



# SHABBÂTH HOME STUDY GUIDE



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# INTRODUCTION

Shalom aleichem, which in our original Hebrew tongue means “peace be upon you.” This **Shabbâth Home Study Guide** is designed to assist you in keeping and observing the Sabbath Day in the comfort of your home.

Sabbath in Hebrew is שַׁבָּת (spelled from right to left, Shin, Beth, Thav), Shabbâth, and is pronounced shab-bawth. It is important to understand that the Shabbâth is the Seventh Day—the SABBATH of יְהוָה (**Yahweh**). The Holy Bible proves in Genesis 2:2-3 that יְהוָה (**Yahweh**) blessed the Seventh Day and He rested from all His work which He had made.

Let us review some historical facts in reference to the Shabbâth according to the Bible. Stated in Genesis 2:15, יְהוָה (**Yahweh**) commanded Adam to DRESS the garden of Eden. **DRESS** in Hebrew is **abad** (*aw-bad*), and one of its meanings is “worshiper,” which is equivalent to “celebrant.” **Celebrant** describes “a person who celebrates.” **Celebrate** means “to observe a day or commemorate an event with ceremonies.” **Observe** means “to obey, comply with, and conform to as law.” **Commemorate** means “to honor the memory of some observance.” Thus, יְהוָה (**Yahweh**) commanded Adam, his descendants, and all families of the Earth to obey, comply with, and conform to as law the SEVENTH DAY the SABBATH of יְהוָה (**Yahweh**)—to honor the memory of יְהוָה (**Yahweh**) for ALL His work which He, יְהוָה (**Yahweh**), created and made.

During this observance or celebration of the Sabbath, all the families of the Earth must be at REST, which means ALL work or activity must come to an end (Exodus 20:10-11). We are to make preparations for all of our personal needs on the Sixth Day, the day “before” the Sabbath of יְהוָה (**Yahweh**) (Mark 15:42). On the Sixth Day, we are to **bake** and **seethe** “twice” as much of that which we will eat; and that which remaineth over, we are to lay up for ourselves to be kept until the morning—the SEVENTH DAY (Exodus 16:22-23).

**Bake** by definition means “to cook by dry heat in an oven, under coals, or on heated metals or stones.” **Seethe** is defined as “to cook by boiling or simmering.” Therefore, on the Sixth Day, we prepare “twice” as much of any foods which require cooking by dry heat or by boiling or simmering for the Seventh Day. In addition, any thing that needs to be gathered and prepared for our personal needs, such as clothing, must also be done on the Sixth Day or in advance of the Seventh Day.

Even more, although stores, merchants, peddlers, restaurants, and the like, are open for business to sell their goods, services, or skills on the Seventh Day—the Sabbath of יהוה (**Yahweh**), we are commanded by יהוה (**Yahweh**) Himself **NOT** to buy any of their merchandise, food, skills, or services on His holy day (Nehemiah 10:31).

We must always be mindful that יהוה (**Yahweh**) worked six days—making Heaven and Earth and on the Seventh Day He rested and was refreshed (Exodus 31:17). Therefore, in like manner, we, too, are commanded to work six days, and on the Seventh Day we are to REST and be REFRESHED. To REST and be REFRESHED mean that we are commanded to relieve or free our minds from all troubles or worries, to enliven our minds and spirits with the knowledge of יהוה (**Yahweh**), which will restore our physical life, awaken our spiritual consciousness, and renew our minds with the laws of יהוה (**Yahweh**) (Colossians 3:10).

On this Seventh Day, the Sabbath of יהוה (**Yahweh**), we are to “dedicate” and “devote” this “ENTIRE” day “EXCLUSIVELY” to reflecting upon and honoring the “memory” of יהוה (**Yahweh**) for “ALL” His work—His creation—which He, יהוה (**Yahweh**), created and made.

For information on how the SEVENTH DAY is determined, according to SOLAR TIME, order the book entitled “**Solar Time of יהוה.**”

To KEEP the Seventh Day holy in the quietness of your home, follow the cycle on the next page.

LUNAR YEAR	SOLAR YEAR	SHABBÂTH OBSERVED
2019	6022	Sundown Friday thru Sundown Saturday
2020	6023	Sundown Friday thru Sundown Saturday
2021	6024	Sundown Friday thru Sundown Saturday
2022	6025	Sundown Friday thru Sundown Saturday

All families of the Earth have been commanded to observe the Seventh Day as the Sabbath of יהוה (**Yahweh**). יהוה (**Yahweh**) did not name the days of the week as we know them today. As a matter of fact, none of the days of the week—Sunday through Saturday—appear anywhere in the Holy Bible, yet millions of people are recognizing “named” days as the Sabbath Day instead of the **numbered** day as stated in the Bible. In order to observe and keep the Seventh Day holy as commanded by יהוה (**Yahweh**), we must know how to identify WHAT constitutes the Seventh Day.

Order the book entitled  
**“Solar Time of יהוה”**  
 from:

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# “REMEMBER THE SABBATH DAY, TO KEEP IT HOLY” Exodus 20:8

יהוה (**Yahweh**) commanded Israel to keep the Sabbath Day holy. Keeping the Sabbath Day is a very serious matter. There are some very serious consequences and penalties that you and your children shall suffer for disobeying the commandment of יהוה (**Yahweh**) to keep the Sabbath Day. Therefore . . .

*“Speak thou also unto the children of Israel, saying, Verily My Sabbaths ye shall keep: for it is a sign between Me and you **throughout your generations**; that ye may know that I am יהוה (**Yahweh**) that doth sanctify you”* (Exodus 31:13).

*“Ye shall keep the Sabbath therefore; for it is holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among his people”* (Exodus 31:14).

*“Wherefore the children of Israel shall keep the Sabbath, to observe the Sabbath **throughout their generations**, for a **perpetual covenant**”* (Exodus 31:16).

*“It is a sign between Me and the children of Israel **for ever**: for in six days יהוה (**Yahweh**) made Heaven and Earth, and on the seventh day He rested, and was refreshed”* (Exodus 31:17).

