

## How do I keep Torah? By Rabbi Simon Altaf

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### **Torah** – First five books of Moses the Law of Adonai **AFNHSS** – Abrahamic-Faith Nazarene Hebraic Study Scriptures

**A question that I get asked quite commonly is how do I keep Torah?  
What prayers do I recite?  
What dress do I wear?  
How do I behave?**

We will address these 4 questions here quickly so you get the idea.

Q) How do I keep Torah?

Answer) Torah keeping means to the best of your ability to live with in the laws that Adonai YHWH our Master of Heaven and earth has devised.

The first thing to coming into Torah observance is to keep the Saturday Sabbath rest. It starts Friday sunset (your local times).

On Friday night the woman if married or alone is to recite the Sabbath blessings and light two candles.

#### **The Order**

Please read Psalm 92 and Psalm 133.

Matthew 6 our Father prayer.

#### **In Transliteration and Hebrew text**

Avinu Sheb-shamayim Yit Kadesh Shemkha 6:9

Taa'voah Malchutekha You'aseh retsonekha B'Eretz Ka'asher Na'asah

V'Shamayim 6:10

Ten lanu, Ha-Yom Lachem Chukenu 6:11

U Selicha Lanu-et ashmatenu ka'Asher-Solechim anakhnu la'asher Ashemu lanu  
6:12

Ve'al Taevieinu lidei massah ki im hatzeleinu minhara 6:13

Ki lekha ha mamelakha ve hagevurah ve-ha tiferet Le olemi olamim amein.

Translation

Matt 6:9...Our Abbah who is in shamayim (heaven), Set-Apart be your name.

**10** Your kingdom come. Your will be done in earth, as it is in the shamayim (heavens).

**11** Give us this day our daily Lechem (bread).

**12** And forgive us our debts, as we forgive our debtors.

**13** And lead us not into trials, but deliver us from evil: For yours is the kingdom, and the

power, and the glory, forever. Amein.

You light the candles before the sunsets and if the sun has already set and you are late then please do not light the candles because lighting a fire is strictly prohibited on the Sabbath.

A song for the Sabbath

**Transliteration:**

**Sha-lom a-lei-chem,**  
mal-a-chei ha-sha-reit,  
mal-a-chei el-yon,  
mi-me-lech ma-l'chei ha-m'la-chim,  
ha-ka-dosh ba-ruch hu.

*Repeat three times*

**Bo-a-chem l'sha-lom,**  
mal-a-chei ha-sha-lom,  
mal-a-chei el-yon,  
mi-me-lech ma-l'chei ha-m'la-chim,  
ha-ka-dosh ba-ruch hu.

*Repeat three times*

**Bar-chu-ni l'sha-lom,**  
mal-a-chei ha-sha-lom,  
mal-a-chei el-yon,  
mi-me-lech ma-l'chei ha-m'la-chim,  
ha-ka-dosh ba-ruch hu.

*Repeat three times*

**Tsei-t'chem l'sha-lom,**  
mal-a-chei ha-sha-lom,  
mal-a-chei el-yon,  
mi-me-lech ma-l'chei ha-m'la-chim,  
ha-ka-dosh ba-ruch hu.

*Repeat three times*

You can switch your home bulb lights on and off that is fine we do not have an injunction on that but some other groups do.

When you light the candles you are to recite the following blessing please try both English and Hebrew. If you are not sure of the Hebrew as listed below you can do it in your local language.

Before reciting the blessings the woman and man both must have their heads covered with a cloth or hat. If you want to wear a Kippa this is fine.

**Translation:**

*Say three times:* Peace unto you, ministering angels, messengers of the Most High, of the supreme King of kings, the Holy One, blessed be He.

*Say three times:* May your coming be in peace angels of peace, messengers of the Most High, of the supreme King of kings, the Holy one, blessed be He.

*Say three times:* Bless me with peace, angels of peace, messengers of the Most High, of the supreme King of kings, the Holy one, blessed be He.

*Say three times:* May your departure be in peace, angels of peace, messengers of the Most High, of the supreme King of kings, the Holy one, blessed be He.

