



Cepher  
Academy



# *The Rhythm of Life*

A broad discussion of the rhythm of life as expressed in the timing of scripture governing days, weeks, months, and years

# *The Rhythm of Life*

*6 Yahuah kills, and makes alive: he brings down to She'ol, and brings up. 7 Yahuah makes poor, and makes rich: he brings low, and lifts up. 8 He raises up the poor out of the dust, and lifts up the beggar from the dunghill, to set them among princes, and to make them inherit the throne of glory: **for the pillars of the earth are Yahuah's, and he has set the world upon them.***

*- Shemu'el Ri'shon (1 Samuel) 2:6-8*

# The Rhythm of Life

*for the pillars of the earth are Yahuah's, and he has set the world upon them.*

כִּי לַיהוָה מְצֻקֵי אֶרֶץ וַיִּשֶׁת עֲלֵיהֶם תֵּבֵל:

Kee la'Yahuah m'tsuwq'i erets vaya'sheth aley'tem tebel

- Shemu'el Ri'shon (1 Samuel) 2:8

- Let's look at two words here:
- Mtsuwq (מְצֻקֵי)
- Tebel (תֵּבֵל)

# The Rhythm of Life

- Mtsuwq (מְצִיָּקַי) (Strong's H4690 - from H6693; **something narrow**, i.e. a column or hilltop:—pillar, situate.

H6693 (צוֹק) tsûwq, a primitive root; meaning to compress, i.e. (figuratively) oppress, distress:—**to constrain**, distress, lie sore, (op-) press(-or), straiten.

M'tsuwq – from constraint; from distress; from compression.

- Tebel (תֵּבֵל) (Strong's H8398) from H2986; the earth (as moist and therefore inhabited); by extension, **the globe**; by implication, its inhabitants; specifically, a particular land, as Babylonia, Palestine:—habitable part, world.

H2986 יָבַל yâbal, a primitive root; properly, to flow; causatively, to bring (especially with pomp): to bring (forth), carry, lead (forth).

T'yabal – Shall bring forth

# The Rhythm of Life

*for the pillars [from the constraints] of the earth [that] are Yahuah's, and he has set [what he shall bring forth] the world upon them.*

כִּי לַיהוָה מְצַקִּי אֶרֶץ וַיִּשֶׁת עֲלֵיהֶם תֵּבֵל:

Kee la'Yahuah m'tsuwq'i erets vaya'sheth aley'tem tebel

- Shemu'el Ri'shon (1 Samuel) 2:8

# The Rhythm of Life

*And Elohiym said: Let there be lights in the expanse of the heavens to divide [בַּדַּל] the day from the night; and let them be for signs, and for appointed feasts, and for days, and years:.*

- Bere'shiyth (Genesis) 1:14

Badal (בַּדַּל) (Strong's H914) a primitive root meaning **to divide** (in variation senses literally or figuratively, separate, **distinguish**, differ, select, etc.):—(make, put) difference, divide (asunder), (make) **separate** (self, separation), sever (out), × utterly.

***These things are constrained from other things in existence.***

# The Rhythm of Life

## The Pillars of the Earth

And Elohiym said: Let there be lights in the expanse of the heavens to divide [בַּיּוֹם] the day from the night; and let them be for **signs**, and for **appointed feasts**, and for **days**, and **years**: 15 And let them be for lights in the expanse of the heavens to give light upon the earth: and it was so. 16 And Elohiym made two great lights; the greater light to rule the day, and the lesser light to rule the night: he made the stars also. 17 And Elohiym set them in the expanse of the heavens to give light upon the earth, 18 And to rule over the day and over the night, and to divide the light from the darkness: and Elohiym saw that it was good.

- Bere'shiyth (Genesis) 1:14-18

# The Rhythm of Life

## *The Pillars of the Earth*

Signs (לְאֹתוֹת) (l'oth'oth)

Designations!

Appointed feasts (וּלְמוֹעֲדִים) (u'l'moediym) By months!

Days (וּלְיָמִים) (u'l'yomiym)

Days!

Years (וּשְׁנָיִם) (v'shaniym)

Years!

# The Rhythm of Life

## *The Pillars of the Earth*

Signs (לְאֹתוֹת) (l'oth'oth)

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Days!

Years (וּשְׁנָיִם) (v'shaniym)

Years!

