

How you can be blessed in your daily routine

Updated 5/25/22 B"H

Do you want to be blessed in your daily routine? Here are some practical ways you can receive God's blessing in your life:

1. Approach God directly through prayer

Some world religions teach that God is far-off, distant, and unconcerned with the daily activities of human beings.

Some people believe that they **cannot** personally talk with Him: that they need an intermediary or someone "holier-than-thou" to speak to the Almighty on their behalf.

Countless times have people asked me to pray for them, but it becomes clear **they have no intention of doing so themselves.**

Prayer on the behalf of another is never wasted, but **it would be more effective if the requester would join in with true faith of their own.**

You can pray any time! Start your day off right, by approaching the throne of the LORD with a humble prayer of thanksgiving and praise.

Why not listen to this song, ["Awake, O Israel, put off thy slumber"](#) and start giving Him praise right now!?

2. Reject American Christianity's

dangerous flirtation with yoga and kundalini in your exercise routine

If you have a morning exercise routine, keep at it! Incorporate praise and worship music when you're on your elliptical or treadmill. Thank the LORD for the ability to move the body that He gave you. **If you've ever had to recover from an injury or medical intervention, you know not to take exercise for granted.**

Pray today for strength. That He would strengthen your every limb and muscle and tendon, that His strength would be made perfect in your weaknesses.

Do NOT follow the New Age movement's suggestions to "look inward," attempting to empty the mind in order to find enlightenment, self-actualization, or nirvana.

More and more Americans turn toward Eastern religion, incorporating yoga and kundalini worship practices into their lives and joining the pop culture fascination with anything decidedly **nonChristian**.

My advice to aspiring yogis: yes, stay healthy, eat some yogurt, but skip the yoga.

Let me explain why:

My friends (natives of northern India) who happen to be evangelical missionaries to that same region attest that yoga **is** indeed rooted in Hindu religion and they are saddened (*appalled, really, but they are shy to show it*) by the Western embrace of these dark influences. **They risk their lives preaching the Good News of Messiah and rejoicing when bondages are broken as people reject idolatry and come back stateside only to be bombarded by American Christians who get all defensive about their exercise routines.**

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The Scriptures used by thousands of believers around the world instruct plainly what ought be done.

Rabbi She'll (Paul, the Apostle) wrote to the Romans that believers should "renew their mind," ([Romans 12:2](#)) and assured the Corinthian believers that by the power of the Holy Spirit (*Ruach haKodesh*) and faith in His Name, they now had the "mind of Messiah" ([1 Corinthians 2:16](#)).

Followers of Jesus (*Yeshua*) are to set their minds on things above ([Colossians 3:2](#)). We must choose to live differently. Rather than empty our minds, we must fill our mind with the Truth of God's Word.

There are plenty of ways to demonstrate our faith without compromise. After all, there are plenty of stretching exercises that we as believers can do that are not rooted in yoga's practices. Let us honor our LORD and not invite Hindu spirits into our lives.

3. Meditate on the Psalms

"Meditation" isn't anti-Biblical.

The Bible **exhorts** us to meditate! Meditate as a child of God, on the things of God. Do not meditate as the world does.

["Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things."](#)

[Philippians 4:8, emphasis added](#)

I always recommend that people meditate on the Word of God as a whole but also specifically on the [Psalms](#). This is timely because I very recently reviewed an excellent devotional resource on the [Psalms](#) that uses some of the famous minister Charles Spurgeon's writings called ["Spurgeon and the Psalms."](#) You can read that review [here](#).

It is a sad reality that so many people do not realize that their Maker, their Creator, will hear them (and answer them!) if they would call upon His Name. Too many think that spiritual meditation is reserved for Buddhists and Hindus. Too many people appear to feel ashamed by the knowledge that they are sinners that they are afraid to speak to the God of Heaven. **Many choose not to overcome this barrier**, embarrassed that their peers or family will judge them for choosing to enter into a personal relationship with Jesus Christ (*Yeshua haMashiach*).

Many echo David's wonderings that we find in [Psalm 24](#):

["Who may stand in His Holy Place? \(Psalm 24:3b\)](#)

How can I receive a blessing from the Almighty One?

How can I know He will touch my life?

How can I know He will heal a loved one?

["Who may go up on the mountain of ADONAI?" \(Psalm 24:3a\)](#)

It is easier than you may think.

