the powerful works, miracles and signs that God performed through him in your presence. You yourselves know this.

*23 This man was arrested in accordance with God's predetermined plan and foreknowledge; and, through the agency of persons not bound by the Torah, **you** nailed him up on a stake and killed him!*

He spoke directly to Yeshua's murderers

"you nailed him up on a stake and killed him"

Fearful Peter was confronting those in authority who had persecuted Yeshua

These were the very people he had been **so afraid** of before

To whom he could not admit to **even knowing** Yeshua

Not only did he confront persecutors, who unlawfully executed Yeshua

He accused people in authority that killed Yeshua of murder **to their faces**

How did Peter change from a coward to such an incredibly brave, bold witness?

Certainly Yeshua's prayers for him, but also all this happened

Just after Peter had been filled with Ruach Ha Kodesh Yeshua had sent

The Ruach Ha Kodesh whom Yeshua had promised would give His followers

The **power** to be witnesses, meaning victory over fear

But also victory over all other opposition in your life, your flesh & satan

Ruach Ha Kodesh that enabled Yeshua to be in Peter so Peter could have a

Personal relationship with Yeshua, hearing from God, able to follow Him

Let's look at what Peter says about that power

*2 Peter 1:3 God's power has given us everything we need for life and godliness, through our **knowing** the One who called us to his own glory and goodness.*

God has given us everything we need for life & godliness how?

Through **knowing** the One who called us to His own glory & goodness
 What does he mean by **knowing** Him? Greek - epignosis – root is *gnōsis*
 "knowledge gained through **first-hand relationship**" – experiential knowing
 So, it's through **knowing** Yeshua that you receive all the power you need

For life & godliness to overcome your flesh & satan's temptations
 So, to make t'shuvah, turn from sin, turn to God

Raise the priority of cultivating your personal relationship with the Lord
 Raise the priority of spending time alone with Him
 There's a big difference between knowing **about Him & knowing** Him

You get to know **about** Him from His Word, other's testimony, teaching
 You get to **know** Him from communicating with Him in prayer & listening
 & through being filled with Ruach Ha Kodesh, walking with Him, led by
 His Ruakh

Through trials, challenges, obstacles
 Walking in obedience & also through His Word & teaching
 I recently went through several simultaneous trials

I realized my level of faith in His ability to meet my needs
 Was not as great as it should be

So, I had to do t'shuvah, turn away from that worldly way & turn to God
 I was only able to do that by following 11 R's
 & the 12th R– relating, drawing closer to Lord

Spending more time in His presence, worshipping, praying, listening
 & when I listen He speaks into my thoughts

Not necessarily a solution to the problem but peace in the midst of it
 Showing me He will fulfill

Romans 8:28 Furthermore, we know that God causes everything to work together for the good of those who love God and are called in accordance with his purpose;

Did Peter just need to be filled with Ruach Ha Kodesh that one time

Did it provide for him for the rest of his life? No, he needed to stay filled
Ephesians 5:18 Don't get drunk with wine, because it makes you lose control. Instead, keep on being filled with the Spirit -

19 sing psalms, hymns and spiritual songs to each other; sing to the Lord and make music in your heart to him;

20 always give thanks for everything to God the Father in the name of our Lord Yeshua the Messiah.

Likewise you & I need to **stay** filled with Ruach Ha Kodesh

How? Worship, prayer, Word, fellowship, study, listening

That's the 12th R – relationship with Yeshua

Prayer

Thanks for 10 Days of Awe, may they be awesome days for each of us

Reveal to us the things You want to change in us

Give us contrite hearts to recognize & receive what You show us & make t'shuvah

We take responsibility for what You've shown us so far that we need to change

We repent & ask You to forgive us & count Yeshua's sacrifice as atonement for our sin

We receive Your forgiveness

We renounce any ungodliness You reveal in thought, word or deed

We command the power of any spirits that have gained power over us through what has been revealed to be broken & for them to leave in the name of Yeshua

We ask You, Lord to refill us with Ruach Ha Kodesh

Give us the gift of discerning of spirits to be able to tell when they try to return & resist them

Renew our minds by Your Word so we think like You think

Help us restore others

We raise the priority of our personal relationship with You to the highest level

Grow our relationship

Teach us to continually refill with Your Ruach Ha Kodesh through worship, prayer, listening, obedience & walking with You

Rejoice

Two Texans were sitting on a plane from Dallas and an old Jewish man was sitting between them.

