

Counting of the עֶמֶר Omer, 2026

Day 18

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Psalms 119: 137 – 144

Many times while meditating on the Scriptures, certain words conjure up different images in my mind, images that are a reflection of thoughts from past readings of the Scriptures. Such is the case in the *verses* of *Psalms 119* being considered today. For two words with different levels of meaning, are liberally sprinkled throughout the revealed text from Genesis to Revelation. And when I took the time to contemplate on these words, it was easy to link them together, and that is what I have been contemplating this morning. Try digging into the depths of Yahweh's righteousness, and you might understand what I mean. However, before commenting on the selection for today, if led, please take the time to read and reflect on the following Psalm passages. Perhaps then your passion for more of Him will be ignited!

Psalm 1:1-6

*1 Blessed is the man that does **NOT** walk in the counsel of the ungodly, **NOR** stands in the way of Sinners, **NOR** sits in the seat of the scornful. 2 But his delight, **IS** in the Torah of Yahweh, in His Torah, does he meditate day and night. 3 And he shall be like a tree planted by the rivers of water, a tree that brings forth his fruit in its season; his leaf also shall **NOT** wither; and whatsoever he does shall prosper. 4 The ungodly are **NOT** so: **BUT** are like the chaff which the wind drives away. 5 Therefore the ungodly, shall **NOT** stand in the judgment, nor sinners in the congregation of the righteous. 6 For Yahweh knows the way of the righteous: **BUT** the way of the ungodly, shall perish.*

Every day now for 18 days, I have been drawing something out of these marvellous Psalms, out of these wonderful words of encouragement, specifically placed there, by our heavenly Father, for you and me. Today I would like to concentrate on the *love* that our heavenly Father has for His creation. There is so much talk about the people of Yahweh, that sometimes, the people of the rest of the world, seem to be left out. That is not the case in our heavenly Father's eyes, for His perfect love, knows no bounds, and He loves every single person, with the exact same infinite love. It seems however, that the Scriptures concentrate on Yisrael to the detriment of the people of the world, but again, that is not the case. In a section of *Psalm 67* Yahweh says, **I WILL GUIDE THE NATIONS ON THE EARTH**, and in *Ezekiel 18:23* Yahweh says, *Have I any pleasure at all that the wicked should die? Says Adonai Yahweh: and **NOT** that he should return from his ways, and live?* Our heavenly Father **LOVES** all peoples, and **IT IS HIS WISH THAT NONE WOULD PERISH**, but unfortunately for us, He has given **ALL OF US FREE CHOICE**, and some people, even though Yahweh constantly warns them, *and*, gives them directives on which Life path they should choose, which is a life path that will eventually have them turn to **HIM**, rather than willingly choosing to follow their own path to destruction. So, the next time you see someone that has or is offending you, please remember, that he or she, is also a child of Yahweh, and that Yahweh loves them in the very same manner that He loves you, and that is, with a perfect infinite love, so cut them a little slack and try to learn, not to be offended. Amein!

Psalm 119: 137 – 144

*Righteous are You, O Yahweh, and upright are Your Judgments (Torah). You have commanded Your Testimonies (Torah) in **righteousness** and exceeding faithfulness. My zeal has consumed me, because my adversaries have forgotten Your Words (Torah). Your Word (Torah) is very pure, therefore Your servant loves it. I am small and despised, yet I do not forget Your Precepts (Torah). Your **righteousness** is an everlasting **righteousness**, and Your Torah (Law) is **TRUTH**. Trouble and anguish have come upon me, yet Your Commandments (Torah) are my delight. Your Testimonies (Torah) are **righteous** forever; give me understanding that I may live.*

When I read these verses, there are two things that jump out at me. They are Yahweh's **righteousness** and the fact that the Words of His Torah of Life, His inerrant and everlasting teaching and instructions **ARE TRUTH**.

What is the definition of **RIGHTEOUSNESS** according to Torah, and what is **TRUTH**. Let's begin with the word **Righteousness**. In Hebrew, **IT IS** the word, תְּדָאָה, Tzedakah, and it is spelled with the letter Tzade, the letter Dalet, the letter Qoof, and the letter Hey. The letter Tzade has a pictographic meaning of, *a catch, a desire, a need, to sprout* and it is a picture of a *fish hook*, the letter, Dalet, means, *pathway, doorway, to enter*, and it is pictured as a *door*, the letter, Qoof, means, *behind, the last, the least* and it is the picture of the back of a *man's head*, and finally the letter, Hey, means, *to reveal*, and in Paleo Hebrew, **IT IS** pictured as a *stick man* with both of his hands raised up to heaven, as **IF** to say, behold our Elohim. So the letters of the word **righteousness**, תְּדָאָה, is telling us **TO BEHOLD THE MAN WHO IS THE DOORWAY TO RIGHTEOUSNESS**.

Now we know, that Yahweh **IS** that doorway, and in *John 1:1* we are told, *In the beginning was the Word, and the Word was with Elohim, and the Word was Elohim; so **IT IS SAFE TO SAY** that Messiah **IS** the Living Word of the Father and that He is **ONE** with the Father.*

Now let us look at a few other verses that clarify what **righteousness** is. *Devariym 4:5-8 Behold, I Mosheh have taught you Statutes and Judgments, even as Yahweh my Elohim commanded me, that you should do so in the land whither you go to possess it. 6 **KEEP therefore and DO them; FOR this is your WISDOM and your understanding** in the sight of the nations, which shall hear all these Statutes, and say, Surely **this great nation is a WISE and understanding people**. 7 For what nation is there so great, who has Elohim so nigh unto them, as Yahweh our Elohim is in all things that we call upon Him for? 8 And what nation is there so great, **that has Statutes and Judgments so RIGHTEOUS as all this Torah (Law), which I set before you this day?***

*Devariym 6:25 And it shall be our **RIGHTEOUSNESS, IF we observe to do all these Commandments** before Yahweh our Elohim, as He has Commanded us.*

*Bereshiyt (Genesis) 15:3 And Abram said, Behold, to me You have given no seed: and, lo, one born in my house is my heir. 4 And, behold, the Word of Yahweh came unto him, saying, This shall **NOT** be your heir; **BUT** he, that shall come forth out of your own bowels, shall be your heir. 5 And he brought him forth abroad, and said, Look now toward heaven, and tell the stars, if you are able to number them: and He said unto him, So shall your seed be. 6 **And Abraham believed in Yahweh; and He counted it to him for RIGHTEOUSNESS.***

There are many, many *verses* in Scripture that speak of **RIGHTEOUSNESS**, and all of them tell us the very same thing, and that is, that the Words of the Torah of Yahweh, **ARE RIGHTEOUSNESS**, and therefore, the Torah of our heavenly Father, should be kept with a loving surrendered, repentant, contrite and obedient hearts, by all people that hunger for **RIGHTEOUSNESS** in their lives. In *Genesis 15 verse 6*, we are told that Abraham Believed Yahweh, and **IT WAS COUNTED ONTO HIM AS RIGHTEOUSNESS**.

Understood in the word **believe**, is that Abraham **KEPT ALL** of the Commandments that Yahweh had given him, (*Genesis 26:5*) and because of his loving surrendered obedience to the Father's Torah of Life, it was counted unto Abraham as **RIGHTEOUSNESS**, therefore, we have to conclude that **IT IS BECAUSE** Abraham kept the Words of Yahweh's Torah of Life, Yahweh's Commandments, His inerrant and everlasting teaching and instructions, with a surrendered heart, that Yahweh counted it to him, as Righteousness. *Bereshiyt (Genesis) 26:5 Because that Abraham Obeyed My Voice, and KEPT My Charge, My Commandments, My Statutes, and My Torah (Laws)*.

There is only one way to be **RIGHTEOUS** before Yahweh, according to Scripture, and that **IS** we need to learn to Shema His Word. The Hebrew word shemah, means, *to hear, listen, pay very close attention to, understand, believe, follow and obey* the Word of Yahweh, and Yahweh will see your surrendered believing heart, and count it onto you, as **RIGHTEOUSNESS**.

The next word, is the word **TRUTH**, and that is the Hebrew word Emet, אמת, and it is spelled with an Aleph, a Mem and a Tav. The letter Aleph always represents Yahweh and means strength, leader, first, and it is portrayed as a picture of an Ox or a Bull, the letter Mem, means liquid, flowing, massive, chaos, and it is sometimes compared to a womb, and it is a picture of flowing and or rippling water, and the letter Tav, means, to seal, covenant, and it also means sign. In Paleo Hebrew the letter Tav א, is a picture of an X or a cross slightly tilted to one side.

To give you a good understanding of this word, I have to give you another Hebrew word, the word **dead**. It is the Hebrew word, מת, Met, which also has a Mem and a Tav. Based on the meaning of the letters of the word Met, it means, covenant or sign of Chaos. However **IF** we put the letter Aleph before the two letters that spell the word death, then we have a new meaning, for when these three letters are put together, they mean, the strong leader who will take away death, and **GIVE YOU LIFE**, which is exactly what Messiah did, He conquered death for us. That, my friends, is the Hebrew meaning of the word for **TRUTH**. Furthermore, if we look at this word Emet, אמת from another angle, we can see that the letter Mem is between the Aleph and the Tav letters, which are the first and last letters of the Hebrew alphabet and together these two letters, represent Messiah, the Aleph and the Tav, the Alpha and the Omega, and since the letter Mem, means flowing, this word **TRUTH** tells us that **TRUTH** is what flows from the Aleph Tav, אמת, our Messiah, and when we surrender to that **TRUTH**, the Scriptures tell us that His **TRUTH WILL SET US FREE**.

The full definition of the word Emet that I have come up with, is:

אמת, means, stability, sureness, faithfulness, certainty, **TRUTH**, he verified, confirmed, authenticated, and this word Emet, אמת, is spelled with the letter Aleph, א, the letter, Mem, מ, and the letter Tav, ת. Pictographically, the letter Aleph represents an Ox, leader, it means, first, preeminence, the beginning, the ultimate authority and therefore, it represents our heavenly

Father. The letter Mem, represents a few things, it represents, *water*, and it also represents a woman's womb, a place of safety, a place of growth, a place of incubation for a child, an idea, or a thought, it is representative of a place where a baby, or an idea or a thought is immersed in an amniotic protective life sustaining fluid, and since this protective fluid, is mostly water, it is also a shadow picture of the Father's Holy Spirit who births or brings into being **ALL** of the Father's thoughts. And finally we have the letter Tav which represents a *sign*, a covenant, and it also represents the manifestation of the thoughts and ideas of our heavenly Father, and in Paleo Hebrew the letters Tav looks like an ✕ or a Cross †, slightly tilted to one side, and therefore, it also represents, our Messiah, who was crucified and died on a cross for our Sins, our transgressions of the Words of our heavenly Father's Torah of Life. Furthermore, we can see that the first and last letters of this word, Emet, אֱמֶת are the letters Aleph and Tav, אָת, which are the first and last letters of the Hebrew Alphabet, and together **they represent Messiah**, the First and the Last, the Beginning and the end, the Alpha and the Omega. And, as I mentioned above, the letter Mem, which is in between these two other letters, the Aleph and the Tav, is often a shadow picture of a womb, therefore this Hebrew word Emet, אֱמֶת, that has been translated as the word **TRUE** or **TRUTH** in English, means that it is the Words of the Living Torah, our Messiah, being birthed within our hearts, and it **IS** the **ONE** and **ONLY TRUTH** that men and women **ARE** to rely on, **IF** they want to spend eternity in the kingdom of Elohim as the Bride of Messiah, *Psalm 119:160 Your Word IS TRUE from the beginning: and every one of Your righteous judgments endures for ever, Psalm 119:142 Your righteousness is an everlasting righteousness, and Your Torah IS the TRUTH*)

Now let us look at what the Scriptures tell us what **TRUTH** is? I have reproduced a few *verses* below, which contain the Word **TRUTH**, so that we can see how the Scriptures define this word, **TRUTH**. Read these *verses* carefully, and I am convinced that you will see what I see, when I read these *verses*, and that is, that the Word **TRUTH, IS** synonymous with the Word Torah, our heavenly Father's inerrant and everlasting teaching and instructions.

Joshua 24:14 Now therefore fear Yahweh, and serve him in sincerity and in TRUTH (Torah): and put away the gods which your fathers served on the other side of the flood, and in Egypt; and serve You Yahweh.

1Samuel 12:24 Only fear Yahweh, and serve Him in TRUTH (Torah) with all your heart: for consider how great things He has done for you.

1Kings 2:4 That Yahweh may continue His Word which He spoke concerning me, David, saying, If your children take heed to their way, to walk before me in TRUTH (Torah) with all their heart and with all their soul, there shall not fail thee (said He) a man on the throne of Yisrael.

1Kings 3:6 And Solomon said, You have showed unto Your servant David my father great mercy, according as he walked before You in TRUTH (Torah), and in Righteousness, and in uprightness of heart with You; and You have kept for him this great kindness, that You have given him a son to sit on his throne, as it is this day.

Psalm 15:2 He that walks uprightly, and works righteousness, and speaks the TRUTH (the words of the Torah) in his heart.

*Psalm 19:7 The Torah (Law) of Yahweh is **perfect**, converting the soul: the testimony of Yahweh is **sure**, making wise the simple. 8 The Statutes of Yahweh are **right**, rejoicing the heart: the Commandment of Yahweh is **pure**, enlightening the eyes. 9 The fear of Yahweh is **clean**, enduring for ever: the judgments of Yahweh are **TRUE** and **righteous** altogether. 10 More to be desired are they than gold, yea, than much fine gold: sweeter also than honey and the honeycomb.*

*Psalm 25:5 Lead me in Your **TRUTH** (Torah), and teach me: for You are the Elohim of my salvation; on You do I wait all the day.*

*Psalm 25:10 All the paths of Yahweh, are mercy and **TRUTH** (Torah) unto such as keep His Covenant and His Testimonies (Torah).*

*Psalm 26:3 For Your lovingkindness is before my eyes: and I have walked in Your **TRUTH** (Torah).*

*Psalm 43:3 O send out Your light and Your **TRUTH** (Torah): let them lead me; let them bring me unto Your holy hill, and to Your tabernacles.*

*Psalm 51:6 Behold, You desire **TRUTH** (Torah) in the inward parts: and in the hidden part You shall make me to know wisdom (Torah). The **TRUTH** that He desires is adherence to His Torah that He has written on our hearts*

*Psalm 85:11 **TRUTH** (Torah) shall spring out of the earth; and righteousness shall look down from heaven. This is speaking of our Messiah who was in the belly of the earth for three days and now is at the Right Hand of the Father looking down from heaven, and Messiah **IS** the Living Torah, made flesh.*

*Psalm 86:11 Teach me Your way (Torah), O Yahweh; I will walk in Your **TRUTH** (Torah): unite my heart to fear Your name.*

*Psalm 117:2 For His merciful kindness is great toward us: and the **TRUTH** (Torah) of Yahweh Endures for ever. Praise you Yahweh.*

*Psalm 119:142 Your righteousness is an everlasting righteousness, and Your Torah (Law) is the **TRUTH**.*

*Psalm 119:151 You are near, O Yahweh; and all Your Commandments are **TRUTH**.*

*Psalm 146:6 Which made heaven, and earth, the sea, and all that therein is: who keeps **TRUTH** for ever:*

*Proverbs 16:6 By mercy and **TRUTH** (Torah) iniquity is purged: and by the fear of Yahweh men depart from evil.*

*Proverbs 22:21 That I might make you know the certainty of the Words of **TRUTH** (Torah); that you might answer the Words of **TRUTH** (Torah) to them that send unto you?*

*Isaiah 5:24 Therefore as the fire devours the stubble, and the flame consumes the chaff, so their root shall be as **rottenness**, and their blossom shall go up as dust: **BECAUSE** they have cast away the Torah (the **TRUTH**) of Yahweh of hosts, and despised the Word of the Holy One of Israel.*

*Isaiah 25:1 O Yahweh, You are my Elohim I will exalt You, I will praise Your Name; for You have done wonderful things; Your counsels of old (Torah) are faithfulness and **TRUTH** (Torah).*

*Isaiah 26:2 Open you the gates, that the righteous nation which keeps the **TRUTH** (Torah) may enter in.*

*Isaiah 59:4 None calls for justice, nor any plead for **TRUTH** (Torah): they trust in vanity, and speak lies; they conceive mischief, and bring forth iniquity (Torahlessness).*

*Isaiah 59:14 And judgment is turned away backward, and justice stands afar off: for **TRUTH** (Torah) is fallen in the street, and equity (Torah) cannot enter.*

*Daniel 10:21 But I will show you that which is noted in the Scripture of **TRUTH** (Torah): and there is none that holds with me in these things, but Michael your prince.*

*Malachi 2:6 The Torah (Law) of **TRUTH** was in his mouth, and iniquity, lawlessness, Torahlessness, was not found in his lips: he walked with Me in peace and equity, and did turn many away from iniquity (Torahlessness).*

*John 1:14 And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father), full of grace and **TRUTH** (Torah).*

*John 1:17 For the Torah (Law) was given by Mosheh, grace and **TRUTH** came by Yeshua Messiah, the Living Torah.*

*John 3:21 But he that does **TRUTH** (Torah) comes to the light, that his deeds may be made manifest, that they are wrought in Elohim. The Torah is the Work of Yahweh wrought in Yahweh*

*John 4:24 Elohim is a Spirit: and they that worship Him must worship Him in spirit and in **TRUTH** (Torah).*

*John 8:32 And you shall know the **TRUTH** (Torah), and the **TRUTH** (Torah) shall make you free.*

*John 17:17 Sanctify them through Your **TRUTH** (Torah): Your Word (Torah) is **TRUTH**.*

*John 18:37 Pilate therefore said unto him, are You a king then? Yeshua answered, you say that I am a king. To this end was I born, and for this cause, came I into the world, that I should bear witness unto the **TRUTH** (Torah). Every one that is of the **TRUTH** (Torah) hears My voice. What Messiah says here **IS** very important and very profound, **BECAUSE** it means that **ALL** people that have chosen to cast off the Torah of Yahweh **WILL NOT HEAR HIS VOICE**.*

In *John 18:37* Yeshua says that *He, the life that He lead, bears witness unto the **TRUTH***. That means that He walked in total loving surrendered obedience to the all the Words of the Father's Torah of Life, which means, He **NEVER** transgressed any of the Father's Commandments, and then He says, everyone that **IS OF THE TRUTH** or everyone that keeps the Torah, will hear, will Shema His Voice. The word Shema, means to *hear, listen, pay very close attention to, understand, believe, follow obey and do*.

As I said above, this is not an exhaustive study of the word **TRUTH** but it is quite evident that the Word **TRUTH, IS** synonymous to the Word Torah, which means, that they are echad, they are One and the same, and therefore that means that there **IS** only One Torah, since there can only be **ONE TRUTH**, and that everlasting Truth, **IS**, our heavenly Father's inerrant and everlasting teaching and instructions, His directives for everlasting life, the Words of His Torah, which are eternal.

As we read these *verses* in our attempts to be obedient to Yahweh's Commandments of counting the Omer, let us remember, that there is but One **TRUTH** and that **TRUTH IS** the Words of our heavenly Father's wonderful Torah, His inerrant and everlasting teaching and instructions, which is filled with His Grace, Mercy and Compassion, and when obeyed with a surrendered loving heart, it benefits all who willing choose to obey it. Amein

Your meditation project for today is to spend more time in the beautiful words of *Psalm 119:137-144* and try and understand what Yahweh is communicating to you through these beautiful words.

137 Righteous are You, O Yahweh, and upright are Your Judgments.

The word **righteous** is the Hebrew word *Tzadik* which means *a righteous person* doing acts of **righteousness** and the word **upright** is the Hebrew word *Yashar* which means *right, upright, straight, pleasing, honesty, justice, he directed, he guided*.

In Scripture, we are told that Yahweh's Torah, the Words of His inerrant and everlasting teaching and instructions **ARE RIGHTEOUS**. *Devaeiym 6:25 And it shall be our righteousness, IF we observe to do all these Commandments before Yahweh our Elohim, as He has Commanded us.*

Therefore, I believe that the Psalmist is saying that since Yahweh **IS RIGHTEOUS AND UPRIGHT**, it means that everything that emanates from Him **IS ALSO RIGHTEOUS and UPRIGHT**, especially the Words of His inerrant and everlasting teaching and instructions, His Judgements, His Ways, His Precepts, His Testimonies, His Statutes, His Commandments, and His entire Torah **IS ALTOGETHER RIGHTEOUS ALSO**, which means that it should therefore be obeyed and followed without variance.

138 Your Testimonies that You have Commanded are righteous and very faithful.

As you know, Yahweh's Torah, the Words of His inerrant and everlasting teaching and instructions are made up of *His Testimonies, Judgements, Precepts, Statutes, Commandments, His Ways and His Word*, and *1Kings 2:3*, confirms that. Here the Psalmist tells us that Yahweh's inerrant and everlasting teaching and instructions **ARE FAITHFUL**. The word **faithful** is the Hebrew word *emunah*, אֱמוּנָה, which means *faithful, faithfulness, belief, steady, truth, truly*, therefore the Psalmist is saying that the Word of Yahweh **IS TRUE**, and, therefore, it **CAN**, and **SHOULD** be relied upon, for **IT IS** worthy to be believed and that we should **ALL** learn to say **AMEN**, whenever we are instructed by the Word of Yahweh. The word Amen, is derived from the word *emunah*, and it means, so be it, I agree **wholeheartedly, and I will obey**.

139 My zeal has consumed me, because my enemies have forgotten Your Words.

The word zeal used here is the Hebrew word *Qinah*, קִנְיָה, and it means *zeal, envy, fury, jealousy*, it

is from the word Qanah, קָנָה, which means, *jealous*, and the same letters that spell the word qanah, קָנָה, also spell the word Qanoh, קָנָה, which means *avenging*. Here the Psalmist is telling Yahweh and us, that he **IS zealous** for the Word, the Torah of Yahweh and that his zealousness for Yahweh's Torah makes him furious, when he sees **WHAT** the people of Yisrael and of the world, have done to the Words of Yahweh's inerrant and everlasting teaching and instructions, His Torah of Life, and therefore, he wants to avenge Yahweh and His Word, **BECAUSE** the people have abused, discarded and or thrown out the Word of Yahweh, that is filled with Yahweh's love, mercy, compassion and understanding, the Word of Yahweh that is filled with His heart felt benefits, and wherein He has laid open His heart to all people of the world.

140 Your Word is very Pure: therefore Your servant loves it.

The word, *Word* used here is the Hebrew word Imratka, אִמְרַתְךָ, which means, *your words, announcement, saying, promise*, and the word *Pure* is the Hebrew word Tzeruphah, צְרֻפָּה, which means *pure, refined, smelted, tried, tested*. I believe that the Psalmist is telling us that the Word of Yahweh has been tried and tested for millennium and found to be **TRUE** and **PURE** having no blemishes or errors whatsoever, and therefore, the Psalmist says, that as the servant of Yahweh, he **LOVES** the Word of Yahweh, and what it does, has done, and will continue do for all of mankind for eternity, when it is obeyed.

141 I am small and despised: yet I do NOT forget Your precepts.

In the grand scheme of things, we are **ALL** insignificant, except to Yahweh Himself, who knows every hair on our heads, because He loves each and every individual ever created with a perfect and infinite love. The Psalmist recognizes the fact, that in the grand scheme of things, he is nothing, and that his life is meaningless, unless he can learn to love and keep the Word of Yahweh as Yahweh intended for it to be kept, and he says to Yahweh, from the deepest recesses of his heart, I will **NOT FORGET** Yahweh's Precepts. That means that the Psalmist loves the Word of Yahweh and that he will guard it with his life, because he realizes that the Word of Yahweh is *More to be desired than gold, yea, than much fine gold: sweeter also than honey and the honeycomb. 11 Moreover by Your Word IS Your servant warned: and in keeping Your Word THERE IS GREAT REWARD. Psalm 19:10-11*

142 Your righteousness is an everlasting righteousness, and Your Torah (Law) is the TRUTH.

This verse should be enough to convince **ALL** believers that the Word of Yahweh, His Torah of Life, **IS** inerrant and everlasting, and that **IT IS** the absolute **TRUTH**, because our inerrant and everlasting Yahweh says so, and we know that Yahweh **IS** omniscient, which means, He **IS ALL KNOWING**; **BUT** unfortunately, man has a way of rationalizing everything away, and therefore many of them are convinced that Yahweh, has somehow changed, therefore, **according to man**, since they believe that Yahweh has indeed changed, then, it stands to reason, as far as they are concerned, that His Word has changed also. However, here, the Psalmist said that Yahweh's **RIGHTEOUSNESS IS AN EVERLASTING RIGHTEOUSNESS** and we have come to understand that Scripture tells us that Yahweh's **RIGHTEOUSNESS IS** the Words of His inerrant and everlasting teaching and instructions, the Words of His Torah of Life, *Devariym 6:25 And it shall be our RIGHTEOUSNESS, IF we observe to do all these commandments before Yahweh our Elohim, as*

He has Commanded us. Furthermore Yahweh tells us what He thinks of **change** in *Proverbs 24:21-22 My son, fear you Yahweh and the king: and DO NOT meddle with them that are given to change: 22 For their calamity shall rise suddenly; and who knows the ruin of them both?*

143 Trouble and anguish have taken hold on me: yet Your Commandments are my delights.

What the Psalmist is expressing here, in this *verse*, is something that we have all experienced at one time or another in our lives. The anguish that the Psalmist is feeling, is because of what is happening in the world; the wars, the evil, the turning away from Yahweh's Word. Today we see that evil seems to be taking over the world, and there is an enormous amount of greed shown by the corporations of the world. There are groups such as Isis, Hamas, Hezbollah, that are killing Christians and Jews around the world. What's even worse, **IS** that some people in Europe and North America are **SIDING** with these terrorists, and for people like you and I and the Psalmist, there seems to be precious little that we can do about it by our own strength.

However the Psalmist calms himself, and relieves his fears by relying on the inerrant and everlasting teaching and instructions of Yahweh, His Commandments, His Directives that bring life. Therefore, **IF** we can learn to also rely on Yahweh's Word, **IT WILL** relieve any and all of our anxiety, and then, Yahweh's Word can, and will do what it does best, as Paul said in *Philippians 4:6 Be anxious for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto Yahweh. 7 And THE PEACE of Yahweh, which passes all understanding, shall KEEP your hearts and minds through Messiah Yeshua, the Living Torah made flesh.*

144 The righteousness of Your testimonies is everlasting: give me understanding, and I shall live.

Here the Psalmist again mentions that Yahweh's Testimonies, which means, His whole Torah, **IS RIGHTEOUSNESS** personified, and that that **RIGHTEOUSNESS IS EVERLASTING**. The Psalmist loves it so much that he pleads with Yahweh to give him understanding so that he can keep the Words of Yahweh's inerrant and everlasting teaching and instructions, His Torah of life and live. The word understand is the Hebrew word, Habineini, הִבִּינֵנִי, which means *make me understand*, and it is from the Hebrew word, Biyn, בֵּין, which means *understanding, between, among, in the midst of, whether*. The Psalmist is quite aware that **IT IS** Yahweh's love, His Word made flesh, that keeps all humanity alive, and he is very thankful because of it. He wants to get as close as he possibly can, to Yahweh, he wants to be in the midst of whatever **IT IS** that Yahweh is doing, and therefore, he asks Yahweh to increase his understanding, a prayer that I believe we should all repeat on a daily basis. Amen.

Studying and keeping Torah together as a community.

Have a great Elohim blessed week and may Yahweh bless your every thought, and your every deed. Until we meet again, שְׁלוֹם עֲלֵיכֶם, Shalom Aleykem. Amen!