David was inspired to give the answer:

["One with clean hands and a pure heart, who has not lifted his soul in vain, nor sworn deceitfully." \(Psalm 24:4\)](#)

The next verse assures us of this:

["He will receive a blessing from ADONAI, righteousness from God his salvation." \(Psalm 24:5\)](#)

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(Psalm 24:5)



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If you sincerely come before Him, bearing no agenda, lifting your soul not to the idols of this world but to the Prince of Peace, **He will bless you.**

May it be said of you, like of Nathanael in [John 1:47](#), ["in him there is no deceit."](#)

But if you have failed and your hands are unclean due to dishonest dealings and impurities in your heart, let this be a message of hope for your life.

You *can* be clothed in righteousness if you choose to be wrapped in the garments of His salvation ([Isaiah 61:10](#)), the greatest blessing available to anyone on this earth. May

nothing impede you from the blessing that is yours if you will receive it.

Here is a song by worship leader [Robin Mark](#) that may truly encourage you today called [“Garments of Praise.”](#) I love the lyrics:

[“Put on the garments of praise, for the spirit of heaviness;
Let the oil of gladness flow down from your throne!
Put on the garments of praise, for the spirit of heaviness;
Your joy is my strength alone, my strength alone!”](#)

Make these broken weary bones rise to dance again,
Wet this dry and thirsty land with a river!
LORD our eyes are fixed on you and we are waiting,
For your garland of grace as we praise your Name!

Hallelujah, sing hallelujah!
We give all honor and praise to your Name!
Hallelujah, sing hallelujah!
We trade our sorrows for garments of praise!”

If you begin your day focusing on the LORD and His goodness, the rest of your day will be full of blessing, too. And when there are hard times, you will be spiritually prepared to endure the battle and win. Receive the blessing that He has for you – it is yours, just for the asking. He is willing to give you unmerited favor: what we call, “grace.” And His grace is more than sufficient for you, today.

Also, remember this: we may have our daily routines, but with God, life becomes much more than routine! It becomes full of meaning and joy!

4. Make the decision RIGHT NOW to

follow the Savior of mankind and you will certainly receive the blessing and favor of God Most High.

And when you do, **let me be the first to say, welcome to the family!!**

If you have questions about Messiah Yeshua (Jesus the Christ), please send a message or leave a comment. We would be overjoyed to help you in your spiritual walk. Shalom!

I'll leave you today with another song that will minister to your heart based on [Psalm 24, "Who will Ascend to the Mountain of the LORD?"](#)

Haman's wife Zeresh was right about this 1 thing

From Haman to Hamas, Israel is all too often surrounded and attacked by enemies, but fear not, the enemy will never prevail! Baruch HaShem Adonai, the Guardian of Israel, who never slumbers nor sleeps.

The increase of Israel's border, little by little

The nation of Israel is truly flourishing. The land is prospering. Deserts are blossoming, becoming lush and full of greenery. Israel is an agricultural marvel and nations around the world are beginning to take note of their agri-tech, though it is no surprise to anyone familiar with the Scriptures:

Boundaries and Breakthroughs: Parashat Yitro

The boundary set at Mount Sinai

[Shemot/Exodus 19](#) describes the awe-inspiring events at Mount Sinai leading up to the giving of the renowned Ten Words, or better known as the Ten Commandments in [Exodus 20](#).

The holiness of Adonai, the Eternal One, is such that specific boundaries are given so that the people would not go up onto the mountain or even so much as touch its border. The consequence wasn't minuscule: anyone who dared to touch the mountain in disobedience would be killed. [Exodus 19:13](#), "[Not a hand is to touch it, but he will surely be stoned or shot through. Whether it is an animal or a man, it will not live.](#)"

This sounds harsh to our modern sensibilities, but this was not just any spectator event. The *LORD God – YHWH Himself* came down onto Mount Sinai, accompanied by thunderings, lightning, a thick cloud and smoke, fire, and an earthquake.

This was the real deal: real special effects far more emotive than any movie you've seen. The bottom line: The people could *not* handle this.

They needed an intermediary and Moshe (Moses) was the one chosen for the job.

The Almighty Creator came down onto Mount Sinai and called Moses up to meet with Him.

A forbidden breakthrough

[Exodus 19:21, "Then ADONAI said to Moses, "Go down and warn the people, lest they break through to see ADONAI, and many of them die."](#)

There is an interesting term: "break through." יַחַד (transliteration: *yehersu*). The Hebrew root here is "*haras*" יָרַס, but what is interesting is that here in verse 21 and then again in verse 24, this verb appears as the intransitive verb (*yehersu*,) the only two occurrences in the Hebrew Scriptures. Perhaps it is a greater play on words in the English language than even in Hebrew, as what follows should surely grab the reader's attention:

[Exodus 19:24, "'Then ADONAI said to him, 'Go down. You are to come back up, you and Aaron with you. But do not let the kohanim and the people break through to come up to ADONAI, or He will break out against them.'](#)



Many well-meaning devotional books and prayer leaders encourage believers to “pray for a breakthrough” or even “demand” that a spiritual door be opened unto them. These ideas are based off of Scripture, but can contribute to a proud, almost defiant attitude when not balanced with true rootedness in Scriptural teaching. Could this be the very attitude cautioned against in Exodus 19? A self-righteous posture can cause people to cross the line, risking quite the chastisement. The Lord God is Holy and His people must be made holy, brought near *only* by the blood of the Lamb.

