

## What is the Torah/Law/Instructions/Directives



*Lifted Before Heaven and Earth—His Covenant Stands Forever*

Written by Rex  
For the Awakening Remnant

**Walking the Ancient Path of Obedience**  
**Calling out Deception – Calling out Truth**

*The Torah of YHWH is perfect, restoring the soul;  
The testimony of YHWH is firm, making wise the simple.*  
(Tehillim / Psalm 19:7)

*As Roots Nourish the Tree ~ So Torah Nourishes the Soul*

## **What is the Torah?**

### ***Law/Instructions/Directives?***

### **Introduction**

We have delved into the concept of a Covenant, understanding it as a solemn pact, agreement, or contract between two parties. These parties, often referred to as the Suzerain and the Vassal, enter the Covenant for various reasons. The Suzerain, typically the more powerful entity, offers protection and benefits, while the Vassal pledges loyalty and service. The initiation of such covenants often involved a ritualistic act, such as the dividing of animals into two halves, symbolizing the severe consequences of breaking the agreement. The blessings and curses associated with the covenant were designed to maintain a balance of loyalty and adherence to the terms.

However, a covenant is more than just a mutual agreement; it necessitates a set of laws to govern the relationship. Just as the Declaration of Independence marked America's separation from England, followed by the establishment of a constitution and laws to govern the nation, the Covenant between God and humanity also includes divine laws. These laws, often referred to as the Torah or Instructions of the Most-High, outline the expectations and responsibilities of the covenantal relationship. God's promise to protect and bless His people, such as providing rain in due season, is contingent upon their loyalty and adherence to His divine laws.

In this section, we will explore the Torah, commonly known as the Law of Moses. Contrary to the misconception that it is merely a collection of do's and don'ts, the Torah is a comprehensive guide for living a life in alignment with God's will. By the end of this discussion, it is hoped that readers will gain a deeper, scriptural understanding of the Law of Moses and its significance in the covenantal relationship with God.

**תּוֹרָה (Torah)** - "law" or "instruction": Covenants often include laws or instructions that the parties agree to follow.

The Torah, often referred to as the Law of Moses, is a foundational text in Judaism that encompasses the first five books of the Hebrew Bible: Genesis, Exodus, Leviticus, Numbers, and Deuteronomy. The Hebrew word "yarah" encompasses several meanings, including "to flow like water," "to point an arrow," and "to point the finger," particularly in the context of teaching or instructing. This multifaceted term reflects the dynamic and directive nature of the actions it describes. Thus, the Torah is more accurately understood as a set of Divine Instructions or Teachings, rather than merely a collection of laws.

The Torah serves as a comprehensive guide for living a life that is pleasing to God. It provides a detailed "recipe" for righteous living, covering aspects of moral conduct, religious observance, and social justice. Far from being a rigid set of do's and don'ts, the Torah is a holistic **Way of Life, a Code of Conduct** that encompasses every facet of human existence.

It is important to note that the Torah is not a religion in itself, but rather the *Divine Blueprint* for how God wants His people to live. By following the Teachings and Instructions of the Torah, individuals can align their lives with God's will, fostering a relationship with Him and living in a manner that is righteous in His sight. The Torah's emphasis on ethical behavior, compassion, and justice underscores its role as a guide for living a life that honors and pleases God.

### Understanding Torah and Yarah

**Torah:** The word "Torah" is often translated as "Law," but it actually means much more. It comes from the Hebrew root word יָרָה (yarah), which means "to teach" or "to instruct."

**Yarah:** This root word gives us the idea that the Torah is not just a set of rules, but a collection of teachings and instructions.

### What Torah Really Means

**Instructions and Teachings:** The Torah is like a guidebook or a set of instructions from God. It teaches us how to live our lives in a way that is pleasing to Him.

**Recipe for Life:** Think of the Torah as a recipe for living a good and righteous life. Just like a recipe tells you how to make a delicious dish, the Torah tells you how to live in a way that brings you closer to God.

