

A sailboat is positioned in the center of the frame, sailing on a calm sea. The sun is low on the horizon, creating a warm, golden glow across the sky and water. The sky is filled with soft, wispy clouds. The overall mood is peaceful and serene.

Shalom
Geliefde Familie van
Olyftak & Tehillah!



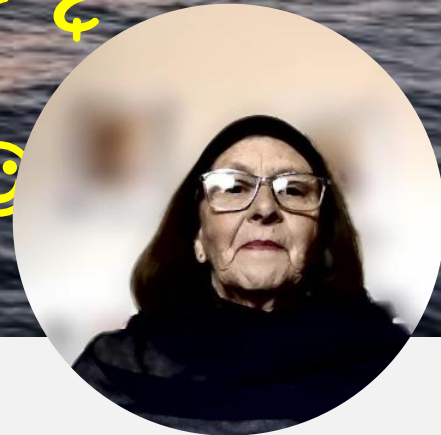
A sailboat is sailing on the ocean under a sunset sky. The sun is low on the horizon, casting a warm glow over the water and the boat. The sky is filled with soft, wispy clouds.

Shalom.
Dearest family of
Olive Branch & Tehillah!



A sailboat is sailing on the ocean under a sunset sky. The sun is low on the horizon, casting a warm orange glow across the sky and water. The sailboat is in the center-left of the frame, with its sails up. The water is dark blue with small whitecaps.

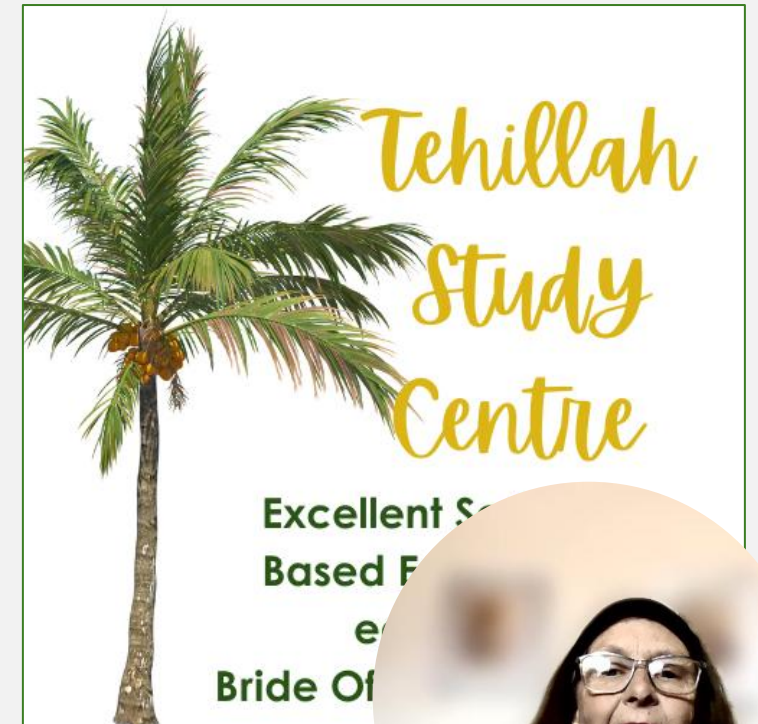
My name is Stefanie Snyman.
Ministry leader of Olive Branch Ministries &
Tehillah Study Centre in South Africa ☺



Opening Prayer

https://youtu.be/U4tovcA5i7k?si=xlac_gj4ZNU3rGwV

HE WILL CARRY YOU!



*You weren't meant
to carry the weight
of the world.
Give it to Him.*

*"Cast all your anxiety on him
because he cares for you."
— 1 Peter 5:7*

Pinterest



STOP!



**OUR ABBA FATHER, wants to carry
your weight and personal
responsibility & pain!**

**We need to cast our overwhelming
burdens onto
HIM (Psalm 55:22).**

**Matt. 11:28 emphasizes, finding
strength to endure trials, handling
responsibilities, and releasing anxiety
& stress.**