Indeed, megachurch pastors and TV preachers have coined some phrases that have become extremely popular in Christian circles, but they are not all entirely Biblical:

3 popular Christian phrases that are not entirely Biblical

1. "The Prosperity Gospel."

The "Prosperity Gospel" refers to the teaching and focus on the idea that if a person prays hard enough and gives enough of their money (tithe *plus* offerings) they will *automatically* be prospered with wealth. **It is rooted in a very American mentality of material entitlement.**

A righteous person *will* prosper by faith, but not in the materially-obsessed manner propagated by self-aggrandizing tv "evangelists" who egregiously spend millions of their victims' dollars on private jets.

Might this be an example of how twisting truth *breaks through* what is right? How many famous people ultimately end up in shame?

2. "God won't give you more than you can handle."

Sometimes well-meaning people of faith will use this phrase to attempt to comfort someone in the face of tragedy. The Bible says you won't be *tempted* by more than you can handle([1 Cor.10:13](#)), but that is slightly different.

When I have served as a hospital and hospice chaplain, I have found it helpful at times to explain to fearful or grieving people that sometimes God actually *does* give you more than you can handle. You want to know why? Because then **you have to depend on Him** and "lean not upon your own understanding."

The congregation at Mount Sinai didn't lean upon their own understanding. They obeyed the word of God given through Moses and lived to tell about it.

3. "You need a spiritual *breakthrough*."

This one truly seems harmless enough. In fact, it *is* partly

true. Daniel prayed and fasted for 21 days and there was a “spiritual breakthrough:”

“Then [Gabriel] said to me, ‘Don’t be afraid, Daniel! For from the first day that you set your heart to understand and to humble yourself before your God, your words were heard. I have come because of your words. However, the prince of the kingdom of Persia resisted me for 21 days, but behold Michael, one of the chief princes, came to help me because I had been detained there with the kings of Persia.’”

Daniel 10:12-13, TLV, emphasis added

But notice, Daniel’s prayer influenced an outcome *in the heavenly realms*. In other words, **he prayed a breakthrough prayer that benefitted heaven, rather than himself**. His was a selfless prayer. The problem is, people get all excited and look to “make a breakthrough,” usually for their own plans or dreams. False preachers profit off of this emotionalism and encourage people to pray for their breakthrough, using quasi-Biblical allusions such as the widow persisting with the unjust judge in [Luke 18](#) or Jacob’s insistence in [Genesis 32](#) that he would not stop wrestling until he received a blessing.

Kingdom of kohanim, Holy Nation

The people were instructed not to come near, but they still had a role. They needed to be clean and part of creating a consecrated boundary around the mountain.

Exodus 19:23 “Moses said to ADONAI, ‘The people cannot come up to Mount Sinai, for You are the One who warned us, saying ‘Set boundaries around the mountain, and consecrate it.’”

Earlier in the chapter, ADONAI reveals to Moses that He intends for the people to be His own treasure from among all people! He also reveals that He wants them to be a kingdom of priests (kohanim) and a holy nation.

The people responded positively when Moses shared this news.

["All the people answered together and said, 'Everything that ADONAI has spoken, we will do.'" Ex.19:8](#)

They were later given ten specific boundaries – those commands that would shape their identity, the first one recognizing first and foremost that this God, the God of this people, the God of Israel, ADONAI, YHWH, He alone is God.