### A Way of Life

**Holistic Living:** The Torah covers all aspects of life—moral, ethical, social, and spiritual. It is not about religious rituals; it's about how to treat others, how to be just, and how to live a balanced life.

**Code of Conduct:** The Torah provides a **Code of Conduct, a Standard of Living** or a **Way of Life**, guiding us on how to behave in various situations. It is like having an Owner's Manual for living a life that reflects God's values.

### YHWH as Our Divine Teacher

**Divine Instructions:** God, through the Torah, acts as our divine teacher. He provides us with the wisdom and guidance we need to navigate life.

**Living Righteously:** By following the teachings of the Torah, we can live righteously in God's sight. It is about aligning our lives with His will and striving to please Him in all that we do.

In summary, the Torah is much more than a set of laws. It is God's way of teaching us how to live a holistic and righteous life, guiding us in every aspect of our existence. By understanding and following the Torah, we can build a closer relationship with God and live in a way that honors Him.

### **Holistic Living**

Holistic living is an approach to life that considers the whole person—mind, body, and spirit—in the pursuit of health and well-being. It emphasizes the interconnectedness of various aspects of life and seeks to create balance and harmony among them. Here are some key elements of holistic living:

#### **Key Elements of Holistic Living**

- **Physical Health:** Prioritizing nutrition, exercise, and rest to maintain a healthy body. It especially emphasizes how not to eat certain types of non-kosher meats.
- **Mental Health:** Engaging in activities that promote mental clarity, emotional stability, and stress management, such as meditation, mindfulness, and therapy.
- **Spiritual Health:** Nurturing one's spiritual beliefs and practices, which can include prayer, meditation, or connecting with nature.
- **Social Health:** Building and maintaining healthy relationships with family, friends, and the community.
- **Environmental Health:** Living in a way that respects and sustains the natural environment, such as reducing waste and using eco-friendly products.

#### **Holistic Living in Practice**

- **Balanced Lifestyle:** Striving for a balanced lifestyle that integrates work, leisure, and self-care.
- **Mind-Body Connection:** Recognizing the connection between mental and physical health and addressing both in health practices.
- **Preventive Care:** Focusing on preventive care and natural remedies to maintain health and prevent illness.
- **Personal Growth:** Continuously seeking personal growth and self-improvement in all areas of life.

Holistic living is about creating a lifestyle that supports overall well-being and aligns with one's values and beliefs. It encourages individuals to take a comprehensive approach to health, considering all aspects of their lives and how they influence each other.

### **Physical Health: Prioritizing Nutrition, Exercise, and Rest**

- **Nutrition:** Maintaining a balanced diet rich in essential nutrients is crucial for physical health. This includes consuming a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats. Proper nutrition supports bodily functions, boosts the immune system, and provides the energy needed for daily activities.
- **Exercise:** Regular physical activity is vital for maintaining a healthy body. Exercise helps improve cardiovascular health, strengthen muscles, enhance flexibility, and manage weight. It also has mental health benefits, such as reducing stress and improving mood.
- **Rest:** Adequate rest and sleep are essential for physical health. Rest allows the body to recover, repair tissues, and consolidate memories. Quality sleep is linked to better cognitive function, emotional stability, and overall well-being.

### **Living by Torah and Embracing the Covenant for a Holistic Life**

Living by the Torah and embracing the Covenant with God leads to a holistic life by integrating physical, mental, and spiritual well-being. Here's how:

**Dietary Laws:** The Torah includes dietary laws (kashrut) that promote healthy eating habits. For example, the prohibition of consuming certain animals and the separation of meat and dairy can lead to a more mindful approach to food consumption (Leviticus 11). The Torah provides specific dietary laws, known as kashrut, which outline what is permissible (kosher) and what is forbidden (non-kosher) to eat. According to these laws, certain meats, such as pork and shellfish, are considered non-kosher and are therefore prohibited. The Torah instructs followers to avoid consuming these non-kosher meats, emphasizing the importance of adhering to these dietary guidelines as part of their religious practice.