The first Texan said, "My name is Roger. I own 250,000 acres. I have 1,000 head of cattle and they call my place The Jolly Roger."

The second Texan said, "My name is John. I own 350,000 acres. I have 5,000 head of cattle and they call my place Big John's."

They both looked down at the little old Jewish man & John asked, "What's your name?"

The little Jewish man said, "My name is Irving and I own only 300 acres."

Roger looked down at him and said, "300 Acres? What do you raise?"

"Nothing," said Irving.

"Well then, what do you call it?" asked John.

Irving answered "Downtown Dallas ".

2014-09-20 Selichot (Forgiveness) 13 Attributes of God

When Moses asked God to show him His glory the Lord said He would appear to him & declare His name

In His name are 13 attributes for which we should highly esteem Him

That is His glory

These attributes of God should cause us to do t'shuvah, repent & turn to Him

Exodus 34:6... "ADONAI, ADONAI, the compassionate and gracious God, slow to anger, and abundant in loving kindness and truth,

7 showing mercy to a thousand generations, forgiving iniquity and transgression and sin, yet by no means leaving the guilty unpunished, but bringing the iniquity of the fathers upon the children, and upon the children's children, to the third and fourth generation.

יְהוָה יְהוָה, אֵל רַחוּם וְחַנוּן--אֶרֶךְ אַפַּיִם, וְרַב-חֶסֶד וְאֱמֶת.

נֹצֵר חֶסֶד לְאֲלֹפִים, נִשְׂא עֹון וְפָשַׁע וְחַטָּאָה ; וְנִקָּה, לֹא יִנָּקֶה--פֶּקֶד עֹון אָבוֹת
עַל-בָּנִים וְעַל-בְּנֵי בָנִים, עַל-שְׁלֵשִׁים וְעַל-רַבָּעִים.

1. Adonai (יהוה) - I, the LORD, am the Compassionate Source of all of Life, breath of life for all of creation. Everything that exists is an expression of my loving will and kindness.

You do not exist because God needs you but solely because your life is willed by God as an expression of His love.

2. Adonai (יהוה) - Though the LORD created the universe "very good" (טוֹב מְאֹד), He remained the Compassionate Source of life even after mankind sinned, and therefore the Name is repeated to refer to His loving relationship with alienated, fallen creation. I, the LORD, am also compassionate to one who has sinned and repented. He gives us free will and the good gift of teshuvah. As the Savior and Redeemer of the world through Yeshua, the LORD reveals kindness even to the evil.

3. El (אֵל) - I, the LORD, am God the Almighty and Omnipotent.

4. Rachum (רַחוּם) - I, the LORD, am compassionate (rachamim (רַחֲמִים) means mercy. Not giving people the punishment they deserve.