Yeshua the High Priest

Moshe was a great leader. The Lord used him for so many mighty works, but there came someone even greater than Moses, the One who was and is and is to come, Yeshua ben Elohim:

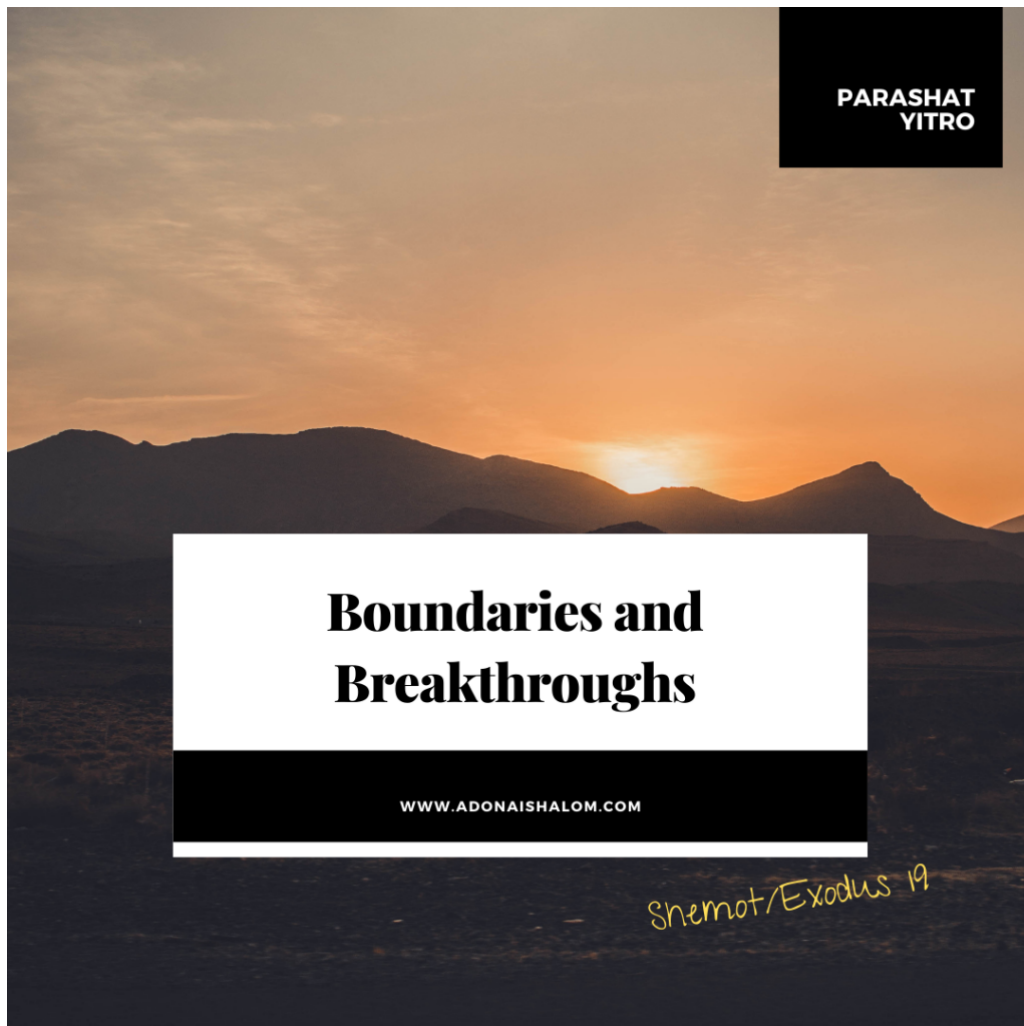
[*Therefore, holy brothers and sisters, partners in a heavenly calling, take notice of Yeshua—the Emissary and Kohen Gadol we affirm. He was faithful to the One who appointed Him in His house—as was Moses also. For He has been considered worthy of more glory than Moses, even as the builder of the house has more honor than the house. For every house is built by someone, but the builder of all things is God. Now Moses surely was faithful in all God's house as a servant, for a witness of things to be spoken later. But Messiah, as Son, is over God's house—and we are His house, if we hold firm to our boldness and what we are proud to hope.*](#)

[*Hebrews 3:1-3, TLV*](#)