#### **Why does the Torah forbid non-kosher eating of meat?**

**Why not Pork or Shellfish?** Pork is considered non-kosher and is forbidden in the Torah for several reasons, both spiritual and practical.

#### **Here are some key points for Pork:**

- **Poor Sweat Glands:** Pigs have very few sweat glands, which means they are less efficient at eliminating toxins from their bodies. As a result, these toxins can accumulate in their flesh, potentially posing health risks to those who consume pork.

- **Toxins and Poisons:** Due to their scavenging nature, pigs often consume a variety of substances, including spoiled food and waste. This diet can lead to the accumulation of harmful substances in their bodies, which can then be passed on to humans who eat pork.
- **Parasites and Worms:** Pork is known to be susceptible to parasites such as *Trichinella spiralis*, which can cause trichinosis in humans. This parasitic infection can lead to severe health issues, including muscle pain, fever, and digestive problems.
- **Negative Impact on Human Health:** Consuming pork has been linked to various health concerns, including an increased risk of heart disease, high cholesterol, and certain cancers. The high-fat content and potential for contamination make pork a less healthy option compared to other meats.

### **Why not Shellfish?**

#### **Here are some key points for Shellfish:**

Here are some key points as to why non-kosher shellfish are forbidden to eat according to the Torah:

- **Dietary Laws:** The Torah explicitly lists shellfish as non-kosher, meaning they do not meet the dietary requirements set forth in Jewish law.
- **Health Concerns:** Shellfish are filter feeders, meaning they can accumulate toxins, pollutants, and harmful bacteria from their environment, which can pose health risks to humans.
- **Allergic Reactions:** Shellfish are a common allergen and can cause severe allergic reactions in some individuals, including anaphylaxis.
- **Parasites and Contaminants:** Shellfish can harbor parasites and contaminants, such as *Vibrio* bacteria, which can lead to foodborne illnesses.
- **Spiritual and Religious Reasons:** Following the dietary laws, including the prohibition of shellfish, is a way for adherents to maintain spiritual purity and demonstrate their commitment to their faith.

**Spiritual and Religious Reasons:** The Torah's dietary laws, including the prohibition of pork, are believed to be divinely inspired guidelines for maintaining physical and spiritual purity. By adhering to these laws, followers demonstrate their commitment to their faith and maintain a sense of discipline and holiness in their daily lives.

In summary: These points highlight both the health risks and spiritual principles behind the prohibition of non-kosher shellfish in the Torah. The wisdom and knowledge of the Torah provide

a comprehensive guide for living a life that promotes physical, spiritual, and communal well-being. Its teachings encompass ethical behavior, dietary laws, and social justice, all designed to foster a harmonious and healthy society. By adhering to the Torah's principles, individuals can avoid harmful practices, maintain their health through dietary restrictions, and cultivate a sense of purpose and connection to a higher moral standard. The Torah's timeless wisdom serves as a foundation for a life that is not only safe but also enriched with meaning and integrity.

**Rest and Sabbath:** Observing the Sabbath (Shabbat) is a key aspect of the Torah. It provides a weekly day of rest, allowing individuals to recharge physically, mentally, and spiritually (Ex. 20:8-11). This practice emphasizes the importance of rest and balance in life.

*Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it. (Ex. 20:8-11)*

**Ethical Living:** The Torah's teachings on ethical behavior, justice, and compassion contribute to mental and emotional well-being. Living according to these principles fosters a sense of purpose, community, and inner peace (Leviticus 19:18).

*Thou shalt not avenge, nor bear any grudge against the children of thy people, but thou shalt love thy neighbour as thyself: I am the LORD. (Lev. 19:18)*

**Spiritual Practices:** The Torah encourages regular prayer, meditation, and study of the scriptures. These practices nurture spiritual health, providing a deeper connection with God and a sense of fulfillment.