5. Chanun (חַנוּן) - I, the LORD, am gracious; I pour out my favor freely to all of creation. (Chen (חֵן) is the word for "grace"), giving to people blessings they don't deserve.
 6. Erekh Apayim (אֶרֶךְ אַפַּיִם) - I, the LORD, am slow to anger and patient. The word erekh means "long". The idiom erekh apayim means "long suffering, patient".
 7. Rav Chesed (רַב־חֶסֶד) - I, the LORD, am abundant in love (חֶסֶד) to both the righteous and the wicked.
 8. Rav Emet (רַב־אֱמֶת) - I, the LORD, am truthful and faithful in carrying out promises.
 9. Notzer Chesed La'alafim (נֹצֵר חֶסֶד לְאַלְפִים) - I, the LORD, retain chesed (love) for thousands of generations.
 10. Nosei Avon (נִשֵּׂא עֲוֹן) - I, the LORD, bearing iniquity (avon), I "carry iniquity away" (nasa) for the penitent.
 11. Nosei Pesha (נִשֵּׂא פֶשַׁע) - I, the LORD, forgive transgression (pesha), intentional sin, & in the New Covenant even the intentional sin for which retribution cannot be made.
 12. Nosei Chata'ah (נִשֵּׂא חַטָּאָה) - I, the LORD, forgive sin (chet), missing the mark.
 13. Nakkeh (נָקָה) lo y'nakkeh - I, the LORD, will not cancel punishment, but I will punish the guilty & bring the iniquity of the fathers upon the children, and upon the children's children, to the third and fourth generation. I am just & in the world I have created the children will suffer for the sins of their parents to the 4th generation.
- The attributes of God describing His greatness as creator should help us to do t'shuvah by humbling us.
- The attributes of God describing His great love & mercy should help us to do t'shuvah by showing us we can trust Him enough to confess our sins to Him.
- The attributes of God describing His truth & justice should help us to do t'shuvah by causing us to fear His judgment.

One step in this process is to understand trials we are experiencing
 Are often caused by the things we need to change

Our iniquity & the disobedience it results in

Reading through Psalms past month drawn to one of my favorites, 107

Psalm 107:1 Give thanks to ADONAI (the LORD); for he is good, for his grace (mercy) continues (endures) forever.

2 Let those redeemed by ADONAI say it, those he redeemed from the power of the foe.

So, this psalm is about redemption

Redeemed means a price has been paid to purchase us

From being owned by someone or something

If you have put your trust in Yeshua's atoning sacrifice

You are the redeemed of the Lord

You have been redeemed from the power of sin & satan

Peter writes the price has been paid

1 Peter 1:18 You should be aware that the ransom paid to free you (the redemption price) from the worthless way of life which your fathers passed on to you did not consist of anything perishable like silver or gold;

19 on the contrary, it was the costly bloody sacrificial death of the Messiah, as of a lamb without defect or spot.

It was the highest redemption price that could ever be paid by anyone

The sacrificial death of Messiah, and God Himself paid it

Psalm 107:3 He gathered them from the lands, from the east and from the west, from the north and from the sea.

He's gathered His redeemed from all nations, Jews in Diaspora & Israel
 & Gentiles from all nations

Gathered into the Kingdom of His Redeemed

Most of psalm tells of people God has redeemed & what redeemed from
 For people to be redeemed we need to be in some kind of bondage

Otherwise there's no need for redemption

But, it takes more than being in bondage for God to redeem us

1st we need to recognize the bondage

2nd we need to seek to be free

3rd we need to humble ourselves and admit we can't free ourselves

4th we need to cry out to God

5th need to be willing to do what God directs to receive His redemption

Psalm describes 4 kinds of bondage people need to be redeemed from

Some need to be redeemed from more than one of them

For 2 of these bondages the reason is given why people are in them

For other 2 we have to infer cause of bondage from Biblical principles

4 They wandered in the desert, on paths through the wastes, without finding any inhabited city.

5 They were hungry and thirsty, their life was ebbing away.

Verses about people experiencing the hardship of hunger & thirst –

Poverty, financial distress, but also loneliness, no community

No cause given for the distress they are in – we'll come back later

& look for cause after studying the next 2 passages

6 In their trouble they cried to ADONAI,...

This is what they had to do so God could redeem them

Make t'shuvah, crying out to the Lord for help

T'shuvah means turning – turning to follow God's guidance to help you

Committing to follow His guidance once you are rescued

Repenting of any part you have had in bringing about

the bondage you need redemption from

6...and he rescued them from their distress.

