

# Breakthrough: Living A Life That Overflows

By Rabbi Jason Sobel

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## Introduction

We are starting a new decade and a new year on the biblical Hebrew calendar. According to the Hebrew calendar, this is the year 5780, and this year comes with life-changing significance that I will cover in this book.

Before we take a look at this upcoming year, let me explain a bit about the establishment of the Hebrew calendar. The Jewish nation had two calendars. There was a civil calendar that began in the September-October period. New Year's Day in the civil year is called Rosh Hashana or the beginning of the year, falls on the seventh month of the religious calendar. Passover (March-April) marked the beginning of the ecclesiastical year (Exodus 12:1-2). The cycles of the moon and not the sun is the basis of the Hebrew calendar, as the Egyptian calendar focused on their god of *Ra*. God wanted them to not only escape from the bondage and slavery of Egypt but to move away from any form of idol or false god worship. So, He told them to create something new to track the months and years.

Hillel, the Elder, ratified the modern Jewish calendar in the 3rd century AD. The sages determined four separate New Year dates. *Tishrei* (Rosh Hashanah) is the first. It is best known being the new year associated with the civil calendar. It's often called "the new year for seasons." The second new year is Shevat, the New Year for trees. "Most Jewish sources consider 15 Shevat as the New Year both for designating fruits as *orlah* (that is, forbidden to eat, because they have grown during the first three years after a tree's planting) and for separating fruits for tithing."<sup>1</sup>

1 Nisan is the third Jewish new year. It corresponds to the season of redemption from Egypt and the birth of the nation Israel. The fourth and last new year is 1 Elul. It is the new year for tithing cattle.

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<sup>1</sup> <https://www.myjewishlearning.com/article/how-many-jewish-new-years/>

Rosh Hashanah (“the head of the year”) is associated with the Feast of Ingathering (Exodus 23:16). It is a designated time of repentance. Rosh Hashanah begins the ten days climaxing in Yom Kippur or Day of Atonement.

According to Dr. Faydra Shapiro in her book, *Romance Behind Judaica*:

*[Rosh Hashanah] offers a chance for healthy personal introspection and spiritual recommitment. Second, as the official beginning of the Jewish New Year, it signals the opportunity to wipe the slate clean and make a fresh start. Third, according to one Jewish tradition, God created humans on this day. This makes Rosh Hashanah a birthday celebration for humanity.<sup>2</sup>*

This past Rosh Hashanah ushered in the year 5780 as well as a new decade for us. Why 5780? The Jewish calendar counts the years from the creation of the world (according to Jewish biblical tradition); therefore, the year, according to Jewish tradition, is 5780.

5780 is an important date for us, and we’ll explore the significance of the upcoming decade. The new decade brings the opportunity for a new season for us. In the following pages, we will learn that this decade is a time for us to “see and say.” We’ll also discover this decade is a time of breakthrough for us—a season for us to break through any barriers that hold us back from being all that God has called us to be and living in the overflow.

I’m excited to share with you how God is leading us to a new season. Are you ready?

## **Breaking Through to a Life that Overflows**

I wrote this book so all of us could understand how we can break through the barriers that keep us from experiencing God’s best in our lives. We will dive deeply in what breakthrough means and how we can join God in His plans for us to break free and do what He’s called us to do.

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<sup>2</sup> Faydra L. Shapiro, PH. D, with Len Woods, *Romance Behind Judaica: Celebrating the Richness of the Jewish Calendar*, (New York: Worthy/Hachette Book Group, 2019), 113.

The second part of this book will help you go beyond breakthrough to living a life of overflow. Yeshua-Jesus came to give us a full, abundant life (John 10:10). To help you see how you can achieve this full life, we will take a deep dive into Yeshua's first miracle, the miracle at Cana in John 2. From understanding this miracle, you will learn how you can not only break through, but clearly live the John 10:10 promised life.

We are excited to have you with us on this adventure into new and exciting ways to live our lives as believers in the Messiah. We grateful for the opportunity to minister, teach, and learn with you.

Shalom,

Rabbi Jason

## Before We Begin

This first chapter will introduce two concepts that will help to a better understanding as you move forward to your breakthrough and life in the overflow. We begin by looking at the importance of times and seasons in our lives. Judaism is embedded in time and seasons. They celebrated on specific days in a yearly cycle of feast, fast, and celebration. This cycle gave them a clear understanding of history as well as the present and future.

