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Rabbi Bob Benbow

For those who do not know, the Portion name comes from the first word or words of the portion in Torah. This week the Torah Portion name is Vayishlach and is translated as "And Sent"

The Torah Commentary:

What is man, that You are mindful of him? And the son of man that You visit him? For You have made him a little lower than the angels, and has crowned him with glory and honor. (Ps. 8:4,5) Bless YHVH, O my soul: and all that is within me, His Holy Name. Bless YHVH, O my soul, and forget not His benefits: Who forgives all your iniquities; Who heals all your diseases: Who redeems your life from destruction; Who crowns you with loving-kindness and tender mercies; Who satisfies your mouth with good; your youth is renewed like the eagle's. YHVH executes righteousness and judgment for all that are oppressed. YHVH merciful and gracious, slow to anger, and plenteous in mercy. He will not always chide: neither will He keep [anger] forever. He has not dealt with us after our sins; nor rewarded us according to our iniquities. For as the heaven is high above the earth, great is His mercy toward them that fear Him. As far as the east from the west, far has He removed out transgressions from us. Like as a father pities children, YHVH pities them that fear Him. For He knows our frame; He remembers that we dust. But the mercy of YHVH from everlasting to everlasting on them that fear Him, and His righteousness to children's children; to such as keep His covenant, and to those that remember His commandments to do them. YHVH has prepared His throne in the heavens; and His kingdom rules over all. Bless YHVH, you His angels, that excel in strength, that do His commandments, hearkening unto the voice of His word. Bless you YHVH, all His hosts; ministers of His, that do His pleasure. Bless YHVH all His works in all places of His dominion: bless YHVH, O my soul. (Ps. 103:1-6,8-14,17-22) And Jacob said, O God of my father Abraham, and God of my father Isaac, YHVH which said to me,

Return to your country, and to your kindred, and I will deal well with you: I am less than all of the least of all the mercies, and of all the truth, which You have showed to Your servant; for with my staff I passed over this Jordan; and now I am become two bands. Deliver me, I pray You, from the hand of my brother, from the hand of Esau: for I fear him, lest he will come and smite me, the mother with the children. And you said, I will surely do you good, and make your seed as the sand of the sea, which cannot be numbered for multitude. And Jacob was left alone; and there wrestled a man with him until the breaking of the day. And when he saw that he prevailed not against him, he touched the hollow of his thigh; and the hollow of Jacob's thigh was out of joint, as he wrestled with him. And he said, Let me go, for the day breaks. And he said, I will not let you go, except you bless me. And he said to him, What your name? and he said, Jacob. And He said, Your name shall be called no more Jacob, but Israel: for as a prince have you power with God and with men, and have prevailed. And Jacob asked, and said, Tell, I pray you, Your name. And He said, Wherefore it you ask after My name? And He blessed him there. And Jacob called the name of the place Peniel: for I have seen God face to face, and my life is preserved. (Gen. 32:9-12,24-30) And God said to Jacob, Arise, go up to Bethel, and dwell there: and make there an altar to God, that appeared to you when you fled from the face of Esau your brother. And God appeared to Jacob again, when he came out of Padan-aram, and blessed him. And God said to him, Your name Jacob: your name shall not be called any more Jacob, but Israel shall by your name: and He called his name Israel. And God said to him, I God Almighty: be fruitful and multiply, a nation and a company of nations shall be of you, and kings shall come out of your loins; and the land which I gave Abraham and Isaac, to you I will give it, and to your seed after you will I give the land. And God went up from him in the place where He talked with him. (Gen. 35:1,9-13) And the Angel of YHVH appeared to him in a flame of fire out of the midst of a bush; and he looked, and, behold, the bush burned with fire, and the bush not consumed. Moreover He said, I the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob. And Moses hid his face; for he was afraid to look upon God. (Ex. 3:2,6) And YHVH said to Moses in Midian, Go, return to Egypt: for all the men are dead which sought your life. And Moses took his wife and his sons, and set them upon an ass, and he returned to the land of Egypt: and Moses took the rod of God in his hand. And it came to pass by the way in the inn, that YHVH met him, and sought to kill him. Then Zipporah took a sharp stone, and cut off the foreskin of her son, and cast at his feet, and said, Surely a bloody husband you to me. So He let him go: then she said, A bloody husband, because of the circumcision. (Ex. 5:19,20,24-26) Then went up Moses, and Aaron, Nadab, and Abihu, and seventy of the elders of Israel: And they saw the God of Israel: and under His feet as it

were a paved work of a sapphire stone, and as it were the body of heaven in clearness. And upon the nobles of the children of Israel He laid not His hand: also they saw God, and did eat and drink. (Ex. 24:9-11) In the year that king Uzziah died I saw also the Lord sitting upon a throne, high and lifted up, and His train filled the temple. Then said I, Woe me! For I am undone; because I a man of unclean lips, and I dwell in the midst of a people of unclean lips: for my eyes have seen the King, the YHVH of hosts. Then flew one of the seraphims to me, having a live coal in his hand, he had taken with the tons from off the altar. And he laid on my mouth, and said, Lo, this has touched your lips; and your iniquity is taken away, and your sin purged. (Is. 6:1,5-7) Now when Yeshua was born in Bethlehem of Judea in the days of Herod the king, behold, there came wise men from the east to Jerusalem, saying, Where is He that is born King of the Jews? For we have seen His star in the east and are come to worship Him. And when they were come into the house, they saw the young child with Mary His mother and fell down, and worshiped Him: and when they had opened their treasures, they presented to Him gifts; gold, and frankincense, and myrrh. (Matt. 2:1,2,11) And the Word was made flesh, and dwelt among us, (and we beheld His glory, the glory as of the only begotten of the Father,) full of grace and truth. No man has seen God at any time; the only begotten Son, which is in the bosom of the Father, He has declared. (John 1:14,18) For God Who commanded the light to shine out of darkness, has shined in our hearts, to the light of the knowledge of the glory of God in the face of Yeshua Messiah. (1 Cor.4:6) And there shall be no more curse: but the throne of God and of the Lamb shall be in it; and His servants shall serve Him: And they shall see His face; and His Name in their foreheads. (Rev. 22:3,4) Bless YHVH, O my soul.. Seek His face. Keep His commands. Walk in His light. Be strong in Him. Revere and fear Him. Hear His voice. Selah.