# The Rhythm of Life

## *The Pillars of the Earth*

### Signs (לֵאֹתָ) (l'oth'oth)

### Designations!

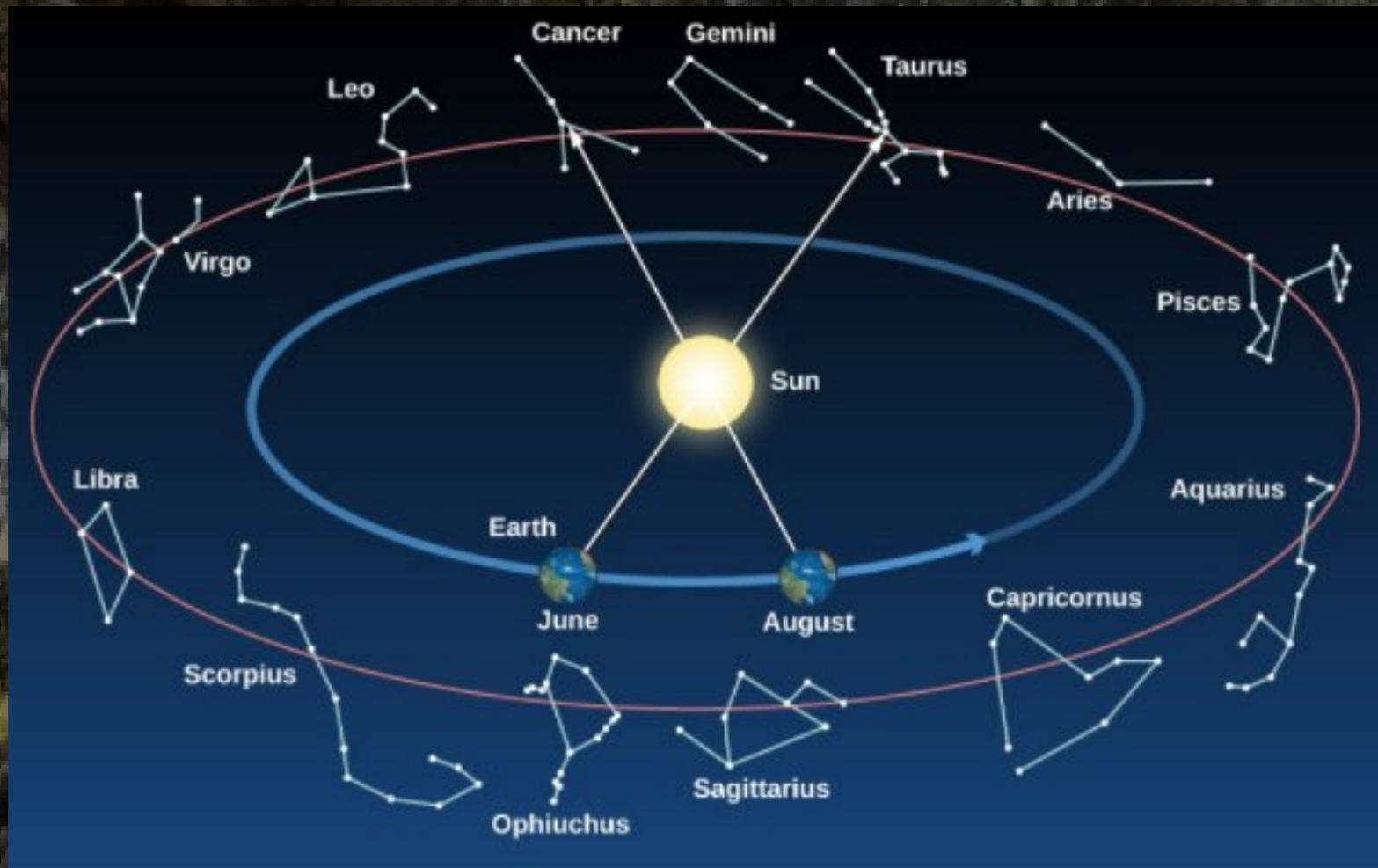
Eth (אֵת)(Strong's H853) apparent contracted from H226 (אֵת)(oth) in the demonstrative sense of entity; properly, self (but generally used to point out more definitely the object of a verb or preposition, even or namely):—[as such unrepresented in English].

What do such stars, the sun and the moon designate?

# *The Rhythm of Life*

**Eth (אֵת)**

The motion of the constellations



# Alyaska's Flag



*The Rhythm of  
Life*

**Eth (אֵת)**

The constellation in  
the Northern Sky

# *The Rhythm of Life*

*Have ye not known? Have ye not heard? Has it not been told you from the beginning? Have ye not understood from the foundations [מוֹסְדָהּ] of the earth? 22 It is he who establishes the circuit [חוֹג] of the earth, and the inhabitants thereof are as locusts; that stretches out the heavens as a curtain [דִּק] and spreads them out as a tabernacle [אֹהֶל] to dwell in:*

*- Yesha'yahu (Isaiah) 40:21-22*

# The Rhythm of Life

*foundations* [מוֹסָדָה] (mosadah)

feminine of H4144 [מוֹסָד] (mossad); from H3245 [יָסַד] (yasad) a primitive root meaning to set; to found; to appoint, take counsel, to establish, to lay a foundation, to instruct, to ordain, or to set.