7 He led them by a direct path to a city where they could live.

Here's God's response to t'shuvah – rescue

More than satisfying the immediate need for food & water

A place they could make a living

He led them to a city, a place of refuge, community, employment

He led them directly there

Rosh Hashanah also a time to recognize God's awesomeness

Realizing how finely tuned this planet is for humans to live

This is why Bible calls Him blessed – He has been a blessing to us

8 Let them give thanks to ADONAI for his grace, for his wonders bestowed on humanity!

9 For he has satisfied the hungry, filled the starving with good.

Our response to God's rescue - give thanks

Next is another kind of distress people experience

10 Some lived in darkness, in death-dark gloom, bound in misery and iron chains,

Speaks of imprisonment – both the physical imprisonment of jail

And the spiritual imprisonment of bondage to satan

Addictions, fear, bitterness, self hatred, pride, depression, anger

11 because they defied God's word, scorned the counsel of the Most High.

Passage explains cause of this bondage - disobedience to God's word

And scorning His counsel – not being led by His Ruach Ha Kodesh

12 So he humbled their hearts by hard labor;

God created our world to function according to the law

of reaping what we sow – Galatians 6:7-8

Galatians 6:7 Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap.

8 For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.

That law causes disobedient to reap bondage due to their disobedience

Certainly true in both physical & spiritual bondage

People who disobey God's laws, which are mostly laws of the land

Often end up in physical jail

People who disobey God's laws which are not part of law of land

Like – fear not, pull out every root of bitterness, humble yourself,

rejoice in all things, don't let the sun go down on your anger

Open themselves up to spiritual bondage, reap bondage

Psalms 107:12...when they stumbled, no one came to their aid.

In our human abilities we are incapable of aiding those

who are in bondage due to their disobedience

Either getting them out of jail until they serve their terms

Or delivering them from spiritual bondages

Only the Lord can set people free and only once they do

what it says in the next verse, same as in vs. 6

13 In their trouble they cried to ADONAI...

Making t'shuvah, crying out to the Lord for help

Repenting of any part they have had in bringing about

the distress they are in

13...and he rescued them from their distress

Same as in vs. 6

14 He led them from darkness, from death-dark gloom (shadow of death), shattering their chains.

Here's God's response to their t'shuvah, sowing to the spirit

Leading from darkness - Light of His Ruach Ha Kodesh

revealing they are in prison & the cause of their imprisonment

Revealing that this imprisonment is the "shadow of death" –
leading to death

And shattering their chains by the power of His name

15 Let them give thanks to ADONAI for his grace, for his wonders bestowed on humanity!

16 For he shattered bronze doors and cut through iron bars.

Our response to God's rescue - give thanks

Another reference here to freeing people from bondage

So far poverty, no cause given, bondage caused by disobedience

Next bondage people experience

17 There were foolish people who suffered affliction because of their crimes (transgressions) and sins (iniquities);

CJB – inconsistent translation of pesha & avone

18 they couldn't stand to eat anything; they were near the gates of death.

Speaks of fatal sickness, near gates of death

Due to what? Transgressions – intentional violation of God's laws

And iniquity – inclination to evil, ungodly attitudes, beliefs

Fear, bitterness, anger, unbelief, self hatred, pride, greed

Which cause us to transgress – break God's laws

Passage is another confirmation of the spiritual roots
of many fatal, incurable diseases

Operating according to the law of reaping what we sow

19 In their trouble they cried to ADONAI, and he rescued them from their distress;

This is what they had to do so God could redeem them

Make t'shuvah, crying out to the Lord for help, sow to Ruach Ha Kodesh
 Committing to follow His guidance once you are rescued
 Repenting of transgression & iniquity in bringing about
 the distress you are in

20 he sent his word and healed them, he delivered them from destruction.