*Hear, O Israel: The LORD our God is one LORD: And thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might. And these words, which I command thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up. And thou shalt bind them for a sign upon thine hand, and they shall be as frontlets between thine eyes. And thou shalt write them upon the posts of thy house, and on thy gates. (Deut. 6:4-9).*

**Community and Relationships:** The Torah emphasizes the importance of community and healthy relationships. It provides guidelines for social interactions, family life, and community responsibilities, promoting social health and support.

*Thou shalt not hate thy brother in thine heart: thou shalt in any wise rebuke thy neighbour, and not suffer sin upon him. Thou shalt not avenge, nor bear any grudge against the children of thy people, but thou shalt love thy neighbour as thyself: I am the LORD.  
(Lev. 19:17-18).*

By following the teachings of the Torah and embracing the Covenant, individuals can achieve a holistic life that balances physical health, mental clarity, and spiritual fulfillment. This comprehensive approach aligns with God's divine instructions, leading to a life that is righteous and pleasing in His sight.

### Scriptures that God is Telling us to Keep (Guard) His Instructions/Directives

*You shall diligently keep the Commandments of the Lord your God, and His testimonies and His statutes which He has commanded you. (Deut. 6:17)*

*Guard, you shall guard the Directives of YHWH your 'Elohiym, and His Witnesses, and His Divine Decrees, which He has directed you. (My translation)*

*You shall therefore love the Lord your God and always keep His charge, His statutes, His ordinances, and His commandments. (Deut. 11:1)*

*You shall love YHWH your 'Elohiym and guard His Post, His Statutes, His Judgements, and His Directives. (My translation)*

*Only be very careful to observe the commandment and the law which Moses the servant of the Lord commanded you, to love the Lord your God and walk in all His ways and keep His commandments and hold fast to Him and serve Him with all your heart and with all your soul. (Joshua 22:5)*



*Only very much guard/preserve to commit to practice His Bidding, the Directive, and the Torah which Moses, servant of YHWH, instructed you; to love YHWH your God and to walk in all His Words and to guard/preserve His Directives and to cling in Him and to serve Him with all your heart and with all your soul.*  
(My translation)

*Blessed are those who keep His testimonies, who seek Him with all their heart. (Ps. 119:2)*

*Level-headed<sup>1</sup> are they who guard His Witnesses with a whole heart and seek Him. (My translation)*

*The conclusion, when all has been heard, is: fear God and keep His commandments, because this applies to every person.*  
(Eccl. 12:13)

*Let us hear the conclusion of the whole matter: Revere the 'Elohiym, guard His Directives, because this is for all mankind.*  
(My translation)

**Here are Five Scriptures from the TaNaKh (Hebrew Bible) that Indicate that if one loves YHWH, He/She will Keep His Commandments and Embrace His Covenant:**

*You shall love the Lord your God with all your heart and with all your soul and with all your might. These words, which I am commanding you today, shall be on your heart. (Deut. 6:5-6)*

*You shall love YHWH your 'Elohiym with all your heart and with all your soul, and with all your substance. And these are the words which I have instructed you this day upon your heart.*  
(My translation)

*You shall therefore love the Lord your God, and always keep His Charge, His Statutes, His Ordinances, and His Commandments.*  
(Deut. 11:1)

<sup>1</sup> The Hebrew word אָשְׁרֵי ('ashrei) in Psalm 119:2 is often translated as "blessed" or "happy." It comes from the root אָשַׁר ('ashar), which means "to go straight," "to advance," or "to be level." While "level-headed" is not a common translation, it captures the idea of being on a straight path or having a balanced, steady approach to life.

