

The Ruach and Shefa in Scripture and Practice

Lesson Plan:

Objective: To explore the mystical and practical significance of *Ruach HaKodesh* and Shefa as conduits of Divine empowerment, focusing on their transformative role in Scripture and everyday life.

1. Introduction to Ruach and Shefa

- Begin with a brief overview of the key concepts:
 - *Ruach HaKodesh*: The breath or spirit of G-d, animating life and guiding humanity (*Luke 24:49*).
 - Shefa: The Divine flow that bridges the Infinite (*Ein Sof*) with the finite, nourishing the soul.
 - Anchor in *Luke 24:49*:
 - "*Stay in the city until you have been clothed with power from on high.*"
 - Emphasize the promise of Divine empowerment through *Ruach HaKodesh*.
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2. Key Scriptures on Ruach HaKodesh

- Explore *Acts 1:8*:
 - "*You will receive power when the Holy Spirit has come upon you...*"
 - Discuss how *Ruach HaKodesh* provides strength for personal and communal transformation.
 - Examine *Hebrews 4:12*:
 - "*For the word of G-d is alive and active...*"
 - Highlight how the Word of G-d, inspired by the *Ruach*, brings discernment and vitality to the soul.
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3. Mystical Dimensions of Ruach and Shefa

- Introduce the **Five Levels of the Soul** and their connection to Shefa:
 - a. *Yechidah (Insights)*:
 - *Job 32:8*: "The spirit in a person, the breath of the Almighty, gives them understanding."
 - Instant flashes of Divine truth reflecting unity with G-d.
 - b. *Chayah (Inspiration)*:
 - *Isaiah 40:31*: "But those who hope in the Lord will renew their strength."
 - Spiritual fervor that awakens devotion and moral elevation.
 - c. *Neshamah (Guidance)*:
 - *Proverbs 20:27*: "The human spirit is the lamp of the Lord."
 - Intellectual and spiritual integration of Divine wisdom.
 - d. *Ruach (Influence)*:
 - *Zechariah 4:6*: "Not by might nor by power, but by My Spirit."
 - Radiates holiness into relationships and communities.
 - e. *Nefesh (Motivation)*:
 - *Genesis 2:7*: "The Lord G-d formed man and breathed into his nostrils the breath of life."
 - Tangible, purposeful actions infused with sanctity.

4. Practical Applications of Ruach and Shefa

- Aligning daily practices with the Divine flow:
 - *Deuteronomy 6:4-9*: "Hear, O Israel: The Lord our G-d, the Lord is one."
 - The Shema as a foundational call to align life with Divine unity.
- Creating vessels for Shefa:
 - *Micah 6:8*: "Act justly, love mercy, and walk humbly with your G-d."
 - Sanctify mundane actions through mitzvot and intentional living.

- Reflect on *Psalm 119:105*:
 - "Your word is a lamp to my feet and a light to my path."
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5. Reflection and Discussion

- Lead participants in examining these questions with Scriptural anchors:
 - *What does it mean to live "clothed in power from on high"?*
 - *Colossians 1:11*: "Being strengthened with all power according to His glorious might."
 - *How can Shefa guide your actions and influence your community?*
 - *Ephesians 4:3-4*: "Make every effort to keep the unity of the Spirit through the bond of peace."
 - Encourage personal testimony and dialogue around *1 Corinthians 2:12*:
 - "What we have received is not the spirit of the world, but the Spirit who is from G-d."
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6. Summary and Call to Action

- Reaffirm the unified role of *Ruach HaKodesh* and Shefa in personal transformation, community building, and spiritual elevation.
- Challenge participants to integrate these insights into their daily walk:
 - Engage in *Torah* study, prayer, and *mitzvot* to become a vessel for Shefa.
 - Let their actions reflect the light of *Ruach HaKodesh*.

Closing Scripture:

- *Romans 8:14*: "For those who are led by the Spirit of G-d are the children of G-d."
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This structured lesson plan, with key verses and discussions, ensures a meaningful and impactful one-hour teaching session.

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