For He will instruct His angels in your behalf, to guard you in all your ways. The Lord will guard your going and your coming from now and for all time.

### **Things needed**

*Normal bread or Challah Jewish Sabbath bread*

*Normal Red wine or Kosher wine. Some salt.*

*Pour a pinch of salt on the bread. Then the woman does the following:*

*The woman: She lights the two candles prior to sunset then recites the following blessings preferably with her eyes shut and then waves her two hands over the candles and opens her eyes.*

*Barukh atah Adonai Eloheinu, melekh ha'olam, asher kid'shanu b'mitzvotav v'tzivanu l'had-lik ner shel Shabbat.*

Translation:

Blessed are You, YHWH our Master, King of the universe, Who has made us holy through His commandments and commanded us to kindle the Sabbath light.

The Man: He recites the blessings on the bread and wine as follows. Please pour the wine in a glass and put some bread on a plate. Sprinkle some salt on the bread. If the man is not there the woman may do this alone.

The Bread: *Barukh atah Adonai Eloheinu, melekh ha'olam, Ha Motzi Lechem min ha Eretz.*

Blessed are You, YHWH our Master, King of the universe, who created bread from the earth.

The wine: *Barukh atah Adonai Eloheinu, melekh ha'olam, Ha Motzi bora'ae parae ha ga fen*

.  
Blessed are You, YHWH our Master, King of the universe, who created the fruit of the wine.

### **Blessings on the children:**

#### **The Blessing for Sons**

The blessing for sons asks Adonai to make them like Ephraim and Menashe.

**English**

May Adonai make you like Ephraim and Menashe

**Tranliteration**

Ye'simcha Elohim ke-Ephraim ve'chi-Menashe

**The Blessing for Daughters****English**

May Adonai make you like Sarah, Rebecca, Rach'el and Le'yah.

**Tranliteration**

Ye'simech Elohim ke-Sarah, Rivka, Ra-chel ve-Lay'ah

**English**

May YHWH bless you and watch over you.

May YHWH shine His face toward you and show you favour.

May YHWH be favorably disposed toward you and grant you peace.

**Transliteration**

Ye'varech'echa YHWH ve'yish'merecha.

Ya'ir YHWH panav eilecha viy-chuneka.

Yisa YHWH panav eilecha, ve'yasim lecha shalom.

These should be recited by the Father or the elder brother but if no man is present the woman can substitute for the man.

The husband also blesses his wife and thanks her for her help all the week gone by and thanks Elohim for a good wife like her.

For more on the Sabbath please read this article here.

[The Sabbath](#)

On the Sabbath after the blessings you have your family meal and then do the longer blessing of the meal afterwards which is commanded in Deut 8:10. Write to us if you are not sure to [shimoun63@yahoo.com](mailto:shimoun63@yahoo.com).

**Quick do's and don'ts**

There are 39 categories of forbidden work however most do not apply to you. In simple terms you are not to cook on the Sabbath or light any kind of fire. You can switch on a hot water kettle run by electric.

We also allow you to switch your lights on and off though some Orthodox groups do not but we do not have a problem.

You can warm already cooked food from the fridge on a hot plate during the Sabbath. You can switch your electric cooking pot on to warm your food or those slow cookers that cook at very slow speed can run 24 hours during the Sabbath. You can switch the electric microwave to heat food.

You are forbidden to work during the Sabbath, any paid work or unpaid in which you expend undue energy.

What do I do if I already work on Friday or Saturday? Pray to Elohim to give you the time off or get a different job that allows you the time off but please do not leave your job putting your family at risk. Pray, Seek the King.

Can you cut your lawn and trees on the Sabbath? No, because it's exertion and work.

Can I go to buy medicine from the Chemist or pharmacy? Yes, if it is an emergency. If it can wait until Saturday night fine and if it is a matter of life and death then you must go and purchase medication or go to the doctor or hospital is allowed. Life must be preserved.

Can I paint in the house on the Sabbath? No.

Can I go shopping for food? No.

Can I go to the restaurant and Cinema? No.

Can I do financial transactions like go to the bank? Only in an emergency otherwise no.

Can I buy products over the internet during the Sabbath? No.

