

PEARLS  
PRIESTS  
PERILS  
POWER

T+Sukkot 2022

1

---

---

---

---

---

---

---

---

PERILS OF ...

PERILS OF ...

The Perils of Subjective Morality

Ph 4:14 so that we should no longer be children, tossed and borne about by every wind of teaching, by the trickery of men, in cleverness, unto the craftiness of leading astray.

Ph 4:15 but, maintaining the truth in love, we grow up in all respects into J'im who is the head, Messiah,

Ph 4:16 from whom the entire body, joined and knit together by what every joint supplies, according to the working by which each part does its share, causes growth of the body for the building up of itself in love.

2

---

---

---

---

---

---

---

---

The Leaven of the Pharisees and Herod

The five loaves represented the 1<sup>st</sup> 5 Books of Torah which were the pure Word of Elohim. The five loaves fed 1,000 more people to full satisfaction and even had 12 baskets of leftovers! (The #12 representing the tribes of Israel receiving full nutrition with more leftovers than with the 4,000.)

The seven loaves represented 2 additional books of leavened doctrine added by man; Yahuah still blessed the bread before the feeding... Why? Because among the leaven, He knew His true Word does not return void. However, the 7 loaves fed fewer people and there were only 7 baskets of leftovers. To be satisfied, the crowd of 4,000 had to eat more of this 'genetically modified man-made doctrine', to receive enough of His Word to be satisfied.

Mar 8:19 "When I broke the five loaves for the five thousand, how many baskets filled with broken pieces did you pick up?" They said to J'im, "Twelve."

Mar 8:20 "And when I broke the seven for the four thousand, how many large baskets filled with broken pieces did you pick up?" And they said, "Seven."

Mar 8:21 "And J'c said to them, "How do you not understand?"

3

---

---

---

---

---

---

---

---





**REPAIRERS OF THE BREACH NATURALLY AND SPIRITUALLY**

Gen 2:6:10 And Yis'ra'el went out from Be'ra'hela and went toward Haran.  
 Gen 2:6:11 And he came upon a place and stopped over for the night, for the sun had set. And he took one of the corners of that place and put it at his head, and he lay down in that place to sleep.  
 Gen 2:6:12 And he dreamed and saw a ladder set up on the earth, and its top reached to the heavens, and saw messengers of E'lohim going up and coming down on it.  
 Gen 2:6:13 And seeing it stood above it and said, [I am] the E'lohim of Abraham your father and the E'lohim of Yitshaq. The land on which you are lying, I give it to you and your seed.  
 Gen 2:6:14 And your seed shall be as the dust of the earth. [I will cause you to have many pieces or people?] and you shall break forth to the west and to the east, to the north and the south. And all the clans of the earth shall be blessed in you and in your seed.  
 Gen 2:6:15 \*And see, I am with you and shall guard you whosoever you go, and shall bring you back to this land. [For] I am not going to leave you until I have done what I have spoken to you.\* [emphasis added]

*Messages of Elohim Ascending & Descending the Ladder.*

10

---

---

---

---

---

---

---

---

---

---

## DISCIPLINED OBEDIENCE TO HIS WORD

We reap what we sow. Our decisions determine our destiny. To be the best that we can be we must take Covenant responsibility for our decisions and subsequent consequences both physically and spiritually.

What happens when we are physically fasting? We go into a beautiful detoxifying cleansing state! I say beautiful, because we know how to prepare our bodies to go into a fasting lifestyle without shocking our bodies; feeling horrible; and saying, "forget this!" Our body knows what it needs and where it needs it. It knows where to get it as well. But if we keep our bodies constantly focused on digesting an overindulgence of food 3 times a day with snacks and sugary drinks in-between, our bodies cannot function optimally. If our bodies are not functioning optimally our spiritual walk also suffers.

Once we achieve a lifestyle cycle of physical fasting, we have more energy, less brain fog, sleep better, less bloating and digestive issues, weight loss, more time to feast on His Word etc. We are in the best shape possible to help those around us physically and spiritually. In addition, we are calmer, we have less depression about "what condition our condition is in." As His Kingdom of priests, we are focused on our written goals and prayer requests both physically and spiritually. If we keep a journal of such, we see our progress and are encouraged to keep on keeping on.