*circuit* [חוּג] (choog)

from H2328 [חוּג] (choog); compare H2287 [חָגַג] (chaggag) a primitive root meaning **to move in a circle**, i.e. (specifically) **to march** in a sacred procession; compare H2283 [חָגַג] (châgâ') meaning **to revolve**;

# The Rhythm of Life

*curtain* [דָּק] (doq) something crumbling,  
from H1854 [דָּקַק] (dâqâq) meaning to crush or to crumble: to beat in  
pieces, to make dust or powder, **to stamp small**; compare H1915 [הִדַּק] (hâdak)  
meaning to crush with the foot:—tread down.

*tabernacle* [אֹהֶל] (ohel) meaning a tent (as clearly conspicuous  
from a distance): a covering, (dwelling) (place), home, or  
tabernacle.

from H166 [’âhal] a primitive root meaning to be clear or to shine.

# The Rhythm of Life

## The First Pillar

### The Circuit of the Earth

*Have ye not known? Have ye not heard? Has it not been told you from the beginning? Have ye not understood from the **founding** [מוֹסְדָה] of the earth? 22 It is he who establishes the **circular motion** [חוג] of the earth, and the inhabitants thereof are as locusts; that stretches out the heavens as a **something crumbling** [דִּק] and spreads them out as a **tabernacle** [אֹהֶל] to dwell in:*

- Yesha'yahu (Isaiah) 40:21-22

# *The Rhythm of Life*

## *The First Pillar*

### *The Circuit of the Earth*

The careful observation of the constellations in the heavens (the stars) can then give us seasons, days, and years (when we return full circle to our starting point). We see then that the Circuit of the Earth (it's **circular motion** [λῆν] around the sun is the First Pillar.

# The Rhythm of Life

## The Second Pillar

### The Moediym

*And Elohiym said: Let there be lights in the expanse of the heavens to divide the day from the night; and let them be for signs, and for appointed feasts [וּלְמוֹעֲדִים](u'l'moediym), and for days, and years:*

- Bere'shiyth (Genesis) 1:14

Moediym (מוֹעֲדִים) masculine plural of (מוֹעֵד) *moed* meaning an appointment, i.e. a fixed time or season;

from H3259 [יָעַד] (yâ'ad) a primitive root meaning to fix upon by agreement or appointment