Q) What dress should I wear?

The dress that you and your husband wear should be a modest dress but both of you must have your heads covered when coming together to pray. If you do not have one we encourage you to get a Tallit with tzitzits attached. At other times like going to work you do not have to cover your heads that is optional. Women do not require to wear a Tallit or tzitzits again optional.

If you cannot afford the Tallit its fine it's not a requirement but you must get tzitzits (fringes) for men that is a requirement.

The man needs to wear the tzitzits on the four corners so for that you can either purchase a katan which has the tzitzits already attached and you can wear this vest underneath your shirt or alternatively you can attach your tzitzits to your trousers to the belt hooks two to the front and two to the back.

For Torah keepers you need to drop unclean foods from your diet.

Some of these are pork, bacon, prawns and various other crawling sea creatures. Fish with fins and scales is allowed. Dolphin, sharks and Ray fish are not allowed.

Poultry, duck, Turkey are allowed. Lamb, sheep, cows are allowed. Please write to us if you need to ask about any other food. Fish with fins and scales is allowed, prawns or

out, so is crab and also lobster not allowed. The simple equation is any animal that has split cloven hooves and chews the cud is allowed.

If you start to do these things then you are doing very well in keeping the Torah. The next thing on your list should be to keep the seven annual feasts. Please see our annual calendar for dates.

### [Calendar](#)

Q) How do I behave?

Answer) This is a broad question with a very broad answer but your behaviour should be within the limits of the scripture to be respectful to all and not to use swear or curse words in your speech as many are doing today.

So you can see Torah keeping is not difficult as many people make it out to be and it will bring a tremendous amount of blessings and peace in your life if you start to do the things mentioned.

We recommend you get the bible listed below to help you. There are other things that you can do but the things listed above will put you on the road to success and real obedience.

How do I pray?

You pray 3 times a day. In the morning in the afternoon and at evening. You recite the Shma Israel twice daily both in the morning and evening. You can find this in Deut 6:4.

Prayer can incorporate any number of Psalms that you prefer to add in your routine. You can do the Amidah prayer but it is a bit more involved. If you do the Shachrit (Morning) prayer you need to get yourself a good prayer book which you can order from [www.artscroll.org](http://www.artscroll.org) that will help to show you the various prayers during the day before you sleep and when you get up. We recommend this one.

### [SIDDUR: TRANSLITERATED LINEAR - WEEKDAY - SEIF EDITION](#)

By [Rabbi Nosson Scherman](#) / [Rabbi Binyomin Yudin](#)

For men they need to get the Tefillin which is a leather box for your head and arms. The Jewish prayer book can teach you how to pray before you put on the Tefillin.

Here are some prayers to get your started on the road to Torah learning. Voice Rabbi Simon – You can download these and use them, we give you permission. They are in Hebrew and English.

Coming soon as I make myself free to record...

- Shma Israel prayer MP3
- Prayer before going to sleep MP3
- Here is waking up prayer MP3
- Here is the prayer for putting on the Tallit MP3
- Here is prayer for putting on head tefillin MP3
- Here is short prayer for your food before you eat. MP3
- Prayer over wine. MP3
- Aaronic Priestly blessing MP3
- Birket Ha Mazon longer prayer after eating. MP3

<p>         בְּרוּךְ אַתָּה יְהוָה          אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם          הַזֶּה אֵת הָעוֹלָם כְּלוּ בְטוֹבוֹ          בְּחֶן וּבְחֶסֶד וּבְרַחֲמִים.          הוּא נוֹתֵן לֶחֶם לְכֹל בֶּשֶׂר          כִּי לְעוֹלָם חֶסֶדוֹ.          וּבְטוֹבוֹ הַגָּדוֹל          תָּמִיד לֹא חָסַר לָנוּ          וְאֵל יַחְסֵר לָנוּ          מְזוֹן לְעוֹלָם וָעֶד.          בְּעִבּוֹר שְׁמוֹ הַגָּדוֹל.          כִּי הוּא אֵל זֶן וּמַפְרִיֵן לְכֹל          וּמְטִיב לְכֹל          וּמְכִין מְזוֹן לְכֹל בְּרִיּוֹתָיו          אֲשֶׁר בָּרָא.          בְּרוּךְ אַתָּה יְהוָה          הַזֶּה אֵת הַכֹּל.       </p>	<p>         Blessed are You,          our God, Creator of time and space,          who feeds the entire world through Your goodness,          with kindness and graciousness.          You give bread to every creature,          for Your beneficence is unending.          And through Your great goodness,          never have we been          and never shall we be          in need of food;          great is the glory of Your name.          For You, God, feed the world,          bringing goodness to all,          preparing food for all          Your creations.          Blessed are You,          who feeds the world.       </p>
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### Traveller's prayer<sup>2</sup>