*“Ye shall keep My Sabbaths, and reverence My sanctuary: I am יהוה (Yahweh)”* (Leviticus 19:30).

*“Speak unto the children of Israel, and say unto them, When ye come into the land which I give you, then shall the land keep a Sabbath unto יהוה (Yahweh)”* (Leviticus 25:2).

*“But if ye will not hearken unto Me, and will not do all these commandments; And if ye shall despise My statutes, or if your soul abhor My judgments, so that ye will not do all My commandments, but that ye break My covenant: I also will do this unto you; I will even appoint over you terror, consumption, and the burning ague, that shall consume the eyes, and cause sorrow of heart: and ye shall sow your seed in vain, for your enemies shall eat it”* (Leviticus 26:14-16).

Clearly, the penalties of disobedience are terrible. This is why keeping the Sabbath is so very important.

*“Blessed is the man that doeth this, and the son of man that layeth hold on it; that keepeth the Sabbath from polluting it, and keepeth his hand from doing any evil”* (Isaiah 56:2).

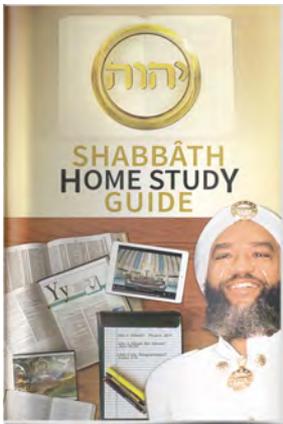
*“If thou turn away thy foot from the Sabbath, from doing thy pleasure on My holy day; and call the Sabbath a delight, the holy of יהוה (Yahweh), honorable; and shalt honor Him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: Then shalt thou delight thyself in יהוה (Yahweh); and I will cause thee to ride upon the high places of*

*the Earth, and feed thee with the heritage of Jacob thy father: for the mouth of יהוה (Yahweh) hath spoken it” (Isaiah 58:13-14).*

*“I am the Lord your God, יהוה (Yahweh); walk in My statutes, and keep My judgments, and do them; And hallow My Sabbaths; and they shall be a sign between Me and you, that ye may know that I AM THE LORD YOUR GOD, יהוה (Yahweh)” (Ezekiel 20:19-20). Hear ye, O Israel . . .*

**“REMEMBER THE SABBATH DAY, TO KEEP IT HOLY.”**  
(Exodus 20:8)

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**The Shabbâth  
Home Study Guide  
should be read  
from cover to cover  
on a weekly basis.**

*“Wherefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations, for a perpetual covenant.” (Exodus 31:16)*



# HOW TO CONDUCT SHABBÂTH HOME STUDY

Start your Shabbâth Home Study at 8 p.m.

The Shabbâth Home Study is open to all who are interested in studying the name of God, יהוה (**Yahweh**), and the laws of the Holy Bible (Authorized King James Version).

Strictly speaking, יהוה (**Yahweh**) is the only name of God. Wherever the words “LORD” and “GOD” appear in the Holy Bible, in LARGE (LORD, GOD) and SMALL (LORD, GOD) capital letters, the original Hebrew reads **from right to left** יהוה (Yod-Hey-Wav-Hey), **Yahweh**.

Begin your Shabbâth Home Study with “**OUR PRAYER**” (see **Appendix #1**), followed by the “**TEPHILLAH**”—which is the Lord’s Prayer in Hebrew (Matthew 6:9-13) (see **Appendix #2**). When we pray, we stand and turn toward our holy land as יהוה (**Yahweh**) has instructed us to do in I Kings 8:48-49. We face the East, raising our hands, with palms facing East at the level of our head.

The first five books of the Holy Bible constitute the Torah—from Genesis through Deuteronomy. The Torah gives us the laws of יהוה (**Yahweh**). After praying, read the suggested chapters from the weekly **TORAH READING SCHEDULE** (see **Appendix #3**).

Next, read the suggested selection of weekly **FOUNDATION SCRIPTURES** (see **Appendix #3**).

After reading the **FOUNDATION SCRIPTURES**, continue as follows:

1. **VIDEO PRESENTATION** (30 min.): “**THE UNIVERSE OF יהוה (YAHWEH).**” (If you do not have any copies, you may order them from **P.E.E.S.S. FOUNDATION.**)
2. **AUDIO CLASS** (30 min.) by יהוה בן יהוה (**Yahweh Ben Yahweh**). (You may also order audio classes from **P.E.E.S.S. FOUNDATION.**)
3. Read a chapter or two from the **BOOK OF THE MONTH** (see insert).

Shabbâth begins at sundown Friday to sundown Saturday. During this 24-hour period, we are to reflect upon and honor the “memory” of יהוה (**Yahweh**) for “ALL” His work which He created and made. We are to do no servile work on this day, nor are we to buy or sell on the Sabbath of יהוה (**Yahweh**) but, rather, we are to refresh our minds in the laws of יהוה (**Yahweh**).



*“This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.” (Joshua 1:8)*

## PAY יהוה (YAHWEH) AND YOURSELF FIRST AND DON'T TOUCH IT!

*“Even from the days of your fathers ye are gone away from Mine ordinances, and have not kept them. Return unto Me, and I will return unto you, saith יהוה (Yahweh) of hosts. But ye said, Wherein shall we return? Will a man rob יהוה (Yahweh)? Yet ye have robbed Me. But ye say, Wherein have we robbed thee? In tithes and offerings. Ye are cursed with a curse: for ye have robbed Me, even this whole nation. Bring ye all the tithes into the storehouse, that there may be meat in Mine house, and prove Me now herewith, saith יהוה (Yahweh) of hosts, if I will not open you the windows of Heaven, and pour you out a blessing, that there shall not be room enough to receive it” (Malachi 3:7-10).*

## THE IMPORTANCE OF PAYING יהוה (YAHWEH) AND YOURSELF TEN PERCENT FIRST

- *“ . . . money answereth all things.” (Ecclesiastes 10:19)*
- *“The blessing of יהוה (Yahweh), it maketh rich, and He addeth no sorrow with it.” (Proverbs 10:22)*
- *“For wisdom is a defense, and money is a defense: but the excellency of knowledge is, that wisdom giveth life to them that have it.” (Ecclesiastes 7:12)*
- *“My doctrine shall drop as the rain, My speech shall distil as the dew, as the small rain upon the tender herb, and as the showers upon the grass: Because I will publish the name of יהוה (Yahweh): ascribe ye greatness unto our God, יהוה (Yahweh).” (Deuteronomy 32:2-3)*

- “A good man leaveth an inheritance to his children’s children . . .” (Proverbs 13:22)

Keep your blessings flowing!