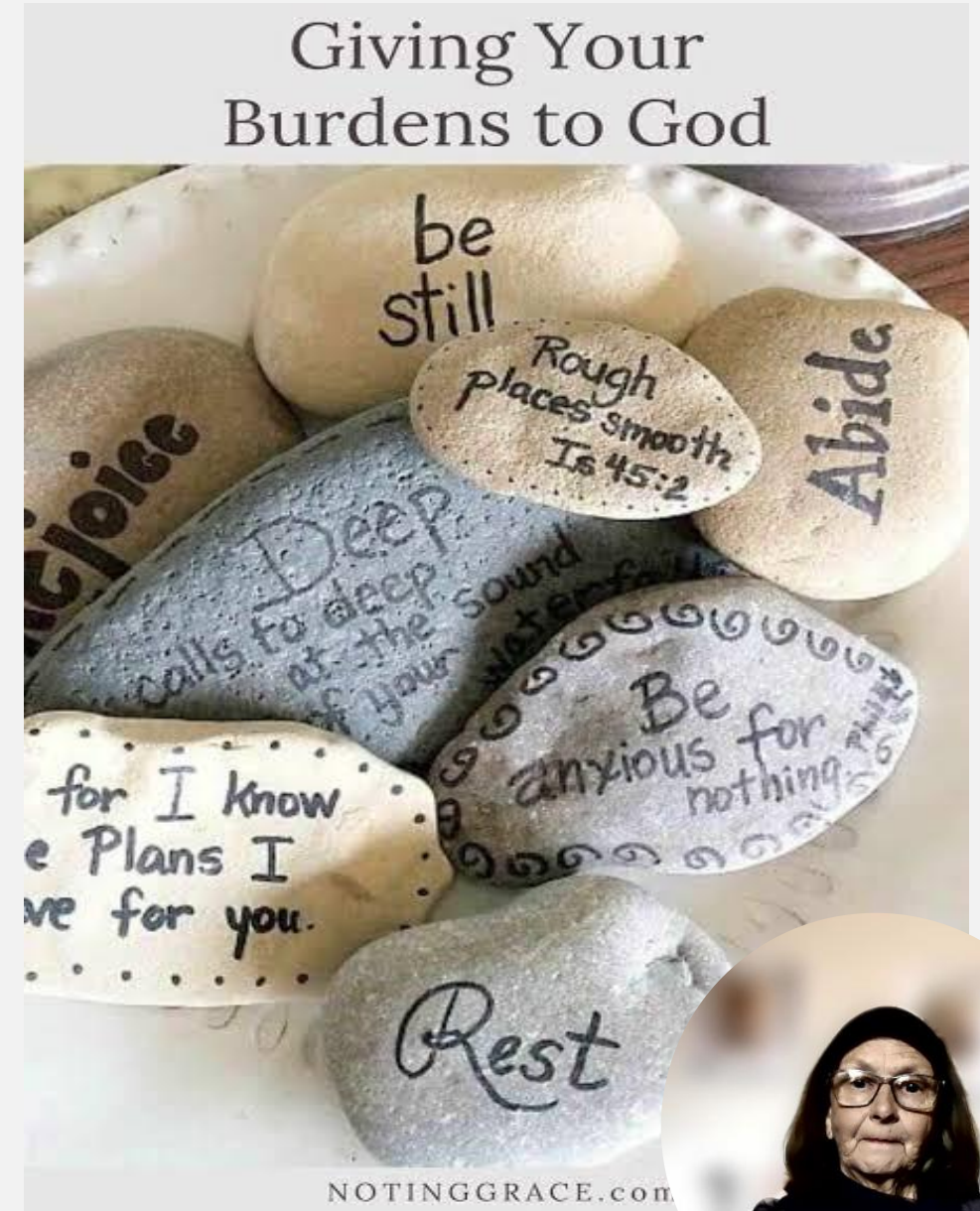
Are You Carrying a Weight You Were Never Created to Bear?



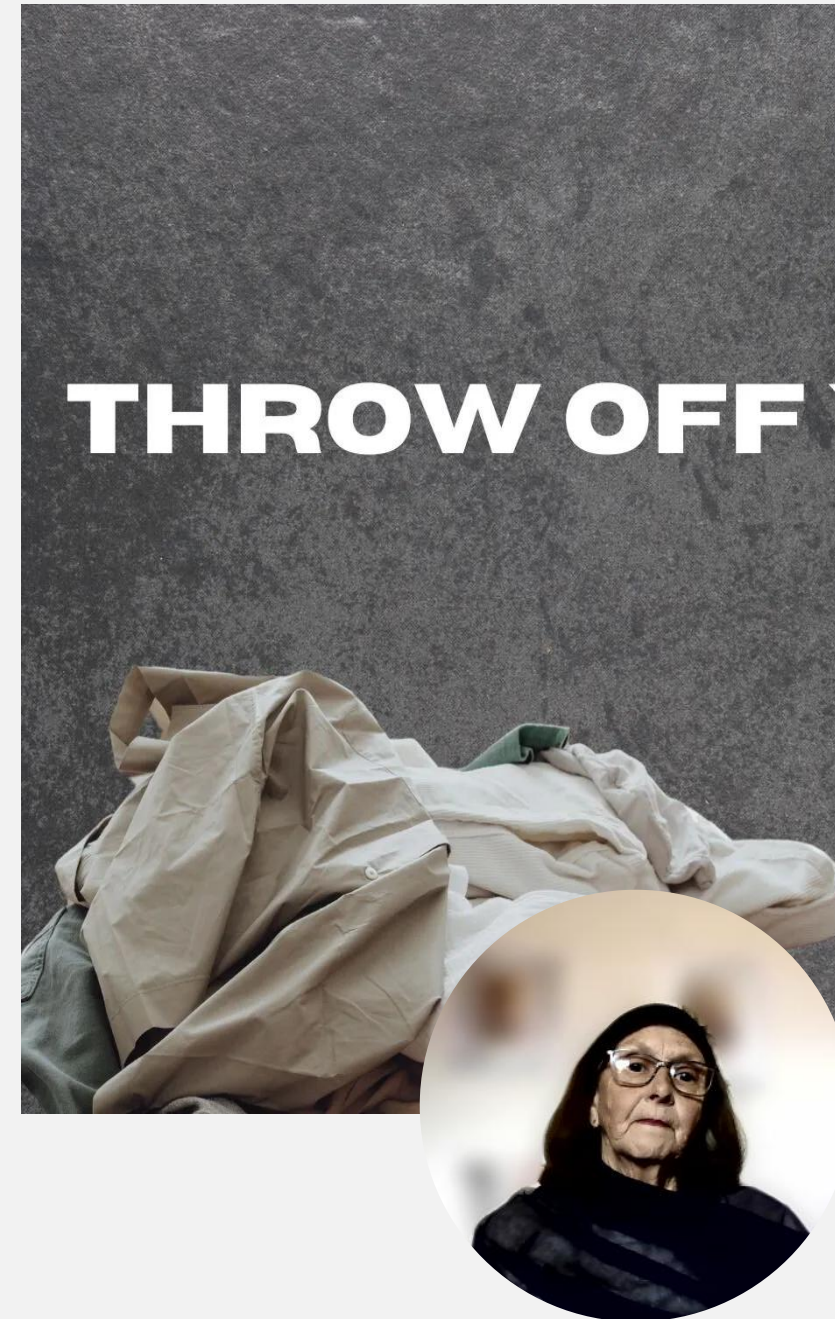
**Mat 11:28 "Come to Me,
all you who labour and
are burdened, and I
shall give you rest.
:29 "Take My yoke upon
you and learn from Me,
for I am meek and
humble in heart, and
you shall find rest for
your beings"**