God's response to t'shuvah – healing, mahlet – deliverance, escape

21 Let them give thanks to ADONAI for his grace, for his wonders bestowed on humanity!

22 Let them offer sacrifices of thanksgiving and proclaim his great deeds with songs of joy.

Our response to God's response to our t'shuvah - give thanks

Now see a pattern of the causes of distress -bondage due disobedience

& fatal sickness - due to iniquity & transgressions

Can infer the cause of the first passage – people in poverty, outcast

Could be inherited, poor family

Could be a time of war – destruction by enemies

Or could be their own foolishness, spending on worthless things,
 gambling, laziness

Wastes & wilderness are not necessarily a physical places

Attitudes, habits of thinking that lead to poverty

Laziness, gambling, frivolous spending, reluctance to change

Inability to do jobs well, concentrate, complete work

So, that's my understanding of the cause of the poverty distress

Next, a fourth distress people experience

reason for this one not given explicitly either

But can infer it based on pattern of reaping & sowing we've seen

23 Those who go down to the sea in ships, plying their trade on the great ocean,

24 saw the works of ADONAI, his wonders in the deep.

25 For at his word the storm-wind arose, lifting up towering waves.

26 The sailors were raised up to the sky, then plunged into the depths. At the danger, their courage failed them,

27 they reeled and staggered like drunk men, and all their skill was swallowed up.

Here's who I think this applies to - about more than sailors
 In those days being a merchant - go to other lands to purchase goods
 And bring them back to sell for a profit, risked more than money
 Risked their lives as well because of the dangers of travel
 Had to be highly motivated to pursue worldly ambitions to do this
 Could be motivated by idolatry, greed, lust for power, control

So, this section is about people who take risks
 motivated by desire to succeed for \$, fame or personal satisfaction
 They experience dangers of living a life of high risk
 Risky business ventures, high pressure jobs, dangerous travel
 They live high stress lives

When they encounter circumstances beyond their ability
 Ferocious storms of life swallow up their skill
 They reel & stagger like drunk me lose sight of their vision
 Their courage fails them - great fear, hopelessness

Doesn't mean we should never take risks

In Acts 27 Rabbi Sha'ul was caught in a storm like this one
 He lived a high risk, stressful lifestyle, but his motivation was not
 \$, fame or personal satisfaction
 His motivation was the advancing of KofG, he risked his life for it
 In that storm he never lost sight of his vision to spread Good News
 He was only one aboard the ship that didn't lose courage
 Because he sought Lord & God made Himself known to him

28 Then they cry out to the Lord in their trouble,...

Making t'shuvah, crying out to the Lord for help
 Repenting of any part they have had in bringing about
 the distress they are in

Reminded me of contrition of sailors on ship Jonah was traveling on
28... and he rescued them from their distress.

29 He silenced the storm and stilled its waves,

30 and they rejoiced as the sea grew calm. Then he brought them safely to their desired port.

God's response to t'shuvah – rescue, safety

31 Let them give thanks to ADONAI for his grace, for his wonders bestowed on humanity!

32 Let them extol him in the assembly of the people and praise him in the leaders' council.

Our response to God's response to our t'shuvah - give thanks

Four kinds of distress people experience – poverty, bondage, sickness
& fear due to high stress

Psalm gives same remedy for all 4, t'shuvah

33 He turns rivers into desert, flowing springs into thirsty ground,

34 productive land into salt flats, because the people living there are so wicked.

Summary: God has created this world so that hardship

will come upon transgressors, iniquitous, disobedient

And those who are seeking their own way

35 But he also turns desert into pools of water, dry land into flowing springs;

36 there he gives the hungry a home, and they build a city to live in;

37 there they sow fields and plant vineyards, which yield an abundant harvest.

38 He blesses them, their numbers grow, and he doesn't let their livestock decrease.

39 When their numbers fall, and they grow weak, because of oppression, disaster (affliction) and sorrow,

The same God who allows adversity to come to the 4 groups

Blesses the hungry, oppressed, afflicted & sorrowful

With water, homes, cities, fields, flocks & children

When they cry out to Him

The law of reaping what we sow works both for evil and good

40 he pours contempt on princes and leaves them to wander in trackless wastes.