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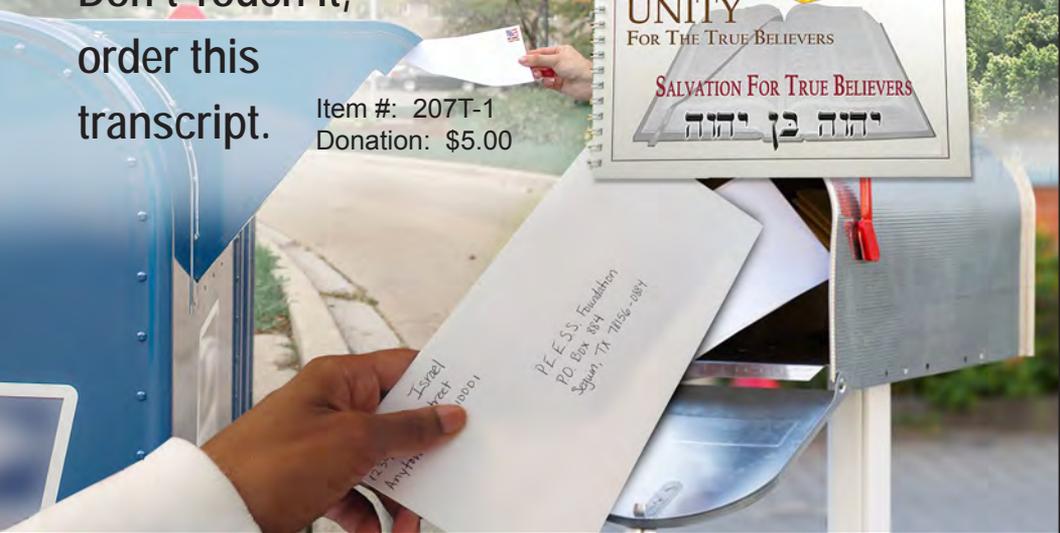
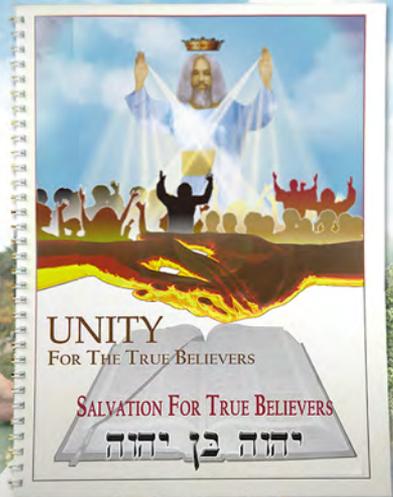
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# CELEBRATION OF OUR HIGH HOLY DAYS AND FEASTS

יהוה (Yahweh) has ordained our High Holy Days and Feasts, and they are commemorated according to Solar Time (see **Appendix #4**). יהוה (Yahweh) prescribed the rites and ceremonies of our feasts in His name, and they are exemplary of His love, compassion, and charity for a people in whom the entire world is blessed (Genesis 12:2-3).

Each Feast is set by law according to solar time. There are twelve months in a Solar Year with thirty days in each Solar Month (Genesis 7:11, 8:3-4; I Kings 4:7; I Chronicles 27:1-15). The solar days of each feast of יהוה (Yahweh) do not change, just as יהוה (Yahweh) Himself changes not (Malachi 3:6). For example, Abib 14 is Passover—past, present, and future.

All festivals of יהוה serve as illustrations of how the covenant has operated throughout history. Each event with which they are associated is, therefore, construed in terms of a reciprocal relationship between יהוה (Yahweh) and the people of the Earth.

Certain duties are incumbent upon every celebrant. These duties include sincerity, worship, devotion, love, obedience, practice, and adherence to the commandments, judgments, laws, and statutes in the Bible. While our festivals recall our nation's history, they are also relevant to our current experiences. Within our festivals, there is a mixture of solemnity and joy as we, as lawbreakers, are humbled before יהוה (Yahweh) and are thankful to Him for His merciful salvation and constant provision through the gift of His Son, בן יהוה (Yahweh Ben Yahweh).

We are commanded to keep and celebrate seven perfect High Holy Days and Feasts. They are: Passover; Feast of Unleavened Bread; Feast of Weeks; Memorial of Blowing of Trumpets; Day of Atonement; Feast of Tabernacles and Holy Convocation.



# THE FEASTS OF יהוה

## PASSOVER AND FEAST OF UNLEAVENED BREAD

The observance of Passover and Feast of Unleavened Bread is the first of the three great universal festivals for The Nation of יהוה (**Yahweh**) celebrated the first month of the solar year. Passover commemorates our forefathers' physical deliverance from Egypt, which is a sign of our mental and spiritual deliverance today.

יהוה (**Yahweh**) not only spared our forefathers from the plagues inflicted upon Egypt, but He also liberated us from bondage (slavery). It is important for us to know that יהוה (**Yahweh**) demonstrated the power to deliver us through one man, Moses. The same God, יהוה (**Yahweh**), is here to deliver us from our suffering today through one man, His Son, יהוה בן יהוה (**Yahweh Ben Yahweh**) (Exodus 18:8, 10-11; Hebrews 13:8).

The Feast of Unleavened Bread immediately follows Passover and lasts seven days.