Here is a transliterated version of the Traveler's Prayer (from The Transliterated Siddur):

"Ye-hi ra-tson mi-l'fa-ne-cha,  
 A-do-nai e-lo-hei-nu vei-lo-hei a-vo-tei-nu,

<sup>1</sup> <http://www.jewishvirtuallibrary.org/jsourc/Judaism/grace.html>

<sup>2</sup> [http://judaism.about.com/cs/hebrew/f/prayer\\_travel.htm](http://judaism.about.com/cs/hebrew/f/prayer_travel.htm)

she-to-li-chei-nu l'sha-lom,  
v'ta-tsi-dei-nu l'sha-lom,  
v'tad-ri-chei-nu l'sha-lom,  
v'ta-gi-ei-nu lim-choz chef-tsei-nu,  
l'cha-yim ul-sim-chah ul-sha-lom.  
V'ta-tsi-lei-nu mi-kaf kawl o-yeiv,  
v'o-reiv v'lis-tim v'cha-yot ra-ot ba-de-rech,  
u-mi-kawl mi-nei fur -a-ni-yot,  
ha-mit-ra-g'shot la-vo la-o-lam.  
V'tish-lach b'ra-chah b'chawl ma-a-sei ya-dei-nu,  
v'ti-t'nei-nu l'chein ul-che-sed ul-ra-cha-mim b'ei-ne-cha,  
uv-ei-nei chawl ro-ei-nu.  
V'tish-ma kol ta-cha-nu-nei-nu,  
ki Eil sho-mei-a t'fi-lah v'ta-cha-nun a-tah.  
Ba-ruch a-tah A-do-nai,  
sho-mei-a t'fi-lah."

Here is a translation (from Twelve Jewish Steps to Recovery):  
"May it be Your will, Lord, My God and God of my ancestors, to lead me, to direct my steps, and to support me in peace. Lead me in life, tranquil and serene, until I arrive at where I am going. Deliver me from every enemy, ambush and hurt that I might encounter on the way and from all afflictions that visit and trouble the world. Bless the work of my hands. Let me receive divine grace and those loving acts of kindness and mercy in Your eyes and in the eyes of all those I encounter. Listen to the voice of my appeal, for you are a God who responds to prayerful supplication. Praised are you, Lord, who responds to prayer."

### **Putting on the Tallit prayer for men**

Transliteration: *Barukh atah Adonai Eloheinu melekh ha-olam, asher kid'shanu b'mitzvotav, v'tzivanu al mitzvat tzitzit.*

Translation: "Blessed are You, Adonai, our Elohim, King of the universe, Who has sanctified us with His commandments, and commanded us regarding the commandment of fringes."

### **Tefillin on Arm and head all in one.**

Transliteration: *Barukh ata Adonai Eloheinu melekh ha-olam, asher kid'shanu b'mitzvotav v'tzivanu l'hani'ah t'filin.*

Translation: "Blessed are You, Adonai, our Elohim, King of the universe, Who has sanctified us with His commandments and has commanded us to put on tefillin."

## **Tefillin box placing on the head**

**We being Sephardic/middle eastern Jews do not do the head blessing but the Ashkanzim do. In our case it is sufficient to do the one blessing above.**

## **Washing of hands ritually**

Transliteration: *Barukh ata Adonai Eloheinu melekh ha-olam, asher kid'shanu b'mitzvotav v'tzivanu al n'tilat yadayim.*

Translation: "Blessed are You, Adonai, our Elohim, King of the universe, Who has sanctified us with His commandments and commanded us concerning washing of hands."