# The Rhythm of Life

**The Second Pillar**

**The Moediym**

**Seasons**

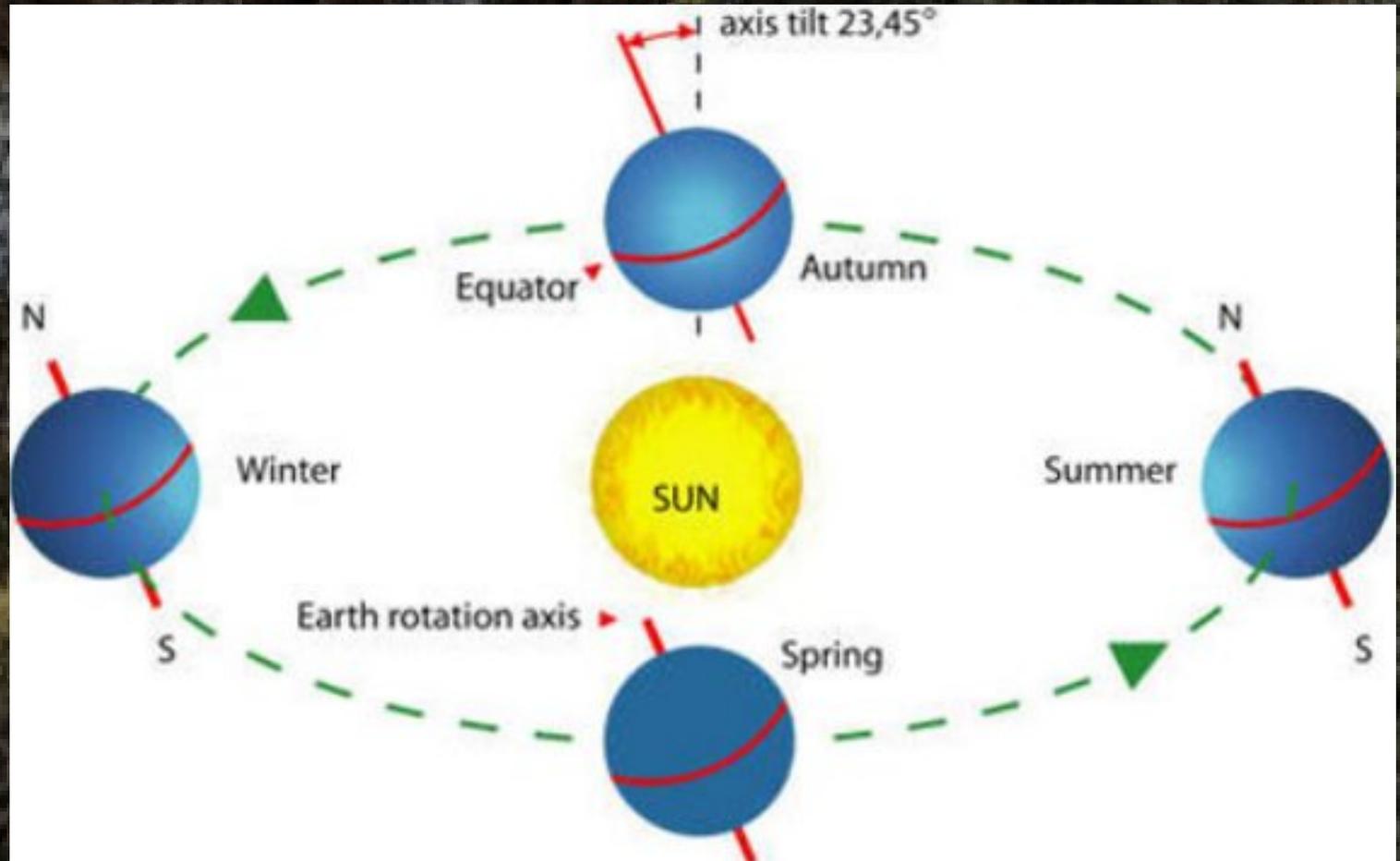
The Axial Tilt  
of the Earth

Winter Solstice

Vernal Equinox

Summer Solstice

Autumnal Equinox



# The Rhythm of Life

## The Third Pillar

### Days

*And Elohiym said: Let there be lights in the expanse of the heavens to divide the day from the night; and let them be for signs, and for appointed feasts, and for days [וְלַיָּמִים] (u'l'yomiym), and years:*