*“And ye shall observe the Feast of Unleavened Bread; for in this selfsame day have I brought your armies out of the land of Egypt: therefore shall ye observe this day in your generations by an ordinance **for ever**” (Exodus 12:17).*

The ordinance of keeping the Feast of Unleavened Bread is for a memorial from year to year.

# HOW TO PREPARE FOR PASSOVER

In preparation for Passover, יהוה (Yahweh) requires Hebrew Israelites to put away all leaven (e.g., baking soda, breads, pastries, or any items that contain yeast or cream of tartar; and all ingredients used to make batter and dough rise) from our houses or living quarters.

*“Seven days shall ye eat unleavened bread; even the first day ye shall put away leaven out of your houses: for whosoever eateth leavened bread from the first day until the seventh day, that soul shall be cut off from Israel” (Exodus 12:15).*

*“In the first month, on the fourteenth day of the month at even, ye shall eat unleavened bread, until the one and twentieth day of the month at even. Seven days shall there be no leaven found in your houses: for whosoever eateth that which is leavened, even that soul shall be cut off from the congregation of Israel, whether he be a stranger, or born in the land” (Exodus 12:18-19).*

On Passover, Hebrew Israelites are to have a Passover meal in commemoration of our forefathers being delivered from Egypt (no work is to be done).

*“And in the first day there shall be an holy convocation, and in the seventh day there shall be an holy convocation to you; no manner of work shall be done in them, save that which every man must eat, that only may be done of you” (Exodus 12:16).*

The Passover meal includes unleavened bread and bitter herbs (lettuce dipped in vinegar) (Exodus 12:3-14).

Remember, the Feast of Unleavened Bread immediately follows Passover and lasts seven days. And during these seven days, יהוה (**Yahweh**) requires us to eat unleavened bread—either with or without our meals (Exodus 23:15, 34:18; Deuteronomy 16:8).

The seventh day is a holy convocation: no work is to be done (Exodus 12:16-17).

## FEAST OF WEEKS

The Feast of Weeks is the second of three great universal festivals historically held, often treated as the conclusion of the cycle that began at Passover.

Celebrated seven complete weeks following the Passover, this festival is one of the three greatest feasts held annually by the followers of יהוה (**Yahweh**). The Feast of Weeks marks the end of the grain harvest, and begins the season of the offering of the first fruits. Harvest time is a time of joy and a time to celebrate the fruit of your labor.

*“Three times in a year shall all thy males appear before יהוה (**Yahweh**) thy God in the place which He shall choose; in the Feast of Unleavened Bread, and in the Feast of Weeks, and in the Feast of Tabernacles; and they shall not appear before יהוה (**Yahweh**) empty” (Deuteronomy 16:16).*

The Feast of Weeks is a time of thanksgiving to יהוה (**Yahweh**) for a prosperous and bountiful harvest. The results from the efforts put forth during the year are evident at this festive occasion.

The Feast of Weeks exhibits many lessons of great benefit to anyone who is willing to abide thereby. We must also understand the spiritual wealth that comes from the harvest of the

Feast of Weeks. The Feast of Weeks teaches us that practicing entrepreneurship makes for great wealth and riches.

**THE FEASTS OF יהוה**  
**THE MEMORIAL OF BLOWING OF TRUMPETS**

*“And יהוה (Yahweh) spake unto Moses, saying, Speak unto the children of Israel, saying, In the seventh month, in the first day of the month, shall ye have a Sabbath, a memorial of blowing of trumpets, an holy convocation. Ye shall do no servile work therein: but ye shall offer an offering made by fire unto יהוה (Yahweh)” (Leviticus 23:23-25).*

The Memorial of Blowing of Trumpets emphasizes the importance of remembering our past. This holy day serves as a reminder that to be blessed we must keep the laws of יהוה (Yahweh). The Memorial of Blowing of Trumpets also serves as a reminder that if we break the laws of יהוה (Yahweh), He will punish us.

The trumpet is symbolic of the coming of the Son of Man, יהוה בן יהוה (Yahweh Ben Yahweh). The trumpet emphasizes the importance of proclaiming and heralding to the world that we must return to the will of the Creator, יהוה (Yahweh).

We must forever remember the importance of the blowing of the trumpet. The sounding of the trumpet signifies to us that we must be prepared to receive the laws as prescribed by the only begotten Son of יהוה (Yahweh), יהוה בן יהוה (Yahweh Ben Yahweh).

# THE DAY OF ATONEMENT

*“Also on the tenth day of this seventh month there shall be a day of atonement: it shall be an holy convocation unto you; and ye shall afflict your souls . . . For whatsoever soul it be that shall not be afflicted in that same day, he shall be cut off from among his people . . . it shall be a statute **for ever** throughout your generations in all your dwellings” (Leviticus 23:27-31).*

The **Day of Atonement** is a statute observed annually as the only “fast” day prescribed in our law (Leviticus 16:29-31). Hebrew Israelites celebrate it on the tenth day of the seventh month. This day calls to remembrance our sins and transgressions and thus produces an intense mood of moral and legal obligation. The Day of Atonement is a solemn expression of faith and worship.

Therefore, this day is to be memorialized forever, for it inspires perfection as we almost literally begin life anew by the mercy and benevolence of our God, יהוה (**Yahweh**), who chose us to be His very own.

During the Day of Atonement, neither food nor water is to be taken into the body. This action denotes that the substance of this solemn occasion is not carnal food, but the spiritual intake and the mental satisfaction by which one is revived, rejuvenated, and compelled to be in accord with the divine will of God, יהוה (**Yahweh**).

With this thought in mind, the hunger, thirst, and affliction of the Day of Atonement are overruled by the consummation and fulfillment that are received through our knowledge and understanding of the reality that we are cleansed, forgiven, exonerated, and vindicated for all our transgressions since the last Day of Atonement. Fasting is from sundown to sundown.

