

חַיֵּי שָׂרָה

Chayyei Sarah

(life of Sarah)

B'reshit [Genesis] 23:1-25:18

הַבְּרִית הַחֲדָשָׁה

HaB'rit HaChadashah

(the new covenant)

Ephesians 2:1-3

What You Feed Will Be Strong

Ephesians 2:1-3

1 And you were dead in your trespasses and sins,

2 in which you formerly walked according to the course of this world, according to the prince of the power of the air, of the spirit that is now working in the sons of disobedience.

3 Among them we too all formerly lived in the lusts of our flesh, indulging the desires of the flesh and of the thoughts, and were by nature children of wrath, even as the rest.

Before we came to YHWH through Yeshua our Mashiach the above description fit each one of us. Each one of us lived our lives in such a way as to indulge the desires of the flesh. Whatever one's own flesh desired, we gave it without reservation. Living that way makes one a child of His wrath. All men fall into His wrath because living one's life in the lusts of one's flesh is enmity to YHWH our Elohim. This is the way of this present world. The order of the day is: If it feels good, do it. This is the essence of Babylon: to live according to one's base desires.

The truth that we need to understand in this, so that we can walk a more perfect and complete life before YHWH our Elohim, is that when one feeds the fleshly desires without regard to one's spiritual nature, this makes the flesh strong and the spirit weak. If this is true in a person's life, then he will not be able to be an overcomer and rule and reign with Mashiach.

1st Timothy 5:6

But she that gives herself to pleasure is dead while she lives.

A person who simply lives his life in wanton pleasure is dead in his sin. He knows not that while he gives himself all that he desires, that it is all for naught and avails nothing towards eternal life. It was into this very bondage that Sh'lomo fell as king of Israel.

Qohelet (Ecclesiastes) 2:10-11

10 And whatsoever my eyes desired I kept not from them; I withheld not my heart from any joy; for my heart rejoiced because of all my labor; and this was my portion from all my labor.

11 Then I looked on all the works that my hands had wrought, and on the labor that I had labored to do; and, behold, all was vanity and a striving after wind, and there was no profit under the sun.

Sh'lomo sought to give himself all the pleasures that his eyes beheld. He never said "no" to himself. Whatever his eyes beheld, he did and obtained.

Yochanan Aleph (1st John) 2:16

For all that is in the world, the lust of the flesh and the lust of the eyes and the vain glory of life, is not of the Father, but is of the world.

Sh'lomo discovered that walking down the path of seeking pleasure is vanity of vanities. There is no good thing that will come out of it. In fact, this path separates the one so walking from our heavenly Father. After all the seeking after pleasure that Sh'lomo did, towards the end he discovered that the only true happiness was to seek YHWH and to do His will in one's life.

Qohelet (Ecclesiastes) 12:13

The conclusion, when all has been heard, fear Elohim and keep His commandments, because this is for every man.

What happens with all those who seek after pleasure is that it does not fill the heart of man with what it promises. Only emptiness is left in the heart of one who seeks to please himself. These pleasures are referred to in Scripture as the works of the flesh.

Galatians 5:19-21

***19 Now the works of the flesh are manifest, which are: fornication, impurity, sensuality,
20 idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions,
21 envying, drunkenness, carousing, and such like; of which I forewarn you, even as I did forewarn you, that they who practice such things shall not inherit the kingdom of the Elohim.***

On the surface, these works of the flesh often try to appear legitimate and even pious at times. However, these works of the flesh are not of His Spirit and are in direct opposition to YHWH our Elohim

and to His kingdom. Those so engaged are pawns of the enemy, often without even realizing the full nature and scope of what is happening in their lives.

When Qayin (Cain) murdered his brother Avel, he tried to excuse his sin by declaring that he was not his brother's keeper. But as the rest of Scripture bears out, we are, in fact, our brother's keeper. We are to watch over one another with great diligence, care and love.

When Yoseph's brothers sold him into slavery, they too, thought to hide their sin and wrongdoing from their father by craftiness and deceit. But their works of the flesh would later be found out. But even then instead of full repentance and sorrow for their sin, they still sought to hide this truth from their father.

Even king Shaul, when he was caught in the very act of disobedience to the word and command of YHWH, sought to excuse his sin by looking and appearing pious in trying to pass off his disobedience as a sacrificial offering to YHWH. But YHWH knew what was in his heart and told the prophet, who soundly rebuked the king for his greed.

Make no mistake, many fall into the works of the flesh from time to time. But it is he who responds as David did when confronted with his sin, who fully acknowledged it and was sorry and contrite and broken of spirit and heart before YHWH, who will be restored. Likewise, we too must come into full and complete repentance of our sin and anti-Torah lives and stop walking according to the flesh and the lusts of this present world and walk in the fullness of His Spirit. This begins when we make all of our thoughts obedient to Yeshua our Mashiach.

Qorintyah Bet (2nd Corinthians) 10:5

casting down imaginations, and every high thing that is exalted against the knowledge of Elohim, and bringing every thought into captivity to the obedience of Mashiach;

Please note back up in Ephesians 2:3, that not only did we at one time indulge the flesh, but also we indulged the thoughts of the mind. It is at this very place that the battle rages most fierce. It is here that Satan knows that if he is going to continue to hold onto a captive, he must maintain control of a person's thoughts. If a person gains control over his thoughts, bringing all his thoughts into obedience to Mashiach, then he can live a righteous life before YHWH and all men at all times. It is only when thoughts are dwelt on and then pursued that are not in accordance or in obedience to Mashiach that one falls into sin. Brethren, we must maintain vigilant watch over the thoughts of our minds at all times. This is why we need to understand that the things of this world feed and strengthen the works of the flesh and those thoughts that are enmity towards a set-apart Elohim.

Take for example, advertising. All advertising is designed to appeal to the passing pleasures of the flesh. These little snippets of propaganda are insidiously designed to get a person to succumb to the base nature of man and let his lusts rule his actions. Furthermore, all things that come out of Hollywood in the form of TV shows, movies and even news programs are designed to appeal to one's fleshly nature.

There have been many studies done to show the correlation between movies and video games to murder and rape and other such crimes. What a person feeds his mind is what a person will act upon. What we feed ourselves is what will be strong in our lives. If we feed our minds upon the works of the flesh, then it will be works of the flesh that we will reap. If we desire to reap the fruit of the Spirit, then we must feed our minds and hearts His word with our obedience.

Galatians 5:22-23

***22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,
23 gentleness, self-control; against such things there is no law.***

Please note that part of the fruit of the spirit is self-control. This self-control should be and will be evident in all areas of one's life. If a person does not exhibit control in a particular area, then this is an area that has not been taken into captivity to Mashiach and this needs to be done. This is particularly evident in the area of addictions. If a person struggles with an addiction in any area in his life, then he needs to work diligently on this until it is under complete control of His Spirit.

The Babylonian way is to seek pleasure. The path of righteousness is to be in control of one's base nature and to seek to walk a higher plane of existence in which His Spirit is leading and directing one's every move, action and thought.

What do you spend most of your time seeking after?

ABBA YHWH, we surrender our will to You in favor of Your will and ask that You fill us with Your Spirit that we might walk according to Your Spirit rather than according to the works of the flesh; in the name of Yeshua our Mashiach. Amein.

Shabbat Shalom

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