

JOURNEY FREEDOM!



Traveler's Handbook:
Uprooting generational
heart-attitudes and roots

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Uprooting generational
heart-attitudes and
roots

There is a balm in
Gilead that heals
the wounded
soul ... in is found
in the Healing
Hands of our Abba
Father

Amanda Buys' Spiritual Covering

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The Priestly Blessing ...

Numbers 6:24-26

“²⁴ The LORD bless thee, and keep thee: ²⁵ The LORD make his face shine upon thee, and be gracious unto thee: ²⁶ The LORD lift up his countenance upon thee, and give thee peace.”

The Priestly Blessing ...

Hebraic Translation

"YHVH will kneel before you presenting gifts, and He will guard you with a hedge of protection, YHVH will illuminate the wholeness of His Being toward you, bringing order, and He will provide you with love, sustenance, and friendship, YHVH will lift up the wholeness of His Being and look upon you, and He will set in place all you need to be whole and complete."

The Priestly Blessing¹

יְבָרֶכְךָ יְהוָה וַיִּשְׁמְרֶךָ:

and may he guard you the LORD may he bless you

May the LORD² bless you³ and keep you⁴

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחַנְךָ:

and show you favor on you his face the LORD May he shine

May the LORD make His face⁵ shine⁶ upon you and be gracious⁷ to you

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם:

peace for you and establish on you his face the LORD may he lift up

May the LORD lift up⁸ his face to you and give you peace⁹

¹ This blessing is (ritually) recited (by the kohanim) during synagogue services during *Nesiat Kapayim* ("the Raising of the Hands"), though it is also recited over children on Friday night before the start of the Shabbat meal or as a bedtime blessing.

² The name *YHVH* (יהוה) represents God's attributes of love and mercy (מִדַּת הַרַחֲמִים), in contradistinction to the name *Elohim* (אֱלֹהִים), which represents God's attribute of justice and power as our Creator.

³ בְּרַכָּה (*b'rachah*). Jewish tradition considers this both material and spiritual prosperity. Pirkei Avot 3:15 says, "If there is no flour, there is no Torah," by which is meant that material benefits are intended to help you pursue study of Torah. The first occurrence of the word "blessing" in the Scriptures pertains to *pru urvu* (פְּרוּ וּרְבוּ), "be fruitful and multiply" (Gen. 1:22).

⁴ שָׁמַר (*shamar*): To guard, protect, heed, as in the exercise of diligent care. Only God has the power to secure the conferred blessing and keep it from turning sour or from fading away.

⁵ The word for "face" (פָּנִים) is plural with the 3rd person singular ending. It is considered metaphorical since God is incorporeal. The plural form is thought by some to indicate God's revealed and hidden attributes in creation.

⁶ The hiphil verb (יָאֵר) comes from the word "light" (אֹר), and is thought to refer to God's wisdom. "May God enlighten you" with His wisdom, i.e., the Divine Light that preceded the work of creation (Gen. 1:3).

⁷ May God grant you grace or favor (חֵן), i.e., to understand the "breadth and length and height and depth" of God's love (Eph. 3:18). Grace refers to the bestowal of an undeserved gift. The blessing is bestowed even though unearned or unmerited.

⁸ Since one's face is an indication of the heart's attitude, Rashi says that this means God will suppress His anger by "looking at you" (if God is angry at you, He "turns His face away" and refuses to admit your presence). The "lifting of face" also pictures God lifting you up as a father might lift up his child in joy. The "showing of face" indicates spiritual intimacy.

⁹ All of the other blessings are useless without the establishment of inner peace, and therefore it is the seal of the blessing. Shalom (שְׁלוֹם) is not simply the absence of strife, but a balance and harmony between the finite and infinite, the temporal and the eternal, the material and the spiritual realms. Shalom is a gift from Sar Shalom (שַׂר שְׁלוֹם), the Prince of Peace.

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Part 5:
The root of
rebellion

God created man in His Image. He wanted man to have a Godly relationship with Him. As a result of sin, this Godly relationship was broken and rebellion became the nature of man. Rebellion is a self-destructive process that is rooted in the occult.



**“I am my
OWN boss!”**

**“I succeed
by MYSELF!”**

**“I look after
MYSELF!”**

This is one of the most difficult areas to be set free from – we truly need God’s GRACE! The Holy Spirit must convict you and you must make a definite decision to get rid of it – be motivated to FIGHT against every sign of rebellion in your life!

Deliverance starts at the place of man’s rebellion where he surrenders the right to lead his own life, and surrenders himself to the rulership of King Y’shua (Jesus Christ). Satan’s nature is rebellion.

In previous manuals, we have seen that WITCHCRAFT is making your own desires and own reasonings superior to God’s Will and Word.

1 Samuel 15:23 “23 For rebellion is as the sin of witchcraft, and stubbornness is as idolatry and teraphim (household good luck images). Because you have rejected the word of the Lord, He also has rejected you from being king.”

Let’s look at the Hebrew understanding of the ACTION of rebellion ...

- M-(a)-R-(a)-D¹ [Strong’s Hebrew 4775]

Job 24:13 “13 These wrongdoers are of those who rebel against the light; they know not its ways nor stay in its paths.”

¹ M-R-I-Y [Strong’s Hebrew 4805], meaning bitterness, is closely connected to this word.

*Deuteronomy 1:26,43 “26 Yet you would not go up, but **rebelled** against the commandment of the Lord your God. 43 So I spoke to you, and you would not hear, but **rebelled** against the commandment of the Lord, and were presumptuous and went up into the hill country.”*

*Psalm 78:8 “8 And might not be as their fathers—a stubborn and **rebellious** generation, a generation that set not their hearts aright nor prepared their hearts to know God, and whose spirits were not steadfast and faithful to God.”*

What picture—meaning do we get?

- **MEM:**
 - Living water,
 - A sheepfold,
 - To bend,
 - An outstretched arm.
 - We need to recognize that water is the “carrier of” something – it projects both energy and time.
 - Water flows in a given direction – therefore it will take you:
 - Towards something OR,
 - Away from something.



- **RESH:**
 - The back of a man’s head,
 - Poverty that is the result of the reasoning of an unstable mind.
- **DALET:**
 - A door,
 - The heart of a matter.

The picture formed shows us that the water – life-giving potential – of man can be directed down the wrong paths when we listen to the unstable emotions of our hearts and allow our minds to become divided and unstable.

- **C-(a)-R-R** [Strong's Hebrew 5637], meaning:
 - To turn away,
 - Refractory,
 - Revolt.

*Psalm 66:7 "7 He rules by His might forever, His eyes observe and keep watch over the nations; let not the **rebellious** exalt themselves. Selah [pause, and calmly think of that]!"*

*Psalm 68:6,18 "6 God places the solitary in families and gives the desolate a home in which to dwell; He leads the prisoners out to prosperity; but the **rebellious** dwell in a parched land. 18 You have ascended on high. You have led away captive a train of vanquished foes; You have received gifts of men, yes, of the rebellious also, that the Lord God might dwell there with them."*

*Isaiah 30:1 "**WOE TO the rebellious** children, says the Lord, who take counsel and carry out a plan, but not Mine, and who make a league and pour out a drink offering, but not of My Spirit, thus adding sin to sin;"*

- **P-(a)-SH** [Strong's Hebrew 6586/8], meaning:
 - Break away from authority,
 - To trespass,
 - Apostate,
 - Quarrel.



What picture-meaning do we get?

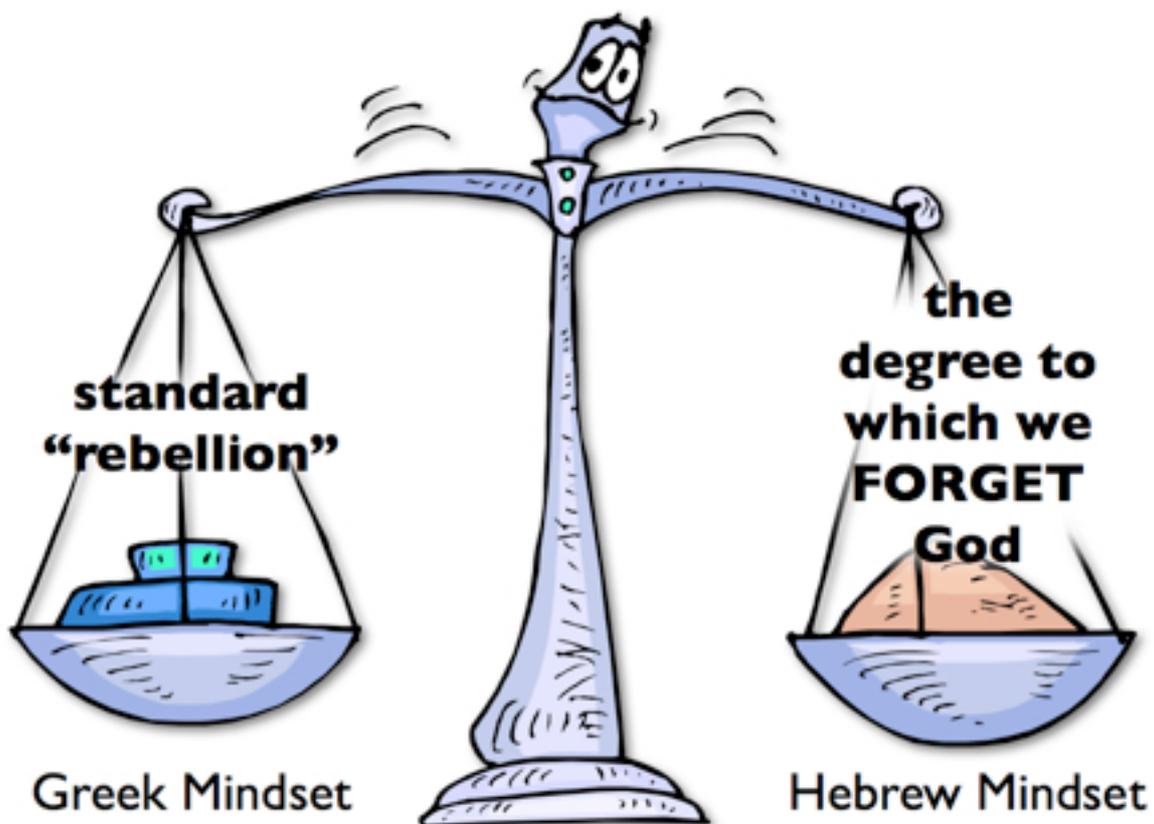
- **PEY:**
 - A mouth,
 - To speak.
 - Within this meaning we understand that speech is a “place” where significant things happen. In other words, by our speech we bring to fruition the internal spiritual “event” that is in your heart.
- **SHIN:**
 - To change,
 - To repeat,
 - To be different.

- Therefore what we do again and again (that which form the majority of our actions) serves to nourish the environment around us. Negative actions therefore go on to be repeated. We get the imagery in the winepress – our actions will have the same effect – we will:
 - Oppress,
 - Trample under foot,
 - And tread down.

The picture formed for the action of rebellion is one where our mouths form the foundation of our resulting actions of oppression/destruction, by giving voice to the inner man.

Understanding rebellion² ...

Today rebellion is seen as acts of defiance to authority and inability to stay in step with the common, accepted norms, and the taking part in things such as the occult, and so forth. From the Greco-Roman perspective, it is the lack of conformity to the accepted norm that is the standard. However, the Hebraic [Biblical] understanding of rebellion is the degree that we “forget” God.



² This Biblical understanding is very different to the Greek mindset!

What does this mean?

1. *Firstly we need to have a relationship with God.*

Exodus 20:2 “2 I am the Lord your God, Who has brought you out of the land of Egypt, out of the house of bondage.”

Actually, the “Ten Commandments” are better translated as the “Ten Words”. There IS a command to recognize the fact that He is God our Father ... the Father who “brought us out of the land of Egypt, out of the house of bondage.” This is the foundational principle that He is laying down for those who desire to enter into relationship with Him. Accept God as your Father to enable your redemption!

Relationship brings about an inner drive to perform to God’s Will and thus, a willingness to obey any commandment He may give. The Bible is only for those who have accepted the First Word. To insist that others follow the Word without first recognizing that He is GOD, our Father Who brought us out of Egypt, is the truest definition of legalism. But if you are saved, the normal response is to want to follow them because you LOVE Him. Following His Commandments because you LOVE Him is NEVER legalism.

2. *We are blessed because-if-when we are literally living on the “heels” of being willing servants to His Commandments.*

Deuteronomy 7:12 “12 And if you hearken to these precepts and keep and do them, the Lord your God will keep with you the covenant and the steadfast love which He swore to your fathers.”

The KJV and NIV translate this differently:

Deuteronomy 7:12 “12 Wherefore it shall come to pass, if ye hearken to these judgments, and keep, and do them, that the LORD thy God shall keep unto thee the covenant and the mercy which he sware unto thy fathers:” KJV

Deuteronomy 7:12 “12 If you pay attention to these laws and are careful to follow them, then the LORD your God will keep his covenant of love with you, as he swore to your ancestors.” NIV

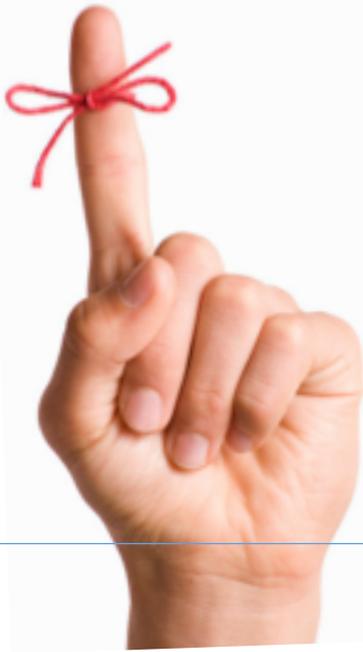
Ekev is still an unusual Hebrew word to use in this context, as the Bible uses other Hebrew words for both “because” and “if”. Quite literally, **ekev** means “heel”. Therefore you could say that the blessings of our God come on the “heels” of our listening and obedience – our SH’MA.

Jewish commentator James Stone Goodman points to the usage of **ekev** in Psalm 89:51, where it speaks of “on the heels (**ekev**) of the Messiah” as referring to the last generation before the Messiah. That “heel” generation contains the weight of every generation prior to it ... every word said, every commandment performed, contributes in some way to the coming of the Messiah. That generation is therefore pointed to in Deuteronomy 7:12 as the generation who will SH’MA the Instructions of our God.

3. We are in rebellion when we “forget” God.

*Deuteronomy 9:5 “5 Not for your righteousness or for the uprightness of your [minds and] hearts do you go to possess their land; **but because of the wickedness of these nations the Lord your God is driving them out before you, and that He may fulfill the promise which the Lord swore to your fathers, Abraham, Isaac, and Jacob.”***

*2 Corinthians 2:9 “9 For this was my purpose in writing you, **to test your attitude and see if you would stand the test, whether you are obedient and altogether agreeable [to following my orders] in everything.”***



In practical terms, to forget is something like this ... the etymology of **SH-(a)-K-(a)-CH** – Hebrew for forget – means to “forget due to distraction or inattention”. In Deuteronomy 8, we read that the things that distract us are our full stomachs, our beautiful homes, our jobs, and our money.

According to the *Theological Wordbook* of the Old Testament, “forgetting” is not simply a psychological act of having a thought pass from one’s consciousness – it is a temporary or permanent lapse of memory. This is indicated by the frequent identification of the verb with an action.

- To “forget” the LORD your God is to not keep His Commandments.

*Deuteronomy 8:11 “11 **Beware that you do not forget the Lord your God by not keeping His commandments, His precepts, and His statutes which I command you today,”***

- To “forget” the LORD your God is to follow other gods.

*Deuteronomy 8:19 “19 **And if you forget the Lord your God and walk after other gods and serve them and worship them, I testify against you this day that you shall surely perish.”***

- To “forget” the LORD your God is to live in fear of harm and danger, to live fretfully and timidly.

*Isaiah 51:13 “13 **That you should forget the Lord your Maker, Who stretched forth the heavens and laid the foundations of the earth, and fear continually every day because of the fury of the oppressor, when he makes ready to destroy or even though he did so? And where is the fury of the oppressor?”***

- To “forget” the LORD your God is to live in rebellion.

*Psalms 106:13 “13 **But they hastily forgot His works; they did not [earnestly] wait for His plans [to develop] regarding them,”***

- “Forgetting” is often associated specifically with turning away from the Word.

Proverbs 3:1 “MY SON, forget not my law or teaching, but let your heart keep my commandments;”

Hosea 4:6 “6 My people are destroyed for lack of knowledge; because you [the priestly nation] have rejected knowledge, I will also reject you that you shall be no priest to Me; seeing you have forgotten the law of your God, I will also forget your children.”

- Moses was told to “remember” to keep the Commandments of the Word in order to live in the Promised Land.

Deuteronomy 8:1 “ALL THE commandments which I command you this day you shall be watchful to do, that you may live and multiply and go in and possess the land which the Lord swore to give to your fathers.”

- “Forgetting” will bring about exile from the land, graphically portrayed in.

Leviticus 18:24 “24 Do not defile yourselves in any of these ways, for in all these things the nations are defiled which I am casting out before you.”

What are some attitudes that come out of hurts and unfulfilled needs?

- Grudge/grievance,
- Bitterness,
- Refuse to communicate,
- Rebellion against authority,
- Double mindedness (feelings of love and hate at the same time),
- Distrustfulness.

NOTE! A major key to deliverance is that we must trust God.

What are the steps to rebellion (against God and man)?

- An unfulfilled need becomes,
- A grudge/grievance becomes,
- Bitterness becomes,
- Hatred becomes,
- Rebellion.

What are the sources of rebellion?

- Rejection,
- Unfulfilled needs,
- Hurts,
- Adam's nature,
- Occult, includes pop-music,
- Too little discipline in home.

What is the nature of rebellion?

- Refuses to be restricted – the person wants to rule his own life and refuses to be hindered.
- Rebellion refuses discipline – discipline sets limits and rebellion wants no boundaries.
- Rebellion refuses authority:
 - Rebellion is not a demon, but it is an attitude and state of the heart.
 - Problems with rebellion are manifested in our relationships with those who are in authority. There is an inability to submit to authority in school, parents, income tax, speed limits, smuggling, and so forth.
 - Until rebellion is dealt with, a person will experience many problems,
 - Lust, anger, hatred, inability to control the flesh, eating disorders like weight gain, anorexia, bulimia, and so forth.



What are the main areas of rebellion?

- Rebellion refuses parental authority. When a child is disciplined or punished without receiving love and acceptance, then a grudge/grievance, anger, bitterness and hatred will develop, that will end in rebellion. Parental discipline must go hand in hand with loving acceptance.

Ephesians 6:4 "4 Fathers, do not irritate and provoke your children to anger [do not exasperate them to resentment], but rear them [tenderly] in the training and discipline and the counsel and admonition of the Lord."

- Rebellion refuses governmental authority. Scripture refers to the end-times as the era of lawlessness. The antichrist is called the "lawless one" (2 Thessalonians 2:8).

- Rebellion refuses the Authority of God. Humanism is the refusal of man to submit to God's Authority. Occultism and fortune telling are born out of rebellion against God, where man manipulates supernatural powers for his own purposes. Un-Godliness is to live as if God does not exist.

Proverbs 28:9 "9 He who turns away his ear from hearing the law [of God and man], even his prayer is an abomination, hateful and revolting [to God]."

What are the results of rebellion?

1. The body rules the person (Romans 8:6-7; Galatians 5:9-21). The one who rebels against authority becomes a slave of his own body. Uncontrolled bodily appetites are the result of rebellion, this is the root of addictions – food, alcohol, sex, and so forth. This also applies to emotional appetites of jealousy, strife, envy, and so forth.
2. Homosexuality – two roots that need to be dealt with, are rejection and rebellion. The homosexual is not born like that. He usually has a very poor father image, no self-identification and very strong roots of rebellion. When you are given over to the lusts of the flesh, it is the judgment of God against rebellion (Romans 1:21, 24-28).
3. Witchcraft and/or fortune-telling has it's root in rebellion. Rebellion causes you to refuse the Authority of God's Word, where your own reasonings are exalted above the Word of God (remember Saul?) Witchcraft takes over the role of God. It refers to man's desire to manipulate and control people – you take revenge by obtaining power and doing evil. Witchcraft is rebellion and disobedience, where you become your own authority.

*1 Samuel 15:22 "22 Samuel said, Has the Lord as great a delight in burnt offerings and sacrifices as in obeying the voice of the Lord? **Behold, to obey is better than sacrifice, and to hearken than the fat of rams.**"*

4. Schizophrenia – what is schizophrenia?

Schizophrenia is not split personality. It is a thought disorder where one loses the ability to tell what is real and what is imaginary. It causes one to hear voices and hallucinate. They often feel that they are being watched, followed or persecuted. This is not a mood disorder – it is caused by a different type of chemical imbalance. There is a family of medications to control schizophrenia. Anti-depressants are used only occasionally if there are many depressive type thoughts.

- **Schizein** means "to split".
- **Phen** means "mind".

The same two roots we see in homosexuality, namely rejection and rebellion. Schizophrenia (split personality) differs from one person to the other:

- Rejection will bring symptoms of fear, loneliness, shyness, fantasy, insecurity, negative self image, fear of rejection, jealousy, depression, and suicide.



•Rebellion will cause outbursts of hatred, violence, bitterness, possessiveness, fortune telling, control of others, cannot be convinced, pride, self will, self deception and perversion.

The schizophrenic loses his identity and swings from one extreme to the other where he hides between one or the other root.

5.Blocks the learning process – It causes a resistance to be taught. Rebellion is the way of the fool. Being unteachable – “who are you to tell me what to do?” ... “You aren’t going to tell me what to do!”

*Psalm 14:1 “1 **THE [empty-headed] fool has said in his heart, There is no God. They are corrupt, they have done abominable deeds; there is none that does good or right.**”*

6. Disorderliness – no self discipline.
7. Procrastination.
8. Passive aggressiveness (Ahab) and/or passive resistance – even if you don’t throw things around, or swear – still is still rebellion (what goes on in your heart?)

How do we recognize rebellion?

- Outrageous and/or disgraceful remarks to evoke reactions of shock.
- "Couldn't care" state of mind and language ... “So what if I’m going to hell!”
- Thoughts of rebellion (nobody will tell me what to do).
- Mocking of people in positions of authority (teachers, school leaders, pastors, cell leaders), unteachable.
- Contradiction in clothing, speech (punk hairstyles, and so forth).
- A willingness rather to suffer than to submit. Will never give in – for instance, refusing to cry, hunger strike, and so forth.
- Revengeful thoughts ... “I’ll get you back”.

Proverbs 14:6 "6 A scoffer seeks Wisdom in vain [for his very attitude blinds and deafens him to it], but knowledge is easy to him who [being teachable] understands."

A word on ANOREXIA ...

Psalm 107:11, 17-18 "11 Because they had rebelled against the words of God and spurned the counsel of the Most High. 17 Some are fools [made ill] because of the way of their transgressions and are afflicted because of their iniquities. 18 They loathe every kind of food, and they draw near to the gates of death."

The Amplified Bible footnote states that the word "fool" in the Old Testament seldom, if ever, is used to describe the feeble-minded, imbecile, idiot, or moron. Rather it always has within it the meaning of a rebel, especially towards God and the laws of order, decency, and justice.

What are the steps out of rebellion?

There are two main keys to receive deliverance from rebellion ... to know that you CAN TRUST THE LORD and THAT GOD LOVES YOU!

- Deep repentance – confess your rebellion. See it as God sees it identical to witchcraft.
- Forgive your parents and authority figures.
- Choose to change your attitude of heart to submission to human authority and to God.
- Place your whole life in the Hands of God. Come to total submission to the Ruler ship of God.
- Renounce all occult activities and close the doors by an act of your will.
- Ask God to cut you loose from all bonds of rebellion.

Some problems sometimes experienced during deliverance from rebellion ...

- You think that it is your personality.
- It serves as a protection and defense for you – "Nobody will sit on my head!"
- You experience it as enjoyable. You feel strong by saying, "Go and jump!" To be meek, humble, gentle sounds too "soft".
- When you refuse ministry – it clearly shows the root of rebellion!

Deliverance and restoration become yours when you deal with the problem of rebellion. Do not allow the slightest bit of enmity or rebellion to remain in your heart.

Prayer to dismantle the roots of rebellion ...

In the Name of the Messiah Y'shua [Jesus Christ], I repent for all generational idolatry.

I repent for all personal and generational rebellion, stubbornness, and disobedience that have contributed to witchcraft in my life and in my generational line.

I repent for all envy and jealousy of the mind, physical bodies, and personalities of others.

I repent for any worship of myself and any need of personal recognition.

I repent for all envy and jealousy of the spiritual giftings and capacities of others.

I repent for myself and for those in my generational line who did not guard the gates of the spiritual and physical senses.

I repent for choosing my will above the Will of the LORD.

I choose to owe no one anything, but to love one another.

I choose to cast off the work of darkness and to put on the armor of Light, the King, Messiah Y'shua [Jesus Christ], and to make no provision for the flesh, to fulfill its lust.

I choose to walk only according to the grace and anointing God has given to me.

I choose to walk in unity with my brothers and sisters in the LORD.

I choose to follow Messiah, living a life of love, preferring others above myself.

I choose to yield and surrender my personal rights so that I might serve the LORD wholeheartedly.

I choose to be devoted to one another in brotherly love and to honor one another above myself. I will never be lacking in zeal, but will keep my spiritual fervor, serving the LORD. I will be joyful in hope, patient in affliction, faithful in prayer. I will share with God's people who are in need. I will practice hospitality. I will bless those who persecute. I will rejoice with those who rejoice and will mourn with those who mourn. I will live in harmony with other believers. I will not be proud, but I will associate with people of low position. I will not be conceited. I will not repay evil for evil. I will have regard for the good things in sight of all men. I will live at peace with everyone. I will not take revenge on others.

LORD, will you now remove all ungodly spiritual beings and devices that have been empowered by my idolatry, rebellion, and jealousy, and the idolatry, rebellion and jealousy of my ancestors.

LORD, will you disconnect me from any evil network and I break all un-Godly ties between the abode of the enemy and myself.

LORD, will you remove the generational tree of the knowledge of good and evil.

LORD, will you break the cords of death that entangle me, the torrents of destruction that overwhelm me, the cords of *sheol* that are coiled around me, and the snares of death that confront me.

LORD, I now take back any Godly anointing, energy, authority, finances, and health given away and perverted because of my sin and my ancestor's sin.

LORD, will You set me as a seal upon Your Heart, as a seal upon Your Arm, for Your Love is stronger than death.

I declare that the King Messiah Y'shua [Jesus Christ] is the Head and He is KING over all.



Scripture references:

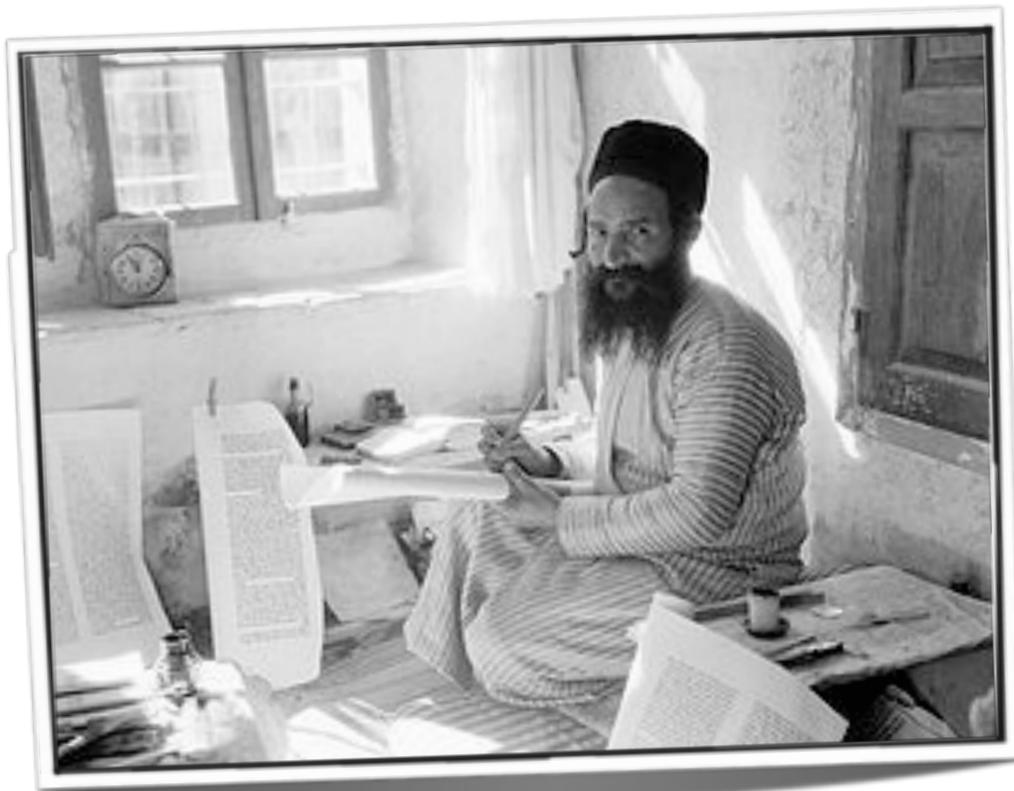
- Ezekiel 8:1-6
- Romans 12:3
- 1 Samuel 15:23
- Deuteronomy 4:15-20
- Ephesians 4:12-13
- John 17
- Romans 12:10-19
- Romans 13
- Genesis 2
- Psalms 18
- Ephesians 1:22
- Song of Songs 8:6

The Hebrew Language

The Hebrew Language ...

What's the context? It is so important to ask – and answer – this question, particularly when studying the Scriptures. We need to know what the meaning, understanding, culture, and value system of the text was in the language and time the text was written. Our modern-day mindsets cause us to define words within today's meanings, understanding, culture, and value systems ... however, this is often quite a way off from what was the original – and intended – understanding.

The Scriptures were written thousands of years ago in HEBREW, and in an Eastern-Semitic culture. If this is truth, then can we come to a different interpretation of any given passage?



In order to expand our study and understanding of the Word, we need to have a “crash course” in the original language the text was written, ancient Hebrew.

Ancient Hebrew has an alphabet of TWENTY-TWO letters. Obviously, words are written using a combination of these letters [note, there are no vowels]. However, what makes this language even more of an “adventure” is that each individual letter of the alphabet has a unique meaning, picture [symbolism], and number. This means, you can study and understand the plain text as is ... and you can study further by delving into the individual symbolism of the letters. Often, doing this kind of study brings out further meaning and richness to the passage. You will find that we have used this type of study – examining the picture-meaning of the Hebrew words – throughout our materials. We have found this such a blessing in our own understanding of the Scriptures, and trust you will enjoy it just as much! Truly, God's Word is ALIVE!

Ancient Hebrew³

Ancient Hebrew						
Early	Middle	Late	Name	Picture	Meaning	Sound
			El	Ox head	Strong, Power, Leader	ah, eh
			Bet	Tent floorplan	Family, House, In	b, bh(v)
			Gam	Foot	Gather, Walk	g
			Dal	Door	Move, Hang, Entrance	d
			Hey	Man with arms raised	Look, Reveal, Breath	h, ah
			Waw	Tent peg	Add, Secure, Hook	w, o, u
			Zan	Mattock	Food, Cut, Nourish	z
			Hhet	Tent wall	Outside, Divide, Half	hh
			Tet	Basket	Surround, Contain, Mud	t
			Yad	Arm and closed hand	Work, Throw, Worship	y, ee
			Kaph	Open palm	Bend, Open, Allow, Tame	k, kh
			Lam	Shepherd Staff	Teach, Yoke, To, Bind	l
			Mem	Water	Chaos, Mighty, Blood	m
			Nun	Seed	Continue, Heir, Son	n
			Sin	Thorn	Grab, Hate, Protect	s
			Ghah	Eye	Watch, Know, Shade	gh(ng)
			Pey	Mouth	Blow, Scatter, Edge	p, ph(f)
			Tsad	Man on his side	Wait, Chase, Snare, Hunt	ts
			Quph	Sun on the horizon	Condense, Circle, Time	q
			Resh	Head of a man	First, Top, Beginning	r
			Shin	Two front teeth	Sharp, Press, Eat, Two	sh
			Taw	Crossed sticks	Mark, Sign, Signal, Monument	t

³ http://elshaddainministries.us/hebrewalphabet_old.html

Modern Hebrew⁴ ...

MARK	NAME	PRONOUNCED	TRANSLITERATION
א	Aleph	Silent letter	‘ (or none)
ב/בּ	Bet / Vet	b as in boy (no dot: v as in vine)	b / v
ג/גּ	Gimmel	g as in girl	g
ד/דּ	Dalet	d as in door	d
ה	Hey	h as in hay	h
ו	Vav	v as in vine; “consonantal vowel”	v
ז	Zayin	z as in zebra	z
ח	Chet	ch as in Bach	ch (or h)
ט	Tet	t as in time	t
י	Yod	y as in yes; “consonantal vowel”	y
כ/כּ	Kaf/Khaf *	k as in kite (no dot: ch as in bach)	k / kh
ל	Lamed	l as in look	l
מ/מּ	Mem *	m as in mom (sofit form)	m
נ/נּ	Nun *	n as in now (sofit form)	n
ס	Samekh	s as in son	s
ע	Ayin	Silent letter	‘ (or none)
פ/פּ	Pey/Fey *	p as in park (no dot: ph as in phone)	p / ph
צ/צּ	Tzade *	ts as in nuts (sofit form)	ts / tz
ק	Qof	q as in queen	k (or q)
ר	Resh	r as in rain	r
ש/שּׁ	Shin/Sin	sh as in shy (s as in sun)	sh / s
ת/תּ	Tav	t as in tall	t

* Has a different form when it occurs at the end of a word (sofit).

⁴ www.hebrew4christians.com