Back to bringing trials into the lives of the powerful, arrogant

41 But the needy he raises up from their distress and increases their families like sheep.

Of course provided they call on Him in t'shuvah

42 When the upright see this, they rejoice; while the wicked are reduced to silence.

Here's a test for each of us to take

Does this psalm cause you to rejoice that God will bless those
who are obedient, contrite – turning in t'shuvah?

Or does it reduce you to silence

Why would it reduce someone to silence?

If reduces people to silence who don't want to be contrite
and are unwilling to make t'shuvah

Who are not willing to open themselves up to what Ruach Ha Kodesh wants to
say

About the cause of their trials

*43 Let whoever is wise observe these things and consider ADONAI's loving
deeds.*

Observe does not mean to just see these things

It means to observe in the sense of observing the law

To live according to these things

God created the universe such that we'd reap what we sow
as an act of love to turn us to Him

Prayer

Thanks for how You created this universe

That we reap what we sow both good & evil

During 10 Days help us understand the cause of the trial
we are going through

Show us any bondage we are living in

Reveal to us things we need to deal with

Disobedience, sin, not following Your Ruakh,
iniquitous thoughts & attitudes

Forgive us for these

Redeem us by the precious blood of the Lamb

From the poverty, loneliness, bondages, diseases, fears
Hopelessness we are experiencing

Deliver us from the bondages we've gotten ourselves into

Or that satan has deceived us into

*We 31...give thanks to ADONAI for his grace, for his wonders bestowed on
humanity!*

32 Let them extol him in the assembly of the people and praise him in the leaders' council.

Leviticus 23:23 ADONAI (the LORD) said to Moshe,

24 "Tell the people of Isra'el, 'In the seventh month, the first of the month is to be for you a day of complete rest for remembering, a holy convocation announced with blasts on the shofar.

25 Do not do any kind of ordinary work, and bring an offering made by fire to ADONAI (the LORD).'"

וַיֹּדֶבֶר יְהוָה, אֶל-מֹשֶׁה לֵאמֹר.

דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל, לֵאמֹר: בַּחֹדֶשׁ הַשְּׁבִיעִי בְּאַחַד לַחֹדֶשׁ, יְהִיָּה לָכֶם שַׁבָּתוֹן--זִכְרוֹן תְּרוּעָה, מִקְרָא-קֹדֶשׁ.

כָּל-מְלָאכָת עֲבֹדָה, לֹא תַעֲשׂוּ; וְהִקְרַבְתֶּם אֵשָׁה, לַיהוָה.

Psalm 34:18 The Lord is near to those who have a broken heart, And saves such as have a contrite spirit.

Psalm 107:1 Give thanks to ADONAI (the LORD); for he is good, for his grace (mercy) continues (endures) forever.

2 Let those redeemed by ADONAI say it, those he redeemed from the power of the foe.

1 Peter 1:18 You should be aware that the ransom paid to free you (the redemption price) from the worthless way of life which your fathers passed on to you did not consist of anything perishable like silver or gold;

19 on the contrary, it was the costly bloody sacrificial death of the Messiah, as of a lamb without defect or spot.

Psalm 107:3 He gathered them from the lands, from the east and from the west, from the north and from the sea.

4 They wandered in the desert, on paths through the wastes, without finding any inhabited city.

5 They were hungry and thirsty, their life was ebbing away.

6 In their trouble they cried to ADONAI,...

6...and he rescued them from their distress.

7 He led them by a direct path to a city where they could live.

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9 For he has satisfied the hungry, filled the starving with good.

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11 because they defied God's word, scorned the counsel of the Most High.

12 So he humbled their hearts by hard labor;

12...when they stumbled, no one came to their aid.

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