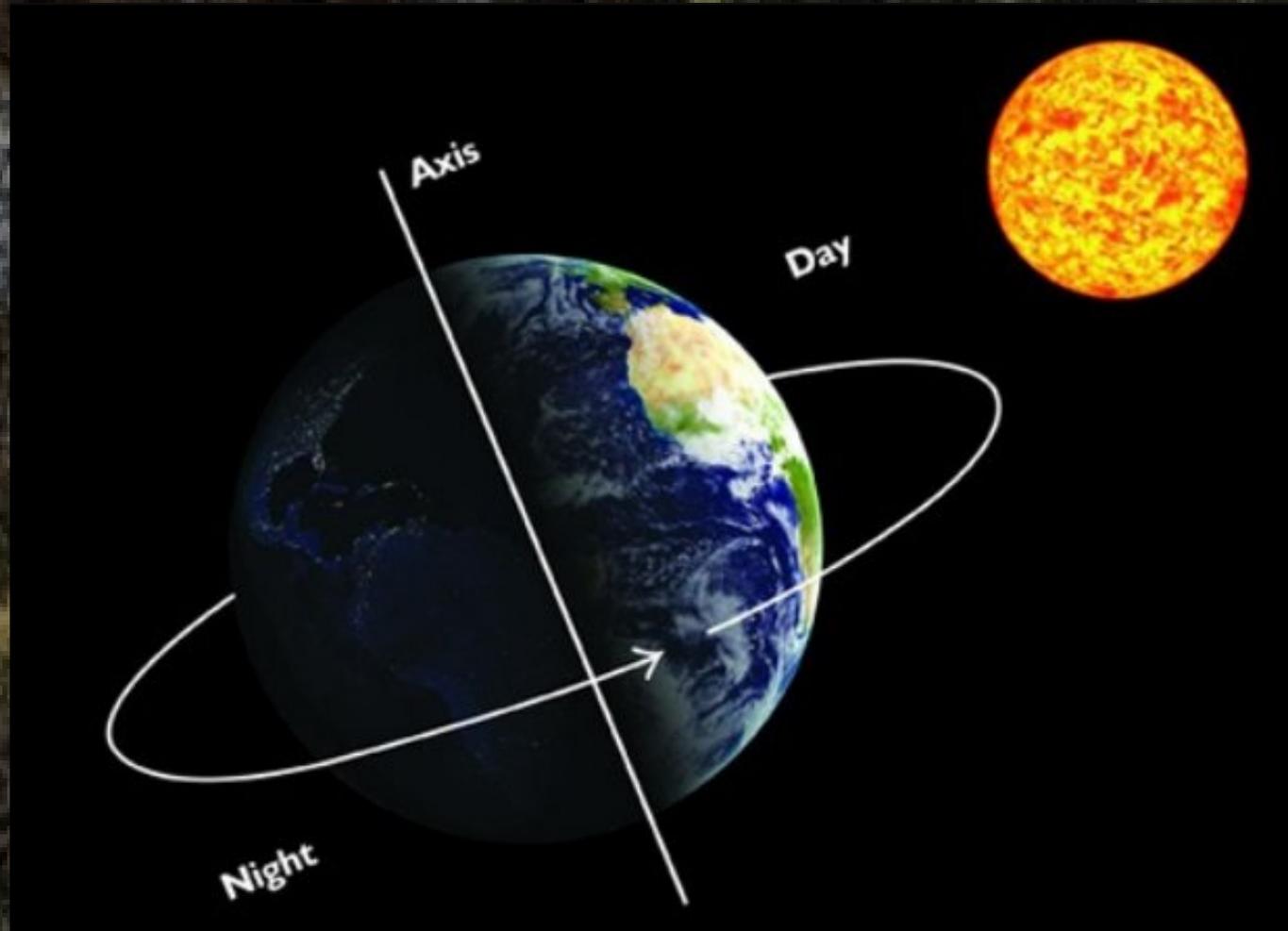
- Bere'shiyth (Genesis) 1:14

Yomiym (יָמִים) masculine plural of (יּוֹם) *yom* from an unused root meaning to be hot; a day (as the warm hours), whether literal (from sunrise to sunset, or from one sunset to the next).

# *The Rhythm of Life*

## *The Third Pillar Days*

*The  
revolution  
of the earth  
on its own  
axis in a  
single cycle*



# The Rhythm of Life

## The Fourth Pillar

### Years

*And Elohiym said: Let there be lights in the expanse of the heavens to divide the day from the night; and let them be for signs, and for appointed feasts, and for days, and years [וְשָׁנִים] (v'shaniym):*

- Bere'shiyth (Genesis) 1:14

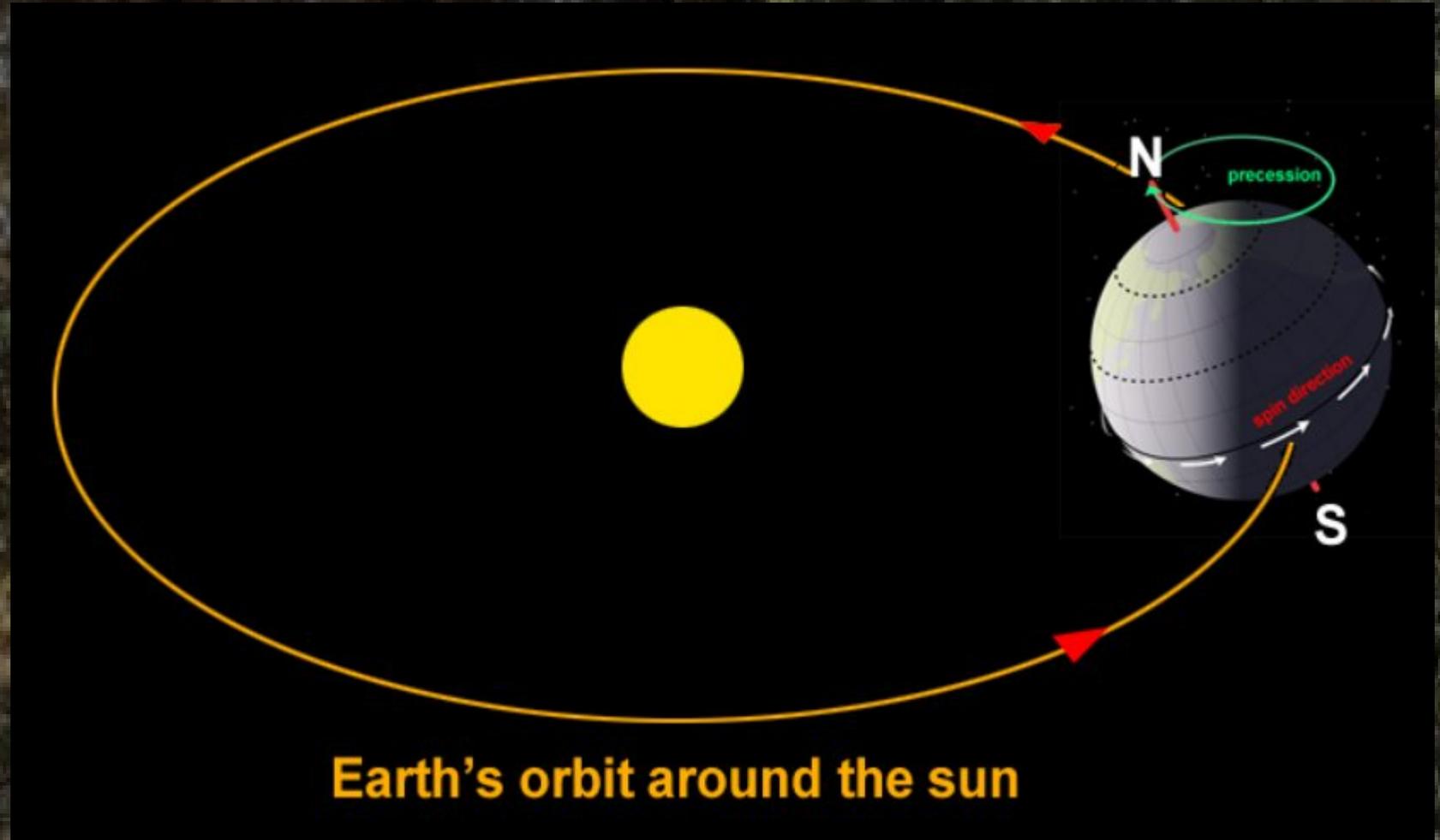
Shaniym (שָׁנִים) masculine plural of (שָׁנָה) *shanah* meaning a year as a revolution of time.