Before we begin, we also need to understand some aspects of the Hebrew language. One facet of the Hebrew alphabet is that each letter also has a numerical value. You'll need to understand this as we venture into the importance of this decade and the idea of a breakthrough.

## Aligning the Times and the Seasons

We meet some intriguing people in 1 Chronicles 12:32, “And of the children of Issachar, *which were men* that had understanding of the times, to know what Israel ought to do; the heads of them *were* two hundred; and all their brethren *were* at their commandment.”<sup>1</sup> The sons of Issachar understood the times, and they knew what to do. It's interesting that with understanding came the knowledge of what to do. I believe understanding the times is essential. We need to be aware of what is happening around us. We need understanding, so we know what to do. These men understood the affairs of the day. They knew their culture, and they had the wisdom to know what was going to happen in the future. Their allegiance was with King Saul, while he was alive, and yet they fully understood that David's time was coming. When the conditions changed (Saul died, and so did his commander, Abner), they changed their allegiance to David, their new king.

Times are crucial, and understanding the times and the seasons is critical for us. The times and the seasons are woven into the fabric of creation—from the very beginning, God ordained the times and seasons for us. It's our responsibility, like the sons of Issachar, to

understand the times and know what to do. Bible scholar Alan Redpath, commenting on the sons of Issachar wrote:

*Bless your heart, this is God's time! What is He teaching you now? Mother, father, brokenhearted friend, even if you are living in the midst of frustration, it is God's time. May He give you an understanding of it!*<sup>3</sup>

This year, 5780, gives us a fresh way to align to a new decade. With God's help we can understand the time and know what to do with His leading and guiding into fresh areas of our life we call breakthroughs.

## Understanding Numbers and Letters

As we dive deeper into understanding the times, seasons, and breakthroughs, we need to discover some things about Hebrew letters and numbers. For example, Rosh Hashanah is a time of creation. Jewish Sages teach that the first Rosh Hashanah was the sixth day of Creation. The sixth day is the day of creation as this was the day God created man and woman (Genesis 1:24–31). The sixth day is a day of remembrance of when God created us. So, we confess to God on the day we were created; the day God spoke to us into existence—the sixth day.

The Hebrew language is alphanumeric, as numbers are written by letters. Letters and numbers are interchangeable in Hebrew. When God spoke the world into existence, He created the heavens and the earth. When He created the spiritual aspects of creation, He used words. All things are held together by His word. His word undergirds the spiritual reality, and that same word in Hebrew has a numerical value attached to it. Therefore, underlying the physical reality of creation is the number behind God's word and the very mathematical structure of creation. God is the original programmer. God spoke the world into existence, and each spoken word represented a number. In doing that, he created the "code of creation." God created the Matrix, not Neo.

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<sup>3</sup> Alan Redpath, *The Making of a Man of God: Lessons from the Life of David* (Grand Rapids, MI: Revell, 2004).

There's a code that is behind creation (spiritual and physical) that involves letters and numbers. Therefore, words and numbers are both significant. Here's an example:

The first word of Genesis 1 is the word *Bereshit*, "in the beginning." The first letter of *Bereshit* is "bet." When you look at the letter, it appears to be a house. The "be" of "bet" has a numerical value of two. So, the first letter in the Bible has a numerical value of two. Why? Because God created the world in twos. He created heaven and earth. God created light and dark. He created day and night. He created the sun and the moon. He created the sea and the dry ground. He created man and woman. What's interesting is only when the two work in alignment can another "bet" or blessing be released. God created the world to bless it because both words start with the same "Be."

*Bereshit* can also be read, "in the firstborn, (or through the firstborn), God created world." "Bet" is a picture of the world and the world existing in the first-born son, Yeshua-Jesus. In Him we live and move and have our being. It is interesting that the first letter of Genesis is the Hebrew letter *bet*, and the last word of the book of Revelation is the Hebrew word *amen*, which ends in the letter *nun*. The first and last letters of the Bible spell the Hebrew word *Ben*, which means "Son." Here's the significance: From the very first letter to the very last letter, everything in the Bible points to the Son, Yeshua.

Our God is a wonderful, awe-inspiring God. From a scientific perspective, how can we say that God spoke the world into existence? When we read the Bible and understand the Hebrew language of words, letters, and numbers, we find quantum physics and a mathematical structure to the universe. The biblical narrative is a beautiful story because the Ancients could not comprehend the science behind how the world began, but they could create a language that thoroughly explained it.

## A Decade of Supernatural Strength and Breakthrough

5780 is the decade of supernatural strength and breakthrough. