Ladies Shabbat Class for May 16th, 2020

Eternally Desired Series

**Review: How does Worry keep me from Worship?** Synonyms for worry: having a doubtful mind, a state of stressful uncertainty, to strangle, disquieting thoughts.Instead of Worshipping my King do I allow worry & anxiousness to overtake my emotions, **my heart** and then my thinking, **my mind** so that the worry itself becomes my idol, **my false god?**

**A prayer to help us*:******Psalm 139:23 Search me, O God, and know my heart; Try me and know my anxious thoughts; 24 And see if there be any hurtful way in me, And lead me in the everlasting way.***

**Remember God’s instructions to us: *Phil. 4: 6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Messiah Yeshua.***

 **Learning from the life of Martha & from the life of Miriam**:

***Luke 10:*** ***38 Now as they were traveling along, He entered a certain village; and a woman named Martha welcomed Him into her home. 39 And she had a sister called Miriam who moreover was listening to the Lord's word, seated at His feet 40 But Martha was distracted with all her preparations; and she came up to Him, and said, "Lord, do You not care that my sister has left me to do all the serving alone? Then tell her to help me." 41 But the Lord answered and said to her, "Martha, Martha, you are worried and bothered about so many things; 42 but only a few things are necessary, really only one, for Miriam has chosen the good (agathos) part, which shall not be taken away from her."***

**The 3 times we meet Miriam and Yeshua together, Miriam is always at His feet.**

At the funeral of Lazarus In John 11:20 she got up from sitting *shivah* (7 days of mourning) for her brother & ran to Yeshua, falling at His feet.

 ***John 11:32 Therefore, when Miriam came where Yeshua was, she saw Him, and fell at His feet, saying to Him, "Lord, if You had been here, my brother would not have died." (see John 11:21- Martha says exactly the same thing)***

**In John 12 Miriam anointed Yeshua’s feet:** *John 12:1 Yeshua, therefore, six days before the Passover, came to Bethany where Lazarus was, whom Yeshua had raised from the dead. 2 So they made Him a supper there, and Martha was serving; but Lazarus was one of those reclining at the table with Him. 3 Miriam therefore took a pound of very costly perfume of pure nard, and anointed the feet of Yeshua, and wiped His feet with her hair; and the house was filled with the fragrance of the perfume.*

 **How can we Worship instead of succumbing to Worry? Suggestion! Give your Great God & Great King a Celebratory Praise Parade each day! You can utilize Psalm 95 as your model.**

***Verse*** **1a O Come, let us sing for joy to the LORD;**

1. **Come** is from ***Halak*** and means to walk- Gen. 17:1, Psalm 86:11, Psalm 1:1, **(Halacha)**
2. Sing for joy is **ranan** and means cries of joy, shout joyfully-Psalm 100:2
3. To the **LORD**- our Covenant God- **HaShem- יַהְוֶה YHVH**

***Verse*** **1b Let us shout joyfully to the rock of our salvation.**

1. Shout joyfully- **Ruah**- give a blast- **Teruah**- raise a shout- battle cry- Psalm 100:1 & 81:1
2. To the Rock of our Salvation- **Tsur and Yeshav-** Psalm 89:26

 ***Verse*** **2a**  **Let us come before His presence with thanksgiving;**

1. Let us come- **kadam-** move forward- **Kadima-** Micah 6:6
2. Before His Presence- **Panim**- His Face-Numbers 6:25-26
3. Thanksgiving- **Todah-** Psalm 100:4

***Verse*** **2b Let us shout joyfully to Him with psalms**.

1. Shout joyfully- **Ruah**- give a blast- **Teruah-** raise a shout- battle cry- Psalm 81:1
2. Psalms- **zamir-** thanksgiving songs- sung or instrumental- Ephesians 5:19, Psalm 81:2

***Verse 3 For the LORD is a great God, And a great King above all gods, Exodus 15:11***

1. Great God- **El Gadol Adonai -** Psalm 48:1
2. Great King- **Melech Gadol** -Psalm 47:2

***Verses 4 In whose hand are the depths of the earth; The peaks of the mountains are His also. 5 The sea is His, for it was He who made it; And His hands formed the dry land. (Isaiah 43:1-3 Exodus 15:18, Psalm 146:6)***

Just like all of creation is in His hands, our Creator God, the LORD our Maker has all of your life in His Hands. Considering these truths, we can be assured of His promises.

 ***Romans 8:28 And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.***

*For next week: Psalm 5: 6 Come, let us worship and bow down; Let us kneel before the LORD our Maker. 7 For He is our God, and we are the people of His pasture, and the sheep of His hand. Today, if you would hear His voice*…

Please feel free to send your prayer needs, comments or questions to me

and thank you for your feedback! Miriam.Nadler@hopeofisrael.info

No need to be concerned about what to wear since it’s already provided: Isaiah 61:10 I will rejoice greatly in the LORD, My soul will exult in my God; For He has clothed me with garments of salvation, He has wrapped me with a robe of righteousness, As a bridegroom decks himself with a garland, And as a bride adorns herself with her jewels

Psalm 95:6 Hebrew Word Study

1. Worship—come in total submission before the Lord yielding your heart to Him.

 Psalm 95:6 Come, let us worship and bow down; Let us kneel before the LORD our Maker. Worship— Let us worship- nish-tach-a-vey

 Psalm 99:5 Exalt the LORD our God, And worship at His footstool; Holy is He.

 2 Chronicles 7:3 And all the sons of Israel, seeing the fire come down and the glory of the LORD upon the house, bowed down on the pavement with their faces to the ground, and they worshiped and gave praise to the LORD, saying, "Truly He is good, truly His lovingkindness is everlasting."

2. Bow down—acknowledge His majesty, recognize Him first in your heart then confess, declare, affirm, announce publicly that He is God.

 Psalm 95:6 Come, let us worship and bow down; Let us kneel before the LORD our Maker.

to bow down ka-ra And b ow down, v’ neech-ra-ah h['r"\_k.nIw>

 Isaiah 45:23 "I have sworn by Myself, The word has gone forth from My mouth in righteousness And will not turn back, That to Me every knee will bow, every tongue will swear allegiance.

 Philippians 2:9-11 Therefore also God highly exalted Him, and bestowed on Him the name which is above every name, 10 that at the name of Yeshua every knee should bow, of those who are in heaven, and on earth, and under the earth, 11 and that every tongue should confess that Yeshua HaMashiach is Lord, to the glory of God the Father.

3. Kneel before the Lord our God our Maker— bless and thank the Lord recognizing that intimacy in His presence is found through blessing Him.

 Psalm 95:6 Come, let us worship and bow down; Let us kneel before the LORD our Maker.

 Kneel ba-rach Let us kneel, neev-r-cha

 Psalm 103:1-2 A Psalm of David. Bless the LORD, O my soul; And all that is within me, bless His holy name. 2 Bless the LORD, O my soul, And forget none of His benefits