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Rabbi Bob Benbow

### “The Life Of Sarah”

Torah Chaye Sarah	– Gen.23:1 – 25:18
Haf Torah	– 1 Kings 1:1-31
Brit Chadashah:	– 1Cor.15:50-57
Psalm:	– Ps. 5, 59,113
Extra Reading	– John 9,10

#### The Torah Commentary:

*And Sarah was a hundred and seven and twenty years old; the years of the life of Sarah. And Sarah died in Kirjath-arba; the same Hebron in the land of Canaan: and Abraham came to mourn for Sarah, and to weep for her.*

*(Gen.23:1,2) And Abraham gave all that he had unto Isaac. But unto the sons of the concubines, which Abraham had, Abraham gave gifts, and sent them away from Isaac his son, while he yet lived, eastward, unto the east country. And these the days of Abraham's life which he lived, a hundred threescore and fifteen years. Then Abraham gave up the breath/(ghost), and died in a good old age, an old man, and full; and was gathered to his people. And it came to pass after the death of Abraham, that God blessed his son Isaac; and Isaac dwelt by the well Lahai-roi. (Gen. 25:5,6,11) And these the years of the life of Ishmael, a hundred and thirty and seven years: and he gave up the breath/(ghost) and died; and was gathered unto his people. And they dwelt from Havilah unto Shur, that before Egypt, as you go toward Assyria: he died/fell in the presence of all his brethren.*

*(Gen. 25:17,18) Lord, You have been our dwelling place in all generations. Before the mountains were brought forth, or ever You had formed the earth and the world, even from everlasting to everlasting, You God. You turn man to destruction; and say, Return, you children of men. For a thousand years in Your sight as yesterday when it is past, and a watch in the night. You carry them away as with a flood they are a sleep: in the morning like grass grows up. In the morning it flourishes, and grows up; in the evening it is cut down, and withers. For we are consumed by Your anger, and by Your wrath are we troubled. You have set our iniquities before You, our secret in the light of Your countenance. For all our days are turned away in Your wrath: we spend our years as a meditation/tale. The days of our years threescore years and ten; and if by reason of strength fourscore years, yet their strength labor and sorrow; for it is soon cut off, and we fly away. Who knows the power of Your anger? Even according to Your fear, Your wrath. So teach to number our days, that we may apply/cause to come hearts unto wisdom. Return, O YHVH, how long? And let it*

repent You concerning Your servants. O satisfy us early with Your mercy; that we may rejoice and be glad all our days. Make us glad according to the days You have afflicted us, the years we have seen evil. Let Your work appear unto Your servants, and Your glory unto their children. And let the beauty of YHVH our God be upon us: and establish You the work of our hands upon us; yes, the work of our hands establish You it. (Ps. 90) The fear of YHVH the beginning of wisdom; and the knowledge of the holy understanding. For by Me your days shall be multiplied, and the years of your life shall be increased. (Pv. 9:10,11) YHVH the portion of my inheritance and of my cup: You maintain my lot. The lines are fallen unto me in pleasant; yes, I have a goodly heritage. I will bless YHVH, Who has given me counsel; my reins also instruct me in the night seasons. I have set YHVH always before me; because at my right hand, I shall not be moved. Therefore my heart is glad, and my glory rejoices: my flesh also shall rest/dwell confidently in hope. For You will not leave my soul in hell; neither will You suffer Your Holy One to see corruption. You will show me the path of life: in Your presence is fullness of joy; at Your right hand pleasures evermore. (Ps. 16:5-11) YHVH my shepherd; I shall not want. He makes me to lie down in green pastures: He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His Name's sake. Yes, though I walk through the valley of the shadow of death, I will fear no evil: for You with me; Your rod and Your staff they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over. Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of YHVH forever. (Ps. 23) Show me Your ways, O YHVH; teach me Your paths. Lead me in Your truth, and teach me; for You the God of my salvation; on You do I wait all the day. Remember, O YHVH, Your tender mercies and Your lovingkindnesses; for they ever of old. Remember not the sins of my youth, nor my transgressions; according to Your mercy remember You me for Your goodness' sake, O YHVH. Good and upright YHVH, therefore will He teach sinners in the way. The meek will He guide in judgment; and the meek will He teach His way. All the paths of YHVH mercy and truth to such as keep His covenant and His testimonies. For Your Name's sake, O YHVH, pardon my iniquity; for it great. What man he that fears YHVH? Him shall He teach in the way He shall choose. His soul shall dwell at ease; and his seed shall inherit the earth. The secret of YHVH with them that fear Him; and He will show them His covenant. (Ps. 25:4-14) My son, forget not My Torah/law; but let your heart keep My commandments; for length of days, and long life, and peace, shall they add to you. Let not mercy and truth forsake you; bind them about your neck; write them upon the table of your heart; so shall you find favor and good understanding in the sight of God and man. (Pv. 3:1-4) Keep your heart with all diligence; for out

*of it the issues of life. Put away from you a forward mouth, and perverse lips put far from you. Let your eyes look right on, and let your eyelids look straight before you. Ponder the path of your feet, and let all your ways be established. Turn not to the right hand nor to the left: remove your foot from evil. (Pv. 4:23-27) Whoso despises the word shall be destroyed; but he that fears the commandment shall be rewarded. The Torah of the wise a fountain of life, to depart from the snares of death. (Pv. 13:13,14) He that finds his life shall lose it: and he that loses his life for My sake shall find it. (Matt. 10:39) And, behold, one came and said to Him, Good Master, what good thing shall I do, that I may have eternal life? And He said to him, Why call you Me good? None good but One, God: but if you will enter into life, keep the commandments. (Matt. 19:17) And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up: That whosoever believes in Him should not perish, but have eternal life. For God so loved the world, that He gave His only begotten Son, that whosoever believes in His should not perish, but have everlasting life. (John 3:14-16) For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Messiah Yeshua our Lord. (Rom. 8:38,39) How are the years of your life? What will be said of them? Selah...*