from H8138 [שָׁנָה] (shânâh) a primitive root meaning to fold, or duplicate to do, speak, strike again, to double, to repeat, return, or to do a second time

# The Rhythm of Life

## The Fourth Pillar Years

*When the  
circuit of the  
earth in its  
orbit about the  
sun reaches its  
starting point.*



# *The Rhythm of Life*

## ***The Pillars of the Earth***

The constellations report the hours of the night, the annual return, the seasons, the months, and even the days of the year.

The axial tilt of the earth reports the four seasons of the year: winter, spring, summer, fall.

The rotation of the earth reports the day cycle – sunset to sunset.

The orbit of the earth around the sun reports the year.

# The Rhythm of Life

## *The Pillars of the Earth*

Yet there is more to consider for those of you who pray for peace of Yerushalayim.

*And Elohiym made two great lights; the greater light to rule the day, and the lesser light [וְאֶת־הַמָּאֹר הַקָּטָן] to rule the night: he made the stars also. 17 And Elohiym set them in the expanse of the heavens to give light upon the earth, 18 And to rule over the day and over the night, and to divide the light from the darkness: and Elohiym saw that it was good.*

- Bere'shiyth (Genesis) 1:16-18

# The Rhythm of Life

## *The Pillars of the Earth*

The lesser light [וְאֶת־הַמָּאֹר הַקָּטָן] (v'eth-ha'ma'or ha'qaton)

Ma'or (מָאֹר) Strong's H3974 or (מָאֵר) *mâ'ôr*; also (in plural) feminine (מְאֹרָה) *m<sup>e'</sup>ôwrâh*; or (מְאֵרָה) *m<sup>e'</sup>ôrâh*; from H215; properly, a luminous body or luminary, i.e. (abstractly) light (as an element); figuratively, brightness, i.e., cheerfulness; a bright light.

***We have candidates for this post – but the most obvious is of course the moon.***

# The Rhythm of Life

## *The Pillars of the Earth*

*And he dreamed yet another dream, and told it his brethren, and said:  
Behold, I have dreamed a dream more; and behold, the sun [שֶׁמֶשׁ]  
and the moon [יָרֵחַ] and the eleven stars made obeisance to me.*

- Bere'shiyth (Genesis) 37:9

The word for moon here is [יָרֵחַ] *yare'ach*. Let's look and see what this is all about.

# The Rhythm of Life

## *The Pillars of the Earth*

Yare'ach (יָרַח) Strong's H3394 meaning the moon. Yrechow.  
from the same as H3391 [יְרוּשָׁלַיִם] Y<sup>e</sup>rûwshâlêm, yeh'-rakh (Aramaic)  
corresponding to H3389 [יְרוּשָׁלַיִם] Y<sup>e</sup>rûwshâlêma lunation, meaning something  
dual, in allusion to its two main hills.

Yare'ach Shalam – Moon at Peace, or was it a greeting? Moon peace?

See H3405 [יְרִיחוֹ] Y<sup>e</sup>rîychôw - perhaps from H3394 (Yare'ach); its month; or else  
from H7306 (Yah Ruach); fragrant; Jericho or Jerecho, a place in Palestine.

