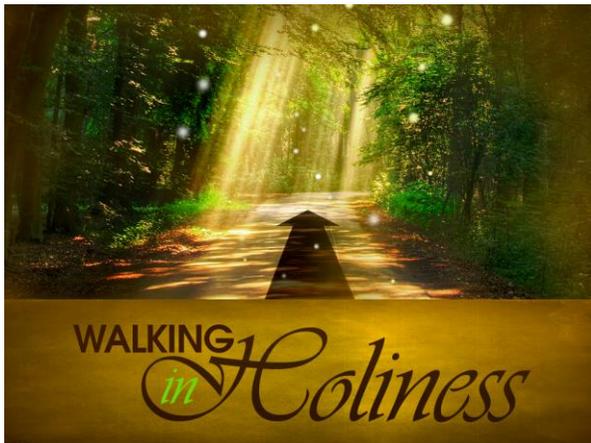




**From The Heart of the Rabbis  
Teachings and Instructions to Live By**  
**Rabbin D'vorah Eliana Brandt**  
**A Kadosh Set Apart Heart**



Psa 119:145 **Qoph**. With my whole heart I cry; answer me, O LORD! I will keep your statutes.

Psa 119:146 I call to you; save me, that I may observe your testimonies.

Psa 119:147 I rise before dawn and cry for help; I hope in your words.

Psa 119:148 My eyes are awake before the watches of the night, that I may meditate on your promise.

Psa 119:149 Hear my voice according to your steadfast love; O LORD, according to your justice give me life.

Psa 119:150 They draw near who persecute me with evil purpose; they are far from your law.

Psa 119:151 But you are near, O LORD, and all your commandments are true.

Psa 119:152 Long have I known from your testimonies that you have founded them forever.

Psa 119:145 קראתי בכל־לב ענני יהוה חקיך אצרה:

Psa 119:146 קראתיך הושיעני ואשמרה עדתיך:

Psa 119:147 קדמתי בנשף ואשועה לדבריך יחלתי:

Psa 119:148 קדמו עיני אשמרות לשיח באמרתך:

Psa 119:149 קולי נשמעה כחסדך יהוה כמשפטך חייני:

Psa 119:150 קרבו רדפי זמה מתורתך רחוקו:

Psa 119:151 קרוב אתה יהוה וכל־מצותיך אמת:

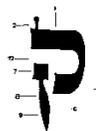
Psa 119:152 קדם ידעתי מעדתיך כי לעולם יסדתם



**Kuf-The Symbol of Holiness & Growth Cycles**

The first letter in each of these verses begins with a Kuf.

The numerical value of kuf is 100, which represents completion, an entire unit. This concept of completion is also symbolic of God's holiness.



**The Kuf Words of Psalm 119:145-152**

**VS 145 H7121**

קרא

qârâ'

**BDB Definition:**

1) to call, call out, recite, read, cry out, proclaim

1a) (Qal)

1a1) to call, cry, utter a loud sound

1a2) to call unto, cry (for help), call (with name of God)

1a3) to proclaim

1a4) to read aloud, read (to oneself), read

1a5) to summon, invite, call for, call and commission, appoint, call and endow

1a6) to call, name, give name to, call by

1b) (Niphal)

1b1) to call oneself

1b2) to be called, be proclaimed, be read aloud, be summoned, be named

1c) (Pual) to be called, be named, be called out, be chosen

**Part of Speech:** verb

**A Related Word by BDB/Strong's Number:** a primitive root [rather identical with H7122 through the idea of accosting a person met]

**Same Word by TWOT Number:** 2063

**Psa 119:145** KOPH. I cried with *my* whole heart; hear me, O LORD: I will keep thy statutes.

### H6923

קדם

qâdam

**BDB Definition:**

1) to meet, come or be in front, confront, go before

1a) (Piel)

1a1) to meet, confront, come to meet, receive

1a2) to go before, go in front, be in front

1a3) to lead, be beforehand, anticipate, forestall

1b) (Hiphil)

1b1) to come in front

1b2) to confront, anticipate

**Part of Speech:** verb

**A Related Word by BDB/Strong's Number:** a primitive root

**Same Word by TWOT Number:** 1988

### H7126

קרב

qârab

**BDB Definition:**

1) to come near, approach, enter into, draw near

1a) (Qal) to approach, draw near

1b) (Niphal) to be brought near

1c) (Piel) to cause to approach, bring near, cause to draw near

1d) (Hiphil) to bring near, bring, present

**Part of Speech:** verb

**A Related Word by BDB/Strong's Number:** a primitive root

**Same Word by TWOT Number:** 2065

### H6963

קל / קול

qôl

**BDB Definition:**

1) voice, sound, noise

1a) voice

1b) sound (of instrument)

2) lightness, frivolity

**Part of Speech:** noun masculine

**A Related Word by BDB/Strong's Number:** from an unused root meaning to call aloud

**Same Word by TWOT Number:** 1998a, 2028b

Lexicon-Qara means to shout to call out loudly to get someone's attention so that contact can be initiated

The letter Kuf alludes to God's "Kedushah" Holiness.