**Psa 55:16 ”I, I call upon
Elohim, And יהוה saves me.
:17 Evening and morning
and at noon I complain and
moan, And He hears my
voice.
:22 Cast your burden on
יהוה And let Him sustain
you; He never allows the
righteous to be shaken. .”**



Mar 10:46 “And they came to Yeriho. And as Y’Shua was leaving Yeriho with His taught ones and a large crowd, blind Bartimaeus, the son of Timai, was sitting by the way begging. :47 And when he heard that it was יהושע of Natsareth, he began to cry out and to say, “ יהושע, Son of Dawid, have compassion on me!” :48 And many were reprimanding him to be silent, but he cried out all the more, “Son of Dawid, have compassion on me!” :49 And יהושע stopped and said, “Call him.” And they called the blind man, saying to him, “Take courage, arise, He is calling you.” :50 And he, throwing aside his garment, rose and came to יהושע.”



Take a few minutes...



- and write down your burdens.



*And draw a RED line through each
one - as you give it to YHWH!!*

- DEBT (Money)
- Debt (Emotional & sins)
- SORROW
- ILLNESS, PAIN
- CHILDREN or elderly parents
- BURN OUT and tired
- RESPONSIBILITIES
- LONELINESS & LONGINGS



And draw a RED line through each
one - as you give it to YHWH!!

- ~~DEBT (Money)~~
- ~~Debt (Emotional & sins)~~
- ~~SORROW~~
- ~~ILLNESS, PAIN~~
- ~~CHILDREN or elderly parents~~
- ~~BURN OUT~~
- ~~RESPONSIBILITIES~~
- ~~LOVELINESS & LONGING~~



Covenant meal / Verbondsmaal



Communion-
Come into
Un



Cast off...

Heb 12:1 “We too, then, having so great a cloud of witnesses all around us, **let us lay aside every weight and the sin which so easily entangles us**, and let us run with endurance the race set before us, :2 **looking to the Prince and Perfecter** of our belief, **יהושע**, who for the joy that was set before **Him endured the stake**, having despised the shame, and sat down at the right hand of the throne of Elohim”

https://youtu.be/S3njE_wU6FY?si=8PmJ9rIE1C6N0Bh9



YHWH's Promise & Blessing:

Deuteronomy 31:6): "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you".

Hebrews 13:5..., 'I will never leave you nor forsake you'

2 Corinthians 9:8

And God is able to make all grace abound to you, so that always having all sufficiency in everything, you may have an abundance for every good deed;

Act 17:24 - 31





Shalom
Till next time...



Bibliography

- <http://dayspringhouston.com/blog/throw-off-your-cloak>
- www.dreamstime.com
- www.bible-art.com
- <https://www.discipleheart.com/seventh-day-sabbath/preparing-for-the-seventh-day-sabbath#>
- <https://www.myjewishlearning.com/article/kiddush-cup/>
- <https://newheightsdance.wordpress.com/2011/07/06/bible-verses-on-dancing/>
- Shutterstock images
- <https://www.theancientway.org/articles/messianic-kiddush-prayers-for-the-sabbath#>
- Timeless Hebrew Tunes