11

---

---

---

---

---

---

---

---

---

---

## STEPS TO CONSIDER WHEN PREPARING TO FAST & PRAY

(NOT AN EXHAUSTIVE LIST - JUST A FEW THOUGHTS - NOT MEDICAL ADVICE IN ANY WAY - YAH HAS EMPOWERED YOU WITH HIS RUACH)

- Determine if your body and your present state of health can physically fast? If not, you can fast from activities or habits that may pull your attention away from Elohim.
- A person must first enter a fast with the proper mindset. Because we know the battlefield is in the mind. Our first question should be "Why am I fasting?" Health, Spiritual Closeness to YHWH, Hormonal reset, General Care of our Bodily Temple, Weight Loss, or all of the above etc. Set goals physically & spiritually. Also, know "fasting" is not "one size fits all." Let Yahuah lead and guide you to the type of fast. Listen to your body, fast accordingly, and when you feast - feast on nutrient dense foods. [\[Fast Clean, Feast Well, Exercise Smart\]](#)
- Consider taking a course to get started. I took a 3-week on-line course by DyAnn Parham and led the rest of my family in knowing the basics to do likewise. (Goals: Wt. loss; Husband off BP med; Spiritual closeness to YHWH; Care of Temple)

Intermittent Fasting for Today's Aging Women  
 by DyAnn Parham

- As His kingdom of priests, we must develop discipline in the physical realm before we will be truly successful in the spiritual realm. Many of us at first had the "spiritual" cart before the "physical" horse.
- There are several ways to fast from setting aside one item to a complete fast from food. Daniel did a 21 day fast; Daniel and his companions fasted from the king's delicacies and only ate vegetables and water; others in the Bible chose 3-day fasts with prayers; with IF you may start with 3 meals a day & no snacks; then 16 hr. fast & 8 hr. feast; then 18 hr. fast & 6 hr. feast; then 20 hr. fast & 4 hr. feast; or choose to do a OMAD or fluctuate between ALL of these. You are the priest overlooking your bodily temple and the Ruach and only the Ruach is your guide. Study fasting in the Bible; why did they fast; how long etc.
- Needs will vary based on age; health; activity level; and mental & physical stability etc.

12

---

---

---

---

---

---

---

---

---

---

*Dy Ann's course was just what I personally needed but you may be different. There are several IF Courses available. No one should make your physical and spiritual choices for you. That is between you and Yahweh. That is what I lived about Dy Ann. She doesn't tell you what to do, she only coaches you in your decision-making IF process.*

Dy Ann is a 56-year-old wife and mom of two amazing kids. She has worked in the health and fitness industry for almost 30 years. She started her career as a certified group fitness instructor when she was in the United States Air Force. She has also worked as a personal trainer and nutrition coach. For the past 10 years, Dy Ann has worked as an online health and fitness coach. She currently holds certifications as an Exercise Nutrition Coach with Precision Nutrition as well as a Running Coach certification with IIFSCA.

Dy Ann started researching Intermittent Fasting when she turned 47 and started realizing that her body's hormones were changing. She had recently been diagnosed with a pre-diabetic condition and was also insulin resistant. Because of her sudden inability to lose weight, she also sensed that her thyroid was also out of balance. Using her experience in the health and wellness field along with her research on Intermittent Fasting, Dy made the decision to take control back of her own health and was able to heal her body.

*Dy Ann's passion is to teach and empower other women to do the same!*  
Dy Ann has created a new approach to intermittent fasting that is designed specifically for Today's Aging Woman. In this course, *she will teach you how to incorporate an intermittent fasting lifestyle that will help you look and feel your best and live your most authentic life.*

13

---

---

---

---

---

---

---

---

---

---

### Celebrate! HalleluYAH!

- "Is not this the fast that I choose:
1. to loose the bonds of wickedness,
  2. to undo the straps of the yoke,
  3. to let the oppressed go free and
  4. to break every yoke?" Isaiah 58:6



14

---

---

---

---

---

---

---

---

---

---

Shalom!

15

---

---

---

---

---

---

---

---

---

---