# Why Should I Keep the Feasts of יהוה?

*Passover*

*Feast of Unleavened Bread*

*Feast of Weeks*

*Memorial of Blowing of Trumpets*

*Day of Atonement*

*Feast of Tabernacles*

*Holy Convocation*

Because I Love  
the Laws of יהוה

## FEAST OF TABERNACLES AND HOLY CONVOCATION

The **Feast of Tabernacles** is the third of the great festivals celebrated with great joy in the autumn, at the completion of the agricultural year. We celebrate it five days after the Day of Atonement: on the fifteenth day of the seventh month. The festival begins on the fifteenth day of the seventh month according to solar time. The Feast of Tabernacles is observed for eight days—the first and last days being Holy Convocations.

*“Also in the fifteenth day of the seventh month, when ye have gathered in the fruit of the land, ye shall keep a feast unto יהוה (Yahweh) seven days: on the first day shall be a Sabbath, and on the eighth day shall be a Sabbath” (Leviticus 23:39).*

This joyous yet solemn Feast honors the eleemosynary God, יהוה (**Yahweh**), and celebrates rulership. The Feast of Tabernacles is also celebrated to recall our wilderness pilgrimage and as a renewal of the covenant.

In preparation for the Feast of Tabernacles, we construct a temporary shelter, known as a **booth**, to symbolize the temporary dwelling places of Israel as the Hebrew Israelites wandered through history.

*“And ye shall take you on the first day the boughs (or fruits) of goodly trees, branches of palm trees, and the boughs (fruits) of thick trees, and willows of the brook; and ye shall rejoice before יהוה (Yahweh) your God seven days. And ye shall keep it a feast unto יהוה (Yahweh) seven days in the year. It shall be **a statute for ever** in your generations: ye shall celebrate it in the seventh month. Ye shall dwell in booths seven days; all*

*that are Israelites born shall dwell in booths: That your generations may know that I made the children of Israel to dwell in booths, when I brought them out of the land of Egypt: I am יהוה (Yahweh) your God” (Leviticus 23:40-43).*

*“Speak unto the children of Israel, and say unto them, Concerning the feasts of יהוה (Yahweh), which ye shall proclaim to be holy convocations, even these are My feasts” (Leviticus 23:2).*

## **BASIC DIVINE DIETARY LAWS**

In the Bible, Genesis 1:26, it is clearly expressed that יהוה (Yahweh), who is all-perfect, all-powerful, all-knowing, and all-present, created us in His image. It is up to us to claim our birthright. Practicing the “divine” dietary laws of יהוה allows us to awaken and to rejuvenate our dead, sick, diseased bodies. We can rebuild our bodies: יהוה (Yahweh) built them to live indefinitely.

The Bible is a book of guidance with sound dietary regulations and guidelines, which יהוה (Yahweh) has established for Hebrew Israelites. יהוה (Yahweh) clearly laid out our diet to promote life—the moral, spiritual, and physical good health of our holy Nation of יהוה (Yahweh) and the world. Hebrew Israelites who have wondered why these restrictions were placed on our eating habits should have no difficulty understanding this today, especially when we hear of the increasing number of diseases in this country: many of which are now known to be caused directly or indirectly by poor or improper eating habits. We emphasize the importance of “eating to live.”

Clean foods are those foods which יהוה (Yahweh) allows us to enjoy; on the other hand, unclean foods are foods that יהוה (Yahweh) prohibits us from eating. יהוה (Yahweh) states these facts in His divine dietary laws.

Now let us read the Word of יהוה (**Yahweh**) concerning that which is clean and unclean. An example of that which יהוה (**Yahweh**) prohibits us from eating is found in the Book of Leviticus, Chapter 11, verses 7 and 8, which states:

*“And the swine (pig), though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he is unclean to you. Of their flesh shall ye not eat, and their carcass shall ye not touch; they are unclean to you.”*

As we have just read in the Holy Bible, we as Hebrew Israelites are forbidden to eat or touch pork or the swine or the pig in any way, shape, or fashion.

Modern scientists have proven through scientific research that pork meat contains 999 different worms which cause 999 different types of diseases. For many of these diseases, there are absolutely no drugs to combat them, nor cure to eliminate them.

Pork meat is known to cause such well-known diseases or sicknesses as high blood, low blood, hypertension, strokes, tumors, cancers, cataracts of the eyes, arthritis, lumbago, gout, rheumatism, heart attacks, skin eruptions, acne, and many, many more.

Additional information on clean and unclean foods is found in Leviticus, Chapter 11 and Deuteronomy, Chapter 14, verses 1-21.

For further research about foods that are good for us, foods we should avoid and why, and the importance of reading labels, order the book ***Divine Dietary Laws for Hebrew Israelites and the World***. Contact **P.E.E.S.S.** Foundation, P. O. Box 884, Seguin, TX 78156-0884, 1•800•967•7337.

# WE ARE LAW KEEPERS: OBEY ALL THE LAWS OF יהוה (YAHWEH)

We obey all laws of the land if they do not conflict with the commandments, judgments, laws, and statutes of the Holy Bible.