## **Prayers on waking up**

*Modeh ani lifanekha melckh hai v'kayam sheheh ezarta bi nish mahti b'hem-la, raba emuna-tekha.*

"I give thanks before You, Living and Eternal King, that You have returned within me my soul with compassion; [how] abundant is Your faithfulness!"

## **Get a Mezuzah and affix on your doors or ask a Rabbi to do it**

### **Recite the blessing**

*Barukh ata Adonai Eloheinu melekh ha-olam, asher kid'shanu b'mitzvotav v'tzivanu likbo'a m'zuzah*

Blessed are You, Adonai, our Elohim, King of the universe, Who has sanctified us with His commandments and commanded us to affix the mezuzah."

## **Prayers before sleeping at night<sup>3</sup>**

### **Who Closes My Eyes...: A Blessing at Bedtime**

Praised are You,  
Adonai, our God,  
Ruler of the universe,

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<sup>3</sup> <http://www.jewishvirtuallibrary.org/jsourc/Judaism/bedtime.html>

who closes my eyes in sleep,  
my eyelids in slumber.

May it be Your will,  
Adonai,  
My God and the God of my ancestors,  
to lie me down in peace  
and then to raise me up in peace.

Let no disturbing thoughts upset me,  
no evil dreams nor troubling fantasies.

May my bed be complete and whole  
in Your sight.

Grant me light  
so that I do not sleep the sleep of death,  
for it is You who illumines and enlightens.

Praised are You,  
Adonai,  
whose majesty gives light to the universe.

**The Sh'ma Itself  
(Deuteronomy 6: 4-9)**

(God is a Faithful Ruler)  
Hear, O Israel, Adonai, our God, Adonai, is One.  
Blessed be the name of his glorious majesty forever and ever.

You shall love Adonai your God with all your heart, with all your soul, and with all your might. And these words which I command you today shall be in your heart. You shall teach them diligently to your children, and you shall speak of them when you are sitting at home and when you go on a journey, when you lie down and when you rise up. You shall bind them as a sign on your hand, and they shall be frontlets between your eyes. You shall inscribe them on the doorposts of your house and on your gates.

**Hashkivenu: "Lie Us Down..."**

Lie us down,  
Adonai our God,  
in peace;  
and raise us up again,  
our Ruler,  
in life.

Spread over us Your Sukkah of peace,  
direct us with Your good counsel,  
and save us for Your own Name's sake.

Shield us;  
remove from us  
every enemy, pestilence, sword, famine, and sorrow.

Remove all adversaries  
from before us and from behind us,  
and shelter us in the shadow of Your wings.

For You are our  
guarding and saving God,  
yes, a gracious and compassionate God and King.

Guard our going out  
and our coming in  
for life and peace,  
now and always!

### **A Prayer for Protection at Night**

In the name of Adonai  
the God of Israel:  
May the angel Michael be at my right,  
and the angel Gabriel be at my left;  
and in front of me the angel Uriel,  
and behind me the angel Raphael...  
and above my head  
the Sh'khinah (Divine Presence).

Shalom Shalom

Rabbi Simon Altaf

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can you handle it?

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If you wish to invite Rabbi Simon who resides in the UK to your congregation then by all means leave a message or send me a mail at the e-mail address below. Call +44 (0) 1296-486 089.

Snail mail address: BM Abrahamic-Faith, London, WC1X 3NN, England (UK). Simon Altaf was chosen by G-d for the special End-Times prophetic calling. A lone voice in the wilderness, one taught by G-d (Ps 119:120-121), a Messianic Rabbi and writer. He is an ex Sunni Muslim from the tribe of Levi called out of Islam to rejoin His people after his long exile.

We hope this article has been a blessing to you. Please write to us and let us know if this has been a help to you and if you have any other questions or wish to receive our ground shattering quarterly Newsletter. Send the mail to [shimoun63@yahoo.com](mailto:shimoun63@yahoo.com). For prophecy books and DVDs that will help many understand the Bible more.

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