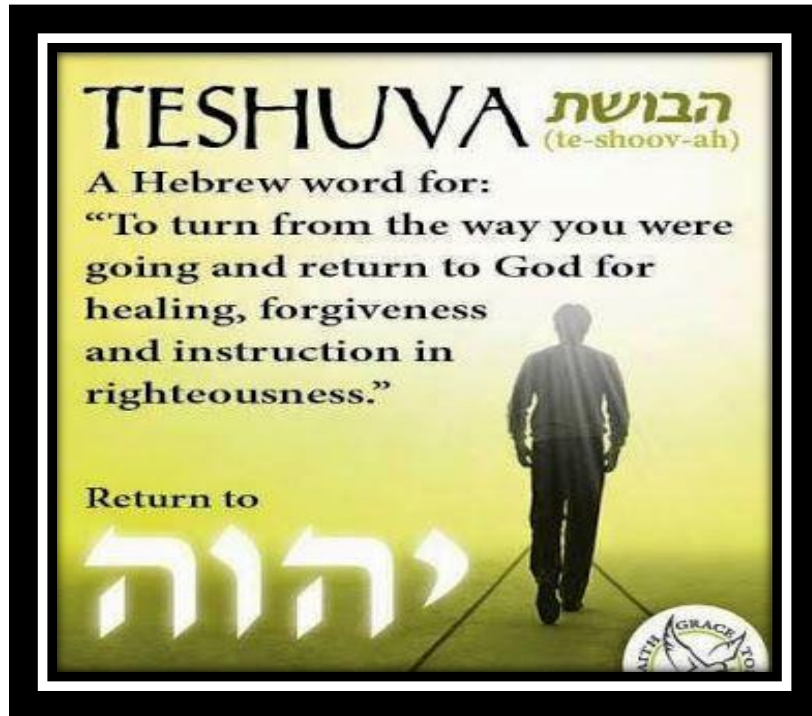


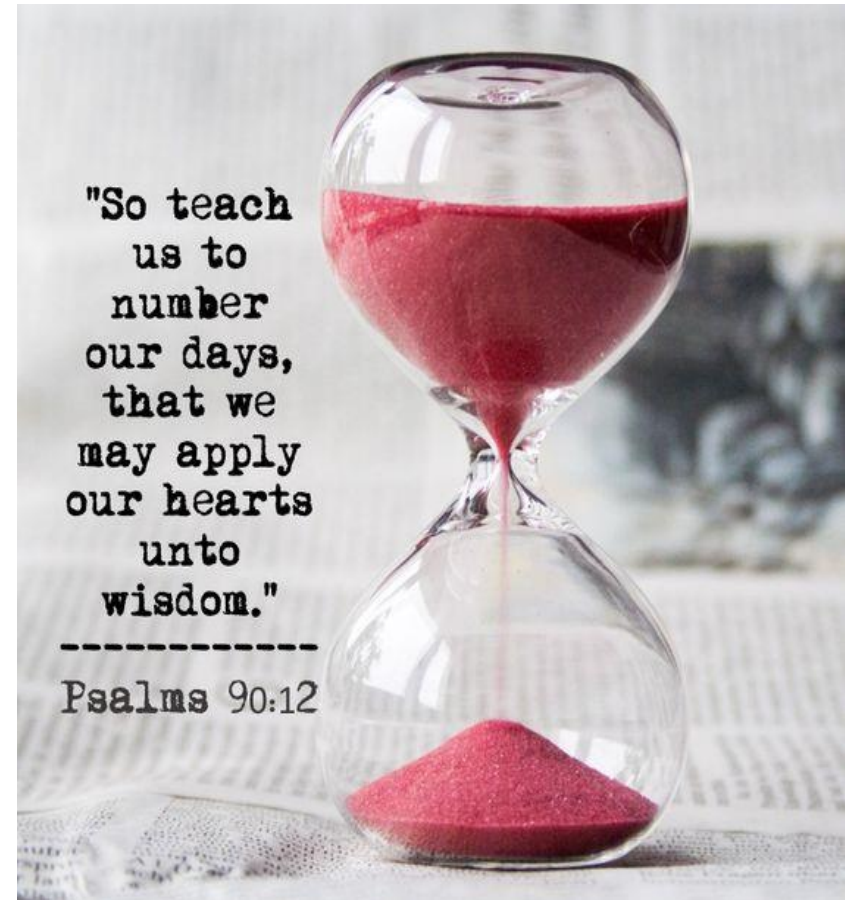
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Matthew 4:23-24, *Yeshua* was going throughout all the Galilee, teaching in their synagogues and proclaiming the Good News of the kingdom, and healing every kind of disease and sickness among the people. ²⁴News about Him spread throughout all Syria. And they brought to Him all the sick – those tormented by various diseases and afflictions, those plagued by demons, the epileptics, the paralyzed, **and He healed them all.**