*You shall love YHWH your 'Elohiym and guard His Post, His Statutes, His Judgements, and His Directives. (My translation)*

*Only be very careful to observe the commandment and the law which Moses the servant of the Lord commanded you, to love the Lord your God and walk in all His ways and keep His commandments and hold fast to Him and serve Him with all your heart and with all your soul. (Joshua 22:5)*

*Only very much guard/preserve to commit to practice His Bidding, the Directive and the Torah which Moses, servant of YHWH, instructed you; to love YHWH your God and to walk in all His Words and to guard/preserve His Directives and to cling in Him and to serve Him with all your heart and with all your soul. (My translation)*

*I shall delight in Your commandments, which I love. And I shall lift up my hands to Your commandments, which I love; and I will meditate on Your statutes. (Ps. 119:47-48)*

*I will look upon Your Directives, which I have loved. I will lift up my hands to Your Directives, which I love, and meditate on Your Statutes. (My translation)*

*I said, 'I beseech You, O Lord God of heaven, the great and awesome God, who preserves the Covenant and lovingkindness for those who love Him and keep His Commandments. (Neh. 1:5)*

*And said, I implore you, O YHWH, 'Elohiym of the heavens, and the Great and Awesome 'El<sup>2</sup> Who preserves the Covenant, and steadfast love/faithful devotion for those who love Him and to those who guard His Directives. (My translation)*

<sup>2</sup> The word "'El" is a shortened form derived from "'ayil." The term "'ayil" is an adjective meaning "mighty" or "strength." In Hebrew, it signifies anything that embodies might or strength, such as a buck, a ram, an oak tree, or any structural element. Bucks and rams are known for their strength and power. Similarly, an oak tree stands resilient against the elements and the passage of time. A structural element, like a load-bearing wall in a house or building, serves a similar purpose. Columns also share this characteristic. Therefore, in Hebrew, when "'El" is used, it conveys the meaning of might or strength.

These verses emphasize the connection between loving God and keeping His commandments, highlighting the importance of embracing His covenant and living according to His divine instructions.

### Love and Concrete Proof in Ancient Times

In ancient Hebrew culture, love was not merely an abstract concept but a concrete action demonstrated through commitment, loyalty, and obedience. The Hebrew word for love, אָהָבָה ('ahavah), encompasses a deep sense of affection and devotion that is expressed through tangible actions.

### Love in the Hebrew Scriptures

*You shall love the Lord your God with all your heart and with all your soul and with all your might. (Deut. 6:5)*

This verse emphasizes that love for God involves the whole being—heart, soul, and strength—indicating a total commitment to Him.

*You shall therefore love the Lord your God, and always keep His Charge, His Statutes, His Ordinances, and His Commandments. (Deut. 11:1, my translation)*

Here, love for God is directly linked to keeping His Commandments, showing that love is demonstrated through obedience.

### Concrete Expressions of Love

In the ancient Hebrew way of life, love was shown through actions rather than just words. This practical approach to love can be seen in various aspects of their culture and scriptures:

**Obedience to God's Commandments:** Guarding God's Directives was the way to show love for Him. This obedience was not just about following rules but about maintaining a relationship with God and honoring His Covenant.

*And performing steadfast love and devotion unto thousands for those who love Me, and guard My Directives. (Ex. 20:6, My translation).*

**Loyalty and Faithfulness:** Love involved loyalty and faithfulness to God and to one another. This is evident in the covenant relationships, where both parties were expected to remain true to their commitments.

*But take diligent heed to do the commandment and the law, which Moses the servant of the LORD charged you, to love the LORD your God, and to walk in all his ways, and to keep his commandments, and to cleave unto him, and to serve him with all your heart and with all your soul. (Joshua 22:5).*

**Acts of Kindness and Justice:** Love was also expressed through acts of kindness and justice towards others. The Torah includes numerous laws that promote social justice, care for the poor, and fair treatment of others.

*Thou shalt not avenge, nor bear any grudge against the children of thy people, but thou shalt love thy neighbour as thyself: I am the LORD. (Lev. 19:18).*

*You shall not take revenge or bear a grudge against the sons of your people, and love for your neighbor as yourself; I AM YHWH! (My translation)*

**Sacrificial Actions:** Love often required sacrifice, whether it was offering sacrifices to God or making personal sacrifices for the well-being of others. This sacrificial love is seen in the willingness to put others' needs above one's own.