The term "Holiness of God" conveys the message that He is supremely exalted, He is unlimited, He is neither obligated nor related to anything existing. He has no resemblance to anything existing. He has no resemblance to anything or anyone. He is boundless & Formless (Rambam, Ikkarim) Since He is unbounded, His spirit and Presence penetrate the entire universe. (Bahir)

The concept of holiness implies that If an object is holy, it has a degree of sanctity that forbids its use for ordinary pleasure.

If a person is holy, he is on a higher level than others.

God is holy in the sense that no being-whether human or spiritual can be compared to Him

Lev. 19:2

People are not innately holy. Man's holiness is a reflection of God's absolute sanctity and purity. To raise his(mans) status to kedushah/holiness man must attach himself to God by conforming to His commandments.

Ex. 22:31

Mans sanctity/sanctification results from a mastery of all his instincts and inclinations and placing them at the disposal of God's will. (R. Hirsh)

Deut. 6:17-25 (caution against disobedience)

Deu 6:17 You shall diligently keep the commandments of the LORD your God, and his testimonies and his statutes, which he has commanded you.

Deu 6:18 And you shall do what is right and good in the sight of the LORD, that it may go well with you, and that you may go in and take possession of the good land that the LORD swore to give to your fathers

Deu 6:19 by thrusting out all your enemies from before you, as the LORD has promised.

Deu 6:20 "When your son asks you in time to come, 'What is the meaning of the testimonies and the statutes and the rules that the LORD our God has commanded you?'

Deu 6:21 then you shall say to your son, 'We were Pharaoh's slaves in Egypt. And the LORD brought us out of Egypt with a mighty hand.

Deu 6:22 And the LORD showed signs and wonders, great and grievous, against Egypt and against Pharaoh and all his household, before our eyes.

Deu 6:23 And he brought us out from there, that he might bring us in and give us the land that he swore to give to our fathers.

Deu 6:24 And the LORD commanded us to do all these statutes, to fear the LORD our God, for our good always, that he might preserve us alive, as we are this day.

Deu 6:25 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.'

Matthew 22:34-40

Mat 22:34 But when the Pharisees heard that he had silenced the Sadducees, they gathered together.

Mat 22:35 And one of them, a lawyer, asked him a question to test him.

Mat 22:36 "Teacher, which is the great commandment in the Law?"

Mat 22:37 And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind.

Mat 22:38 This is the great and first commandment.

Mat 22:39 And a second is like it: You shall love your neighbor as yourself.

Mat 22:40 On these two commandments depend all the Law and the Prophets."

John 14:19-21

Joh 14:19 Yet a little while and the world will see me no more, but you will see me. Because I live, you also will live.

Joh 14:20 In that day you will know that I am in my Father, and you in me, and I in you.

Joh 14:21 Whoever has my commandments and keeps them, he it is who loves me. And he who loves me will be loved by my Father, and I will love him and manifest myself to him."

1 John 3:24

1Jn 3:24 Whoever keeps his commandments abides in God, and God in him. And by this we know that he abides in us, by the Spirit whom he has given us.

John 17:17-19 Abstinence & Control

Joh 17:17 Sanctify them in the truth; your word is truth.

Joh 17:18 As you sent me into the world, so I have sent them into the world.

Joh 17:19 And for their sake I consecrate myself, that they also may be sanctified in truth.

**R'Pinchas Ben Yair taught that abstinence is one of the rungs in the ascent to Kedushah/Holiness**

1 Peter 1: 22-25, 2:1-2

1Pe 1:22 Having purified your souls by your obedience to the truth for a sincere brotherly love, love one another earnestly from a pure heart,

1Pe 1:23 since you have been born again, not of perishable seed but of imperishable, through the living and abiding word of God;

1Pe 1:24 for "All flesh is like grass and all its glory like the flower of grass. The grass withers, and the flower falls,

1Pe 1:25 but the word of the Lord remains forever." And this word is the good news that was preached to you.