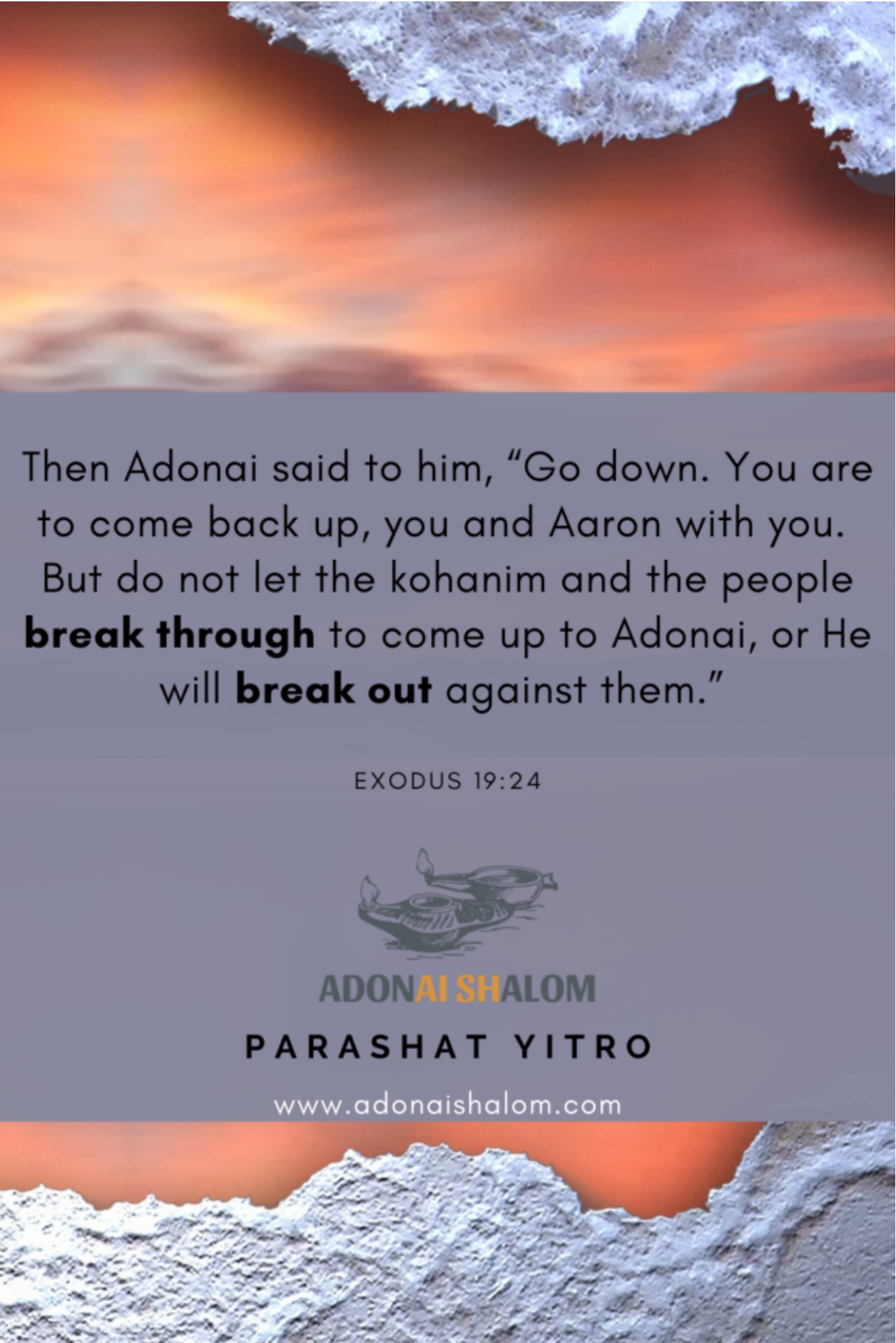
Yeshua's death exemplified the reality that holiness and sin can't mix when He took upon Himself the sin of the world. He took it all upon Himself so that He Himself could consecrate us, and we could now approach the throne of God without fear.

[Hebrews 4:16](#) "Therefore let us draw near to the throne of grace with boldness, so that we may receive mercy and [find grace for help in time of need.](#)"

Never forget the majesty and awe that accompanies the holiness of our God. We must not approach Him casually! Yes, Yeshua is our Friend and our Brother, but He is also the Almighty God and King Forever, the Victorious One who conquered sin and death so that we might be saved from the wrath of God and come to His Holy Mountain.



Boundaries and Breakthroughs



Then Adonai said to him, "Go down. You are to come back up, you and Aaron with you. But do not let the kohanim and the people **break through** to come up to Adonai, or He will **break out** against them."

EXODUS 19:24



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Replacing replacement theology: is the church the “New” Israel?

For many, many, many years . . . centuries, to be more precise, believers were taught that there is a stark contrast between “the Church” and “Israel.” “Israel” was seen as the “rebellious,” “law-bound,” “old,” “outdated,” “Jewish-other” while the “Church” was seen as the “sanctified,” “free,” “mostly-Gentile,” “new,” “grace-based” non-religion, though “religion” it was and has been. This dichotomy has created a needless split between most of Judaism and modern Christianity.

Psalm 19:8-10

The *Torah* of ADONAI is perfect, restoring the soul.

The **testimony** of ADONAI is trustworthy, making the simple wise.

The **precepts** of ADONAI are right, giving joy to the heart.

The *mitzvot* of ADONAI are pure, giving light to the eyes.

The **fear** of ADONAI is clean, enduring forever.

The **judgments** of ADONAI are true and altogether righteous.

TLV