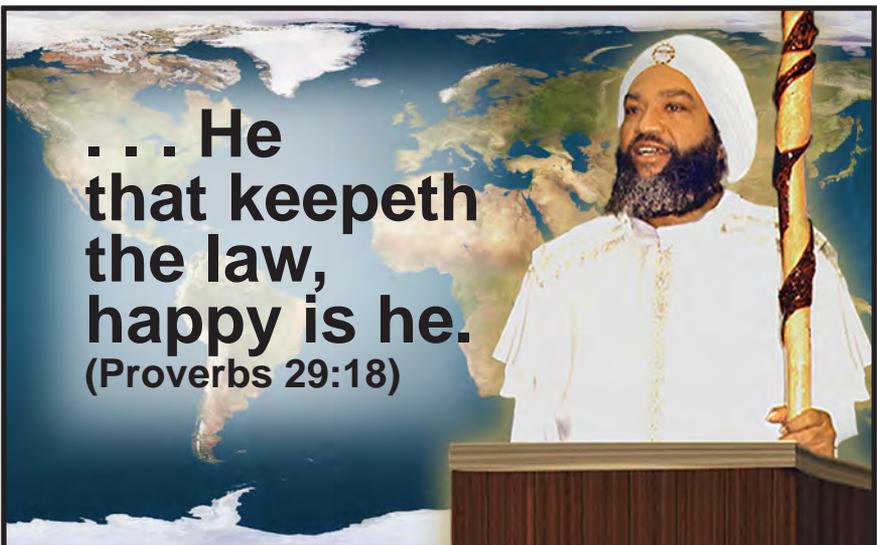
## THE LAW ON SHAVING

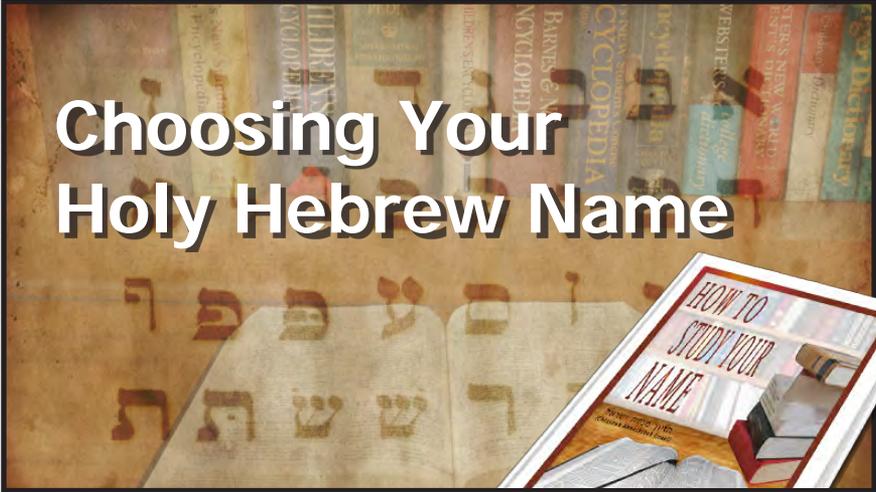
The followers and believers of God, יהוה (Yahweh), observe all the commandments, judgments, laws, and statutes of the Old Testament Bible.

The tenets of our belief require us not to shave the hair off our face nor the hair of our head, as found in Leviticus 19:27 and Leviticus 21:5, which read:

*“Ye shall not round the corners of your heads, neither shalt thou mar the corners of thy beard.”*

*“They shall not make baldness upon their head, neither shall they shave off the corner of their beard, nor make any cuttings in their flesh.”*





# Choosing Your Holy Hebrew Name

The Holy Bible is where our holy Hebrew names are written. These names are found in Genesis through Malachi, but are more concentrated in the Books of the Chronicles.

*“He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the hidden manna, and will give him a white stone, and in the stone a **new name** written, which no man knoweth saving he that receiveth it” (Revelation 2:17).*

If it is your desire to reclaim your original name, you simply go to the Holy Bible (The Authorized King James Version) and select your name.

After choosing your holy Hebrew name, it is your responsibility as a Hebrew Israelite to **study** your holy Hebrew name. In addition, you are required to write a book on your holy Hebrew name. The following books will assist you in studying and writing your book on your holy Hebrew name: ***How To Study Your Name, How To Spiritualize Your Research,*** and ***The Simple Way to Write Your Book on Your Name.***

## OUR PRAYER (APPENDIX #1)

O יהוה (**Yahweh**), God of our salvation, save us and gather us together and deliver us from the heathen, so that we may give thanks unto Thy holy name, and glory in Thy praises. Blessed be the holy name of יהוה (**Yahweh**) and ישראל (Israel) forever.

O יהוה (**Yahweh**), let them be confounded that persecute us, but let not us be confounded. Let our enemies be dismayed, but let not us be dismayed. Bring upon our enemies the day of evil, and destroy them with double destruction.

O יהוה (**Yahweh**), forgive our fathers for breaking Your laws, and please forgive us for breaking Your laws. Help us to never bring shame upon Thy great name, nor reproach against Thy works.

For surely we have turned ourselves unto Thee, O יהוה (**Yahweh**), trying to be upright. And as we confess our faults, please grant us protection against all of our faults, cleanse us of our secret faults, and guide us unto the best of morals.

For surely our prayers and our sacrifices, our lives and our deaths, are all for Thee, O יהוה (**Yahweh**).

# THE LORD'S PRAYER - MATTHEW 6:9-13

## (APPENDIX #2)

### TEPHILLAH

#### (tef-il-law')

AH-VE-NU      SAH-BAH-SAH-MY-HEM, YEAT-KAR-DARSH      SE-MAI-KAR  
(Our Father)      (who art In Heaven)      (hallowed be)      (Thy name)

TAR-VO      MAL-COOT-TAI-KAR, YA-AR-SEH      REH-ZON-KAR  
(shall come)      (Thy Kingdom)      (be done)      (Thy will)

KE-VAH-SAH-MY-EM      CAIN      BAR-AR-RETZ.  
(in Heaven)      (is it)      (as)      (on Earth)

ET LEH-KEM      KU-KA-NU      TAIN      LAH-NU      HY-YOM,  
(bread)      (our daily)      (give)      (to us)      (this day)

OU-SLOCK      LAH-NU      ALL      KAR-TAR-AE-NU      KE-MO      SHA-SOL-KEM  
(and forgive)      (us)      (our)      (debts)      (as)      (forgive)

GUM      AH-KNOK-NU      LAH-KO-TEH-EM      LAH-NU,  
(also)      (we)      (debtors)      (our)

VEH-AL      TEH-VE-AE-NU      LEH-DAE      NE-SAH-YOM      KE-EM      KAL-SA-NU  
(and don't)      (us into)      (lead)      (temptation)      (but)      (deliver us)

MEAN-HA-RAH,      KIE-LEH-KAR      HA-MUM-LAH-HAH      VEH-HA-GIV-VO-RAH  
(from evil)      (because to You)      (the kingdom)      (and the power)

VEH-HA-TEPH-EH-RET      LEH-O-LA-MAI      O-LA-MEIM      SEH-LAH  
(and the glory)      (forever)      (forever)      (Amen or rest)