*And he said, Take now thy son, thine only son Isaac, whom thou lovest, and get thee into the land of Moriah; and offer him there for a burnt offering upon one of the mountains which I will tell thee of. (Gen. 22:2).*

### Love as a Way of Life

For the ancient Hebrews, love was a way of life, deeply integrated into their daily actions and relationships. It was about living in a manner that reflected God's Character and Commandments. This holistic approach to love ensured that it was not just a feeling or verbal expression but a lived reality that permeated every aspect of life. Love in the ancient Hebrew context was a concrete and active commitment to God and others, demonstrated through obedience, loyalty, kindness, justice, and sacrifice. It was a **Way of Life** that aligned with God's teachings and Covenant, ensuring that love was always visible and tangible.

### **Love for God Through Action**

In the ancient Hebrew context, love was not merely a verbal expression but a tangible demonstration of commitment and loyalty. The Hebrew word for love, אָהַבָה (ahavah), implies action and dedication. To love God meant to actively follow His Commandments and embrace His Covenant.

If someone claims to love God but completely ignores the Torah and the Covenant, their "love" can be seen as insincere or superficial. The Torah emphasizes that true love for God is shown through obedience and adherence to His laws. For example, in Deuteronomy 11:1, it states, "You shall therefore love the Lord your God, and always keep His charge, His statutes, His ordinances, and His commandments." This verse highlights that love for God is intrinsically linked to keeping His commandments.

In the Hebrew way of life, love is demonstrated through actions. Just as one shows love for another person through acts of kindness, support, and loyalty, love for God is shown through living according to His teachings and commandments. Ignoring the Torah and the Covenant would indicate a lack of genuine commitment and devotion to God.

Therefore, in the context of the Hebrew Scriptures, love for God is not just a feeling or a statement but a way of life that involves actively pursuing His instructions and maintaining a faithful relationship with Him. Without this active pursuit, the claim of love remains hollow and unsubstantiated.

### **In Conclusion**

The Hebrew Scriptures teach that to truly live for God and express our love for Him, we must actively guard His Directives. This Hebraic mindset emphasizes that love for God is demonstrated through action, particularly by committing to practice the Torah and observing His Appointed Times. Superficial love, devoid of such commitment, falls short of what God desires. By guarding His Directives and His Covenant, we walk the straight and righteous path long trodden by great men such as Abraham, Isaac, Jacob, David, and many others. This commitment to the Torah is a testament to our righteousness, as it is written, "And it will be righteousness for us if we are careful to do all this commandment before the LORD our God, as He has commanded us" (Deuteronomy 6:25). Embracing a holistic lifestyle of Torah pursuance is not only Scriptural but also beneficial to all, fostering a community grounded in faith, obedience, and love for God.

The Hebrew and Hebraic mindset was the prevalent mindset in Ancient Israel, where love and other emotions were expressed through actions rather than abstract concepts as it is often perceived today. In this context, love was tangible and demonstrated through obedience and commitment to God's Commandments. This concrete expression of love leaves no room for comparison with abstract notions of love. By living according to the Torah and embracing God's Directives, we

align ourselves with a tradition of righteousness and faithfulness that has been upheld by our ancestors. This holistic approach to life, rooted in the Torah, is both Scriptural and beneficial, guiding us on a path of righteousness and devotion.

## **Questions to Ponder**

**Is the Torah merely a list of laws—or is it the very heartbeat of the Covenant?**

**Answer** → The Torah is not a cold ledger of do's and don'ts. It is the living heartbeat of the Covenant — the pulse of YHWH's Will that is beating within the life of His people. To reduce it to "law" is to miss its essence: it is Instruction, wisdom, and the very path by which we walk with our Creator. Without Torah, the Covenant is lifeless words on stone; with Torah, it is breath, life, and relationship.