# The Rhythm of Life

## *The Pillars of the Earth*

Yet when it comes to the word month (moon), we don't find Yereach, but rather

Chodesh [שָׁדָח]. Ge 7:11; Ge 8:4-5,13-14; Ge 29:14; Ge 38:24; Ex 12:2-3,6,18; Ex 13:4-5; Ex 16:1; Ex 19:1; Ex 23:15; Ex 34:18; Ex 40:2,17; Le 16:29; Le 23:5-6,24,27,32,34,39,41; Le 25:9; Le 27:6; Nu 1:1,18; Nu 3:15,22,28,34,39-40,43; Nu 9:1,3,5,11,22; Nu 10:10-11; Nu 11:20-21; Nu 18:16; Nu 20:1; Nu 26:62; Nu 28:11,14,16-17; Nu 29:1,6-7,12; Nu 33:3,38; De 1:3; De 16:1; Jos 4:19; Jos 5:10; Jg 11:37-39; Jg 19:2; Jg 20:47; 1Sa 6:1; 1Sa 20:5,18,24,27,34; 1Sa 27:7; 2Sa 2:11; 2Sa 5:5; 2Sa 6:11; 2Sa 24:8,13; 1Ki 4:7,27; 1Ki 5:14; 1Ki 6:1,38; 1Ki 8:2; 1Ki 11:16; 1Ki 12:32-33; 2Ki 4:23; 2Ki 15:8; 2Ki 23:31; 2Ki 24:8; 2Ki 25:1,3,8,25,27; 1Ch 3:4; 1Ch 12:15; 1Ch 13:14; 1Ch 21:12; 1Ch 23:31; 1Ch 27:1-5,7-15; 2Ch 2:4; 2Ch 3:2; 2Ch 5:3; 2Ch 7:10; 2Ch 8:13; 2Ch 15:10; 2Ch 29:3,17; 2Ch 30:2,13,15; 2Ch 31:3,7; 2Ch 35:1; 2Ch 36:2,9; Ezr 3:1,5-6,8; Ezr 6:19; Ezr 7:8-9; Ezr 8:31; Ezr 10:9,16-17; Ne 1:1; Ne 2:1; Ne 7:73; Ne 8:2,14; Ne 9:1; Ne 10:33; Es 2:12,16; Es 3:7,12-13; Es 8:9,12; Es 9:1,15,17,19,21-22; Job 14:5; Job 21:21; Ps 81:3; Isa 1:13-14; Isa 47:13; Isa 66:23; Jer 1:3; Jer 2:24; Jer 28:1,17; Jer 36:9,22; Jer 39:1-2; Jer 41:1; Jer 52:4,6,12,31; Eze 1:1-2; Eze 8:1; Eze 20:1; Eze 24:1; Eze 26:1; Eze 29:1,17; Eze 30:20; Eze 31:1; Eze 32:1,17; Eze 33:21; Eze 39:12,14; Eze 40:1; Eze 45:17-18,20-21,25; Eze 46:1,3,6; Eze 47:12; Da 10:4; Ho 2:11; Ho 5:7; Am 4:7; Am 8:5; Hag 1:1,15; Hag 2:1,20; Zec 1:1,7; Zec 7:1,3

Strong's H2320 tells us that this means the new moon; by implication, a month:—  
month(-ly), new moon. But it comes from the root found in H2318.

# The Rhythm of Life

## *The Pillars of the Earth*

H2318 Chadash [שׁוּדָד] a primitive root; to be new; causatively, to rebuild:—**renew**, repair.

*Behold, the days come, says Yahuah, that I will cut a **Renewed Covenant** with the house of Yashar'el, and with the house of Yahudah: 32 Not according to the covenant that I cut with their fathers in the day that I took them by the hand to bring them out of the land of Mitsrayim; which my covenant they broke, although I was a husband unto them, says Yahuah: 33 But this shall be the covenant that I will cut with the house of Yashar'el; After those days, says Yahuah, I will put my Torah in their inward parts, and write it in their hearts; and will be their Elohiym, and they shall be my people.*

- Yirmeyahu (Jeremiah) 31:31-33

# The Rhythm of Life

## The Pillars of the Earth

*Behold, the days come, says Yahuah, that I will cut a **Renewed Covenant** with the house of Yashar'el, and with the house of Yahudah:*

- Yirmeyahu (Jeremiah) 31:31

הִנֵּה יָמִים בָּאִים נְאֻם־יְהוָה וְכָרַתִּי אֶת־בֵּית יִשְׂרָאֵל וְאֶת־בֵּית יְהוּדָה בְּרִית  
חֲדָשָׁה:

Hineh yamiym bayim ne'um-Yahuah v'carathi eth-beyit Yashar'el v'eth-beyit Yahudah  
briyt chadasha.