**2Pe 2:1** But false prophets also arose among the people, just as there will be false teachers among you, who will secretly bring in destructive heresies, even denying the Master who bought them, bringing upon themselves swift destruction.

2Pe 2:2 And many will follow their sensuality, and because of them the way of truth will be blasphemed.



**The first step toward "Kedushah" is to refrain from transgressions listed in the Torah such as.....**

Evil Talk

Forbidden Food

Sexual immorality etc.

Psalm 34:13,

Psa 34:13 Keep your tongue from evil and your lips from speaking deceit.

Eph 4:31-32

Eph 4:31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

Eph 4:32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

1 Peter 4:3-5,

1Pe 4:3 For the time that is past suffices for doing what the Gentiles want to do, living in sensuality, passions, drunkenness, orgies, drinking parties, and lawless idolatry.

1Pe 4:4 With respect to this they are surprised when you do not join them in the same flood of debauchery, and they malign you;

1Pe 4:5 but they will give account to him who is ready to judge the living and the dead.



**The next step is abstinence from activities that are improper.**

Gluttony

Intoxication

Raucous behavior and should develop the self-discipline to master his impulses and to live in dignity

Galatians 5:19-25

Gal 5:19 Now the works of the flesh are evident: sexual immorality, impurity, sensuality,

Gal 5:20 idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions,

Gal 5:21 envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

Gal 5:22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,

Gal 5:23 gentleness, self-control; against such things there is no law.

Gal 5:24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

Gal 5:25 If we live by the Spirit, let us also keep in step with the Spirit.

Gal 5:26 Let us not become conceited, provoking one another, envying one another.

1 Timothy 2:8-15,

1Ti 2:8 I desire then that in every place the men should pray, lifting holy hands without anger or quarreling;

1Ti 2:9 likewise also that women should adorn themselves in respectable apparel, with modesty and self-control, not with braided hair and gold or pearls or costly attire,

1Ti 2:10 but with what is proper for women who profess godliness—with good works.

Romans 1“Toras Kohanim 19:2 “Holy am I (i.e. God) I remain holy, whether man sanctifies me or not”

In no way, can man’s conduct affect Gods essential holiness, which is infinite & unchanging. Man, can only influence the manifestation of God’s Kedushah/holiness on earth. When man transcends his natural instincts, YHWH’s presence correspondently transcends the laws of nature. Then His Divine Providence with all its miracles become more manifest.

11 Peter 2:1-22

Cycles Of Righteousness- Psalm 23

On Simchas Torah the processions take place with a Torah Scroll in hand to celebrate the joyful conclusion of the yearly cycle of public Torah reading. After the last verse of the Torah is read, followed by the exclamation “Be Strong! Be Strong! Let Us Strengthen Ourselves”

Chazak, Chazak

11 Sam 10:12

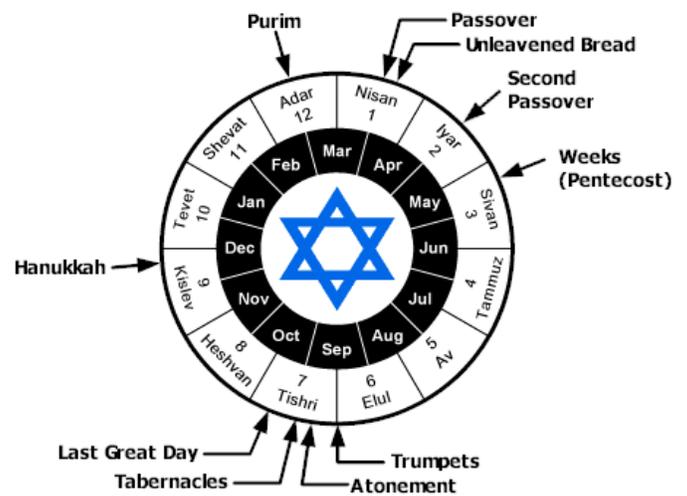
The cycle immediately begins again with the reading of the first verse of the Torah.

The cycle of human history began in Gan Eden, where man/Adam recognition of God/YHWH was clear as day and when man/Adam and all animals lived together in perfect harmony. Though mankind’s awareness of YHWH weakened (due to sin entering) in the course of history, it will return to its starting point in the Messianic Times. Isa. 11:6

At that time as on the day man was created all of mankind will recognize again that God is One/Echad.

Ezekial 37, Jeremiah 31, Rev 3:12, 21:1-2

### God’s Holy Set Apart Feast Cycles



### Shabbat Cycle

### Rosh Chodesh/New Moon Cycle

### Torah Cycle

May we live lives that bring Him praise and glory!