DISCLAIMER: **CONSULT YOUR PHYSICIAN AS NEEDED.**

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During Elul, our hearts are stirred to return to HaShem wholeheartedly, because His overwhelming love for us draws us to him.

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Days: 1-5 Meditate on Psalm 90 (v.12)
Meditate on Gen. 1 (v.14)
Meditate on Psalm 25 (v.8)
Meditate on Exodus 20 (v.11)
Meditate on Exodus 15 (v.26)

Days: 6-10 Meditate on Gen. 5 (v.1-2 & 5)
Meditate on Gen. 6 (v.3)
Meditate on Psalm 90 (v.12)
A Day of Prayer
Meditate on John 16 (v. 23)

Days: 11-15 Meditate on Gen. 11 (v.27-32)
Meditate on Gen. 25 (v. 7-11)
Meditate on Psalm 90 (v. 12)
Meditate on Gen. 35 (v. 28-29)
Meditate on Psalm 107 (v. 20)

Ten Days of Awe

Days: 1-3

- *Jonah chapter 3
- *Luke chapter 2
- * Hebrews chapter 5

Days: 4-5

- *Mark chapter 2
- *Matthew chapter 24

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Days: 16-20 Meditate on Phil. 2:1-18
A Day of Prayer
Meditate on Ephesians 5 (v. 16)
Meditate on Isaiah 55 (v.6-11)
Meditate on Isaiah 53 (v. 5)

Days: 21-25 Meditate on Exodus 24 (v. 18)
Meditate on Acts 21 (v. 26)
Meditate on Phil. 2:1-18
A Day of Prayer
Meditate on Mark 16 (v. 15-18)

Days: 26-30 Meditate on Joel 2 (v. 28-29)
Meditate on Micah 4 (v. 1)
Meditate on Phil. 2:1-18
Meditate on James 5 (v. 14-16)
Meditate on Psalm 103 (v. 2-3)

Ten Days of Awe

Days: 6-8

- *2 Timothy chapter 3
- * Mark chapter 13
- * Hebrews chapter 8

Days: 9-10

- *Matthew chapter 11
- * Hebrews chapter 10

When the Hebrew/Jewish people sinned by worshipping/serving the golden calf on the 17th of Tammuz. Moshe (Moses) prayed for 40 days that they would not be wiped out. HaShem agreed to forgive but it did not atone for sin. The first 40 days of prayer only spared the Hebrews from punishment. Moshe's 2nd 40 days of prayer and fasting was from Rosh Chodesh ELUL through Yom Kippur to complete the "offering" for their atonement. HaShem relented and restored His love toward Israel.

ELUL is an auspicious time for T'Shuvah because it is the month when HaShem expressed great love for His people. Moshe's efforts instilled a strong feeling of Penance into the month. It explains why Repentance in ELUL is more propitious than in other months.

DAYS OF LOVE & FAVOR!

* Is Klal Yisrael "The Whole of Israel" governed by Mazal/Mazel?

* Genesis 30:11, Leah gave birth to Gad. She said he was her "good fortune". Mazal makes a person Wise & Wealthy. Mazal Tov!

* Isaiah 66:23, Rosh Chodesh itself is called a Festival. So, we Celebrate the New month, ELUL!

* One must always be Optimistic that the future will be better than the past!

* ELUL: The month of T'Shuvah

* The great power of T'Shuvah:

-Brings healing to the world

-Reaches the Throne of Glory

-Hastens the Redemption

-Lengthens a person's life

DRINK PLENTY OF WATER AS YOU

PARTAKE IN THE FAST.