# *The Rhythm of Life*

***The Pillars of the Earth***

*The Chodesh is a renewing moon cycle*



# The Rhythm of Life



*5 And David said unto El-Yahunathan: Behold, tomorrow is the New Moon [שִׁדְּחַן], and I should not fail to sit with the king to eat: but let me go, that I may hide myself in the field unto the third day at evening.*

*- Shemu'el Ri'shon (1 Samuel) 20:5*

*23 And he said: Wherefore will you go to him today? It is neither New Moon [שִׁדְּחַן], nor Sabbath. And she said: It shall be well.*

*- Melekiym Sheniy (2 Kings) 4:23*

**Note: The sabbath is distinguished from the New Moon.**

# The Rhythm of Life

3 Blow the shofar on the dark New Moon today on our solemn feast. 4 For this was a statute for Yashar'el, and a law of the Elohiym of Ya`aqov.

- Tehilliym (Psalm) 81:3-4

תִּקְעוּ בַּחֹדֶשׁ שׁוֹפָר בְּכֶסֶה לְיוֹם חַגְנוּ:

Tiqu b'chodesh shofar b'cheseh l'yom chag'u

Blow in the New Moon the shofar in \_\_\_\_\_ for the day of our solemn feast.

# The Rhythm of Life

תִּקְעוּ בַּחֹדֶשׁ שׁוֹפָר בְּכֶסֶה לְיוֹם חַגְנוּ:

Tiqu b'chodesh shofar b'chese'ah l'yom chag'u

**What is this word chese'ah? H3677 [כָּסֶה] keceh - *apparently* from H3680;**

Appears twice in the Tanakh: Ps 81:3; Pr 7:20

H3680 [כָּסֶה] kakah a primitive root; meaning to cover: clothe, conceal, cover (self), (flee to) hide.

# The Rhythm of Life

תִּקְעוּ בַּחֹדֶשׁ שׁוֹפָר בְּכֶסֶה לְיוֹם חַגְנוּ:

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References: Ge 7:19-20; Ge 9:23; Ge 18:17; Ge 24:65; Ge 37:26; Ge 38:14-15; Ex 8:6; Ex 10:5,15; Ex 14:28; Ex 15:5,10; Ex 16:13; Ex 21:33; Ex 24:15-16; Ex 26:13; Ex 28:42; Ex 29:13,22; Ex 40:34; Le 3:3,9,14; Le 4:8; Le 7:3; Le 13:12-13; Le 16:13; Le 17:13; Nu 4:5,8-9,11-12,15; Nu 9:15-16; Nu 16:33,42; Nu 22:5,11; De 13:8; De 22:12; De 23:13; Jos 24:7; Jg 4:18-19; 1Sa 19:13; 1Ki 1:1; 1Ki 7:18,41-42; 1Ki 11:29; 2Ki 19:1-2; 1Ch 21:16; 2Ch 4:12-13; 2Ch 5:8; Ne 4:5; Job 9:24; Job 15:27; Job 16:18; Job 21:26; Job 22:11; Job 23:17; Job 31:33; Job 33:17; Job 36:30,32; Job 38:34; Ps 32:1,5; Ps 40:10; Ps 44:15,19; Ps 55:5; Ps 69:7; Ps 78:53; Ps 80:10; Ps 85:2; Ps 104:6,9; Ps 106:11,17; Ps 140:9; Ps 143:9; Ps 147:8; Pr 10:6,11-12,18; Pr 11:13; Pr 12:16,23; Pr 17:9; Pr 24:31; Pr 26:26; Pr 28:13; Ec 6:4; Isa 6:2; Isa 11:9; Isa 26:21; Isa 29:10; Isa 37:1-2; Isa 51:16; Isa 58:7; Isa 59:6; Isa 60:2,6; Jer 3:25; Jer 46:8; Jer 51:42,51; Eze 1:11,23; Eze 7:18; Eze 12:6,12; Eze 16:8,10,18; Eze 18:7,16; Eze 24:7-8; Eze 26:10,19; Eze 30:18; Eze 31:15; Eze 32:7; Eze 38:9,16; Eze 41:16; Ho 2:9; Ho 10:8; Ob 10; Jon 3:6,8; Mic 7:10; Hab 2:14,17; Hab 3:3; Mal 2:13,16

# The Rhythm of Life

3 Blow the shofar on the dark New Moon today on our solemn feast. 4 For this was a statute for Yashar'el, and a law of the Elohiym of Ya`aqov.

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תִּקְעוּ בַּחֹדֶשׁ שׁוֹפָר בְּכֶסֶה לְיוֹם חַגְנוּ:

Tiqu b'chodesh shofar b'cheseh l'yom chag'u

**Blow in the New Moon the shofar in its cover for the day of our solemn feast.**

# *The Rhythm of Life*

## ***The Pillars of the Earth***

The constellations report the hours of the night, the annual return, the seasons, the months, and even the days of the year.

The axial tilt of the earth reports the four seasons of the year: winter, spring, summer, fall.

The rotation of the earth reports the day cycle – sunset to sunset.

The orbit of the earth around the sun reports the year.

The moon cycle reports the month.