**If love for YHWH is proven through action, what does it say about those who claim to love Him but ignore His Commandments?**

**Answer** → Love without obedience is hollow sentiment. To profess love yet reject His Commandments is to offer empty words while closing the heart. True love for YHWH is not measured by emotion but by action — by guarding what He has spoken. As it is written, those who love YHWH hate evil and keep His ways (Psalm 97:10, Deuteronomy 10:12–13). Anything less is self-deception.

**Why did YHWH give His people dietary restrictions and Sabbaths, if they were not meant to endure?**

**Answer** → Every Command carries His concern. Dietary instructions protect body and soul; the Sabbath protects rhythm, rest, and communion. These are not temporary regulations but enduring signs of His care. To suggest they were meant only for a season is to suggest His love was temporary. No — His concern for our physical, spiritual, and communal well-being has not diminished. These gifts remain as testimonies of His wisdom and love.

**Can a person truly say they are in Covenant with YHWH if they do not guard His Torah?**

**Answer** → Covenant is not a title one claims; it is a life one lives. The Covenant has terms — and Torah is its foundation. To reject Torah is to step outside the Agreement itself. Scripture is clear: those in Covenant listen to His voice, keep His Commandments, and walk in His ways (Exodus 19:5, Deuteronomy 7:9). Anything less is not Covenant but illusion.

**Why do many today see Torah as “bondage” rather than the “perfect law that restores the soul”?**

**Answer** → Who persuaded us to see YHWH’s Torah — His loving instructions — as bondage rather than freedom? It was not YHWH. It was men. Men who built their own creeds, councils, and doctrines and passed them down as if they were truth. These are the very ones who taught generations to believe that the Torah is a heavy yoke, when it IS the perfect Law that restores the soul (Psalm 19:7). They have exchanged the beauty of YHWH’s Covenant for the traditions of men, and many follow them without ever searching out the matter for themselves. In doing so, they choose the words of men over the Commandments of the Living God.

**How does viewing the Torah as Divine Instruction rather than “Old Law” change our understanding of our relationship with YHWH?**

**Answer** → Seeing Torah as “Old Law” casts YHWH as a taskmaster and His Word as a prison. But seeing Torah as Divine Instruction reveals Him as a loving Father guiding His children into life. The shift transforms obedience from reluctant duty into joyful devotion. It restores the relationship from fear of judgment to delight in fellowship. Torah is not outdated statute; it is timeless covenantal guidance, given so His people may know Him and walk in His ways.

**If we truly believe YHWH is the same yesterday, today, and forever—why do we assume His instructions have been abolished or changed?**

**Answer** → Scripture never once declares that His Torah would be replaced. On the contrary, it says His Word stands forever, His Covenant He will not break, and His Commandments endure to a thousand generations. To say His Torah is abolished is to accuse YHWH of changing His nature — and if He changes, then He is no longer the Rock on which we stand.

**In ancient times and in Hebrew thought, love was action. How can love be proven without action?**

**Answer** → Love without action is a withered branch. In Hebrew thought, to love is to serve, to guard, to obey. If love for YHWH fills the heart, it must be seen in the hands and feet — in keeping His Sabbaths, walking in His ways, and doing justice. The question is not “*Do you feel love?*” but “*What do you do because of that love?*”

**What happens to a nation, family, or person who departs from the Torah?**

**Answer** → The fruit of departure is everywhere: confusion where there should be clarity, corruption where there should be righteousness, chaos where there should be order. Nations

crumble, families fracture, and souls wither when they turn from Torah. The curses of Deuteronomy are not ancient relics — they are headlines in today's news.

**What would happen in your life if you fully aligned with the Torah, not out of fear, but because of love?**

**Answer** → To walk in Torah out of love is to step into harmony with creation itself. Health is strengthened, relationships are purified, peace settles on the soul. It is not a life without trials, but a life rooted, unshaken, and fruitful. To align with Torah is to live as you were designed to live — in rhythm with the heartbeat of our Creator.

*As Blood is to the Body – So Torah is to the Soul*