# Make sure you have all your study tools in YOUR library:

Bible (KJV)

Strong's Exhaustive Concordance of the Bible

Thayer's Greek-English Lexicon of the New Testament

Dictionaries

Bible Dictionaries

The Interpreter's Dictionary of the Bible

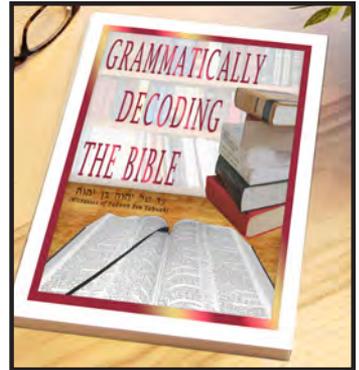
Thesauri

A set of Encyclopedias

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## WEEKLY TORAH READINGS AND FOUNDATION SCRIPTURES (APPENDIX #3)

WEEK	TORAH READINGS	FOUNDATION SCRIPTURES
1	Gen. 1-4	Matt. 11:28-30; II Tim. 2:15; Is. 9:6
2	Gen. 5-8	Ps. 82:6; John 1:12; Eccles. 12:13
3	Gen. 9-12	Ps. 19:7-9; Ex. 20:1-17; John 16:13
4	Gen. 13-16	John 8:32; Deut. 7:6-10; Deut. 11:13-23
5	Gen. 17-20	Mal. 3:6-10; Prov. 1:7; Deut. 6:5
6	Gen. 21-24	Matt. 22:37-40; Ezra 10:11; Jer. 10:2
7	Gen. 25-28	Lev. 11:7-8; II Cor. 6:16-18; Ps. 3:6
8	Gen. 29-32	Jer. 15:16; Ex. 31:13-17; Ps. 100
9	Gen. 33-36	II Chr. 7:14; Ps. 133:1; I Chr. 28:4
10	Gen. 37-40	Josh. 1:8; Ps. 1:1-2; Acts 2:44-47
11	Gen. 41-44	Acts 4:32, 34; Prov. 13:22; Dan. 1:20
12	Gen. 45-48	Eph. 5:21-24; Ps. 7:10; Mark 13:33
13	Gen. 49-50	Matt. 24:42; Ps. 47; Ps. 150
14	Ex. 1-4	Matt. 11:28-30; II Tim. 2:15; Is. 9:6
15	Ex. 5-8	Ps. 82:6; John 1:12; Eccles. 12:13
16	Ex. 9-12	Ps. 19:7-9; Ex. 20:1-17; John 16:13
17	Ex. 13-16	John 8:32; Deut. 7:6-10; Deut. 11:13-23
18	Ex. 17-20	Mal. 3:6-10; Prov. 1:7; Deut. 6:5
19	Ex. 21-24	Matt. 22:37-40; Ezra 10:11; Jer. 10:2
20	Ex. 25-28	Lev. 11:7-8; II Cor. 6:16-18; Ps. 3:6
21	Ex. 29-32	Jer. 15:16; Ex. 31:13-17; Ps. 100
22	Ex. 33-36	II Chr. 7:14; Ps. 133:1; I Chr. 28:4
23	Ex. 37-40	Josh. 1:8; Ps. 1:1-2; Acts 2:44-47
24	Lev. 1-3	Acts 4:32, 34; Prov. 13:22; Dan. 1:20

25	Lev. 4-6	Eph. 5:21-24; Ps. 7:10; Mark 13:33
26	Lev. 7-9	Matt. 24:42; Ps. 47; Ps. 150
27	Lev. 10-12	Matt. 11:28-30; II Tim. 2:15; Is. 9:6
28	Lev. 13-15	Ps. 82:6; John 1:12; Eccles. 12:13
29	Lev. 16-18	Ps. 19:7-9; Ex. 20:1-17; John 16:13
30	Lev. 19-21	John 8:32; Deut. 7:6-10; Deut. 11:13-23
31	Lev. 22-24	Mal. 3:6-10; Prov. 1:7; Deut. 6:5
32	Lev. 25-27	Matt. 22:37-40; Ezra 10:11; Jer. 10:2
33	Num. 1-4	Lev. 11:7-8; II Cor. 6:16-18; Ps. 3:6
34	Num. 5-8	Jer. 15:16; Ex. 31:13-17; Ps. 100
35	Num. 9-12	II Chr. 7:14; Ps. 133:1; I Chr. 28:4
36	Num. 13-16	Josh. 1:8; Ps. 1:1-2; Acts 2:44-47
37	Num. 17-20	Acts 4:32, 34; Prov. 13:22; Dan. 1:20
38	Num. 21-24	Eph. 5:21-24; Ps. 7:10; Mark 13:33
39	Num. 25-28	Matt. 24:42; Ps. 47; Ps. 150
40	Num. 29-32	Matt. 11:28-30; II Tim. 2:15; Is. 9:6
41	Num. 33-36	Ps. 82:6; John 1:12; Eccles. 12:13
42	Deut. 1-3	Ps. 19:7-9; Ex. 20:1-17; John 16:13
43	Deut. 4-6	John 8:32; Deut. 7:6-10; Deut. 11:13-23
44	Deut. 7-9	Mal. 3:6-10; Prov. 1:7; Deut. 6:5
45	Deut. 10-12	Matt. 22:37-40; Ezra 10:11; Jer. 10:2
46	Deut. 13-15	Lev. 11:7-8; II Cor. 6:16-18; Ps. 3:6
47	Deut. 16-18	Jer. 15:16; Ex. 31:13-17; Ps. 100
48	Deut. 19-21	II Chr. 7:14; Ps. 133:1; I Chr. 28:4
49	Deut. 22-24	Josh. 1:8; Ps. 1:1-2; Acts 2:44-47
50	Deut. 25-27	Acts 4:32, 34; Prov. 13:22; Dan. 1:20
51	Deut. 28-30	Eph. 5:21-24; Ps. 7:10; Mark 13:33
52	Deut. 31-34	Matt. 24:42; Ps. 47; Ps. 150

# HIGH HOLY DAYS AND CELEBRATIONS (APPENDIX #4)

FEASTS	2019	2020	2021	2022
PASSOVER	April 1	April 1	April 1	April 1
FEAST OF UNLEAVENED BREAD	April 2-8	April 2-8	April 2-8	April 2-8
FEAST OF WEEKS	May 28 - June 3			
MEMORIAL OF BLOWING OF TRUMPETS	September 15	September 15	September 15	September 15
DAY OF ATONEMENT	September 24	September 24	September 24	September 24
FEAST OF TABERNACLES	September 29 - October 5			
HOLY CONVOCATION	October 6	October 6	October 6	October 6

(These are the actual dates according to the Gregorian calendar beginning at sundown.)

In order for us to gain a conscious appreciation of the knowledge of יהוה (Yahweh), we must work to achieve this consciousness through study. Study means to research all the facts about a thing, seek to understand the nature of that thing, then learn to apply all that you have researched and studied to better yourself as an individual and then the world.

Enhance your study habits by watching  
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**"The Commandments of יהוה"**  
and  
**"The Messiah Revealed"**

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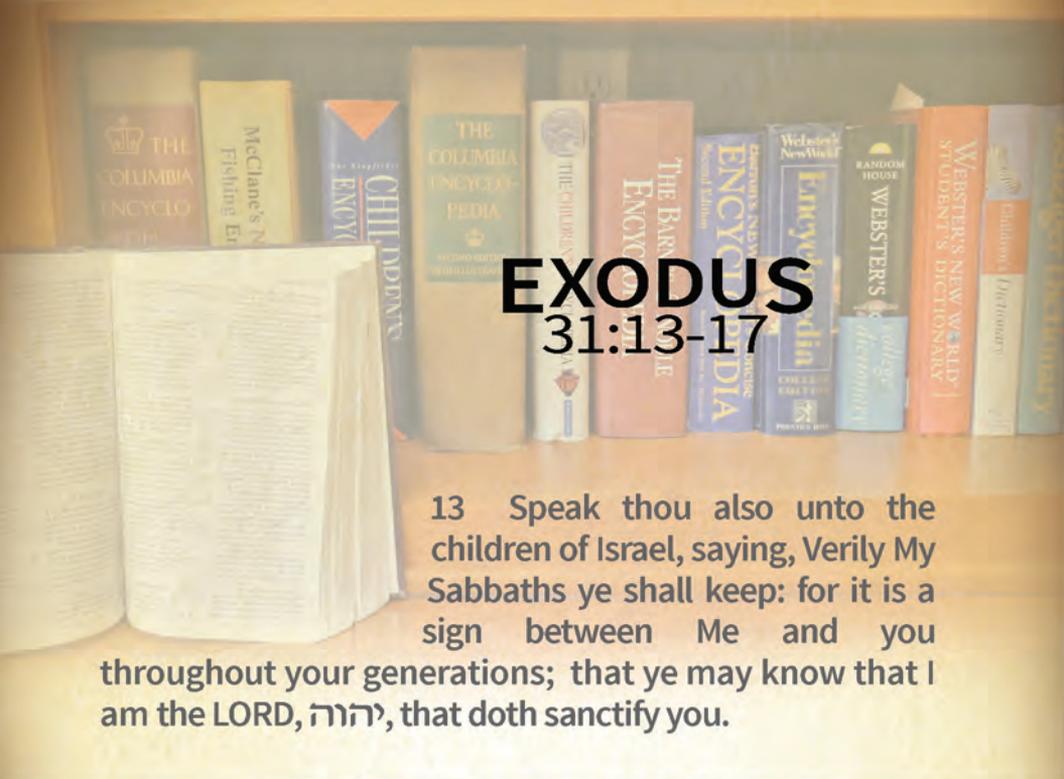
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*The Guinness Book of Records* validates that the letter “J” is only 368 years old, so no one could possibly have walked the Earth two thousand years ago with the name Jesus. Therefore, the account of the “crucifixion” as if it occurred two thousand years ago is the world’s “greatest” hoax. The book, *THE CRUCIFIXION OF THE MESSIAH*, has hundreds of documented facts to prove beyond a shadow of doubt that the Messiah, Yahweh Ben Yahweh, is here today fulfilling all of the prophecies concerning the crucifixion.

As prophesied, the United States Government has judicially murdered the Messiah, Yahweh Ben Yahweh, and has buried Him in prison for crimes He did not commit. Classified details are divulged which expose the subtle stratagem that the rulers used to crucify the Messiah, Yahweh Ben Yahweh, so that the people will think it’s impossible for Him to be the Son of God, יהוה. Recounted are the sorrows, pain, and humiliation Yahweh Ben Yahweh has suffered on the cross at Golgotha, Lewisburg Penitentiary. As written, many have scourged, hated, mocked, and laughed at Yahweh Ben Yahweh because He has come proclaiming that He is the Saviour of the lost sheep of the house of Israel—the so-called Blacks of America. The greatest revelation in the history of this world concerning Jer-**USA**-lem and the crucifixion of the Messiah is told in this book, and there has never been anything written that can begin to approach its authentication.

This truth is your ticket to salvation and eternal life. Please don’t wait until tomorrow to get your copy. Tomorrow may be too late.



# EXODUS 31:13-17

13 Speak thou also unto the children of Israel, saying, Verily My Sabbaths ye shall keep: for it is a sign between Me and you throughout your generations; that ye may know that I am the LORD, יהוה, that doth sanctify you.

14 Ye shall keep the Sabbath therefore; for it is holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among his people.

15 Six days may work be done; but in the seventh is the Sabbath of rest, holy to the LORD, יהוה: whosoever doeth any work in the Sabbath day, he shall surely be put to death.

16 Wherefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations, for a perpetual covenant.

17 It is a sign between Me and the children of Israel for ever: for in six days the LORD, יהוה, made Heaven and Earth, and on the seventh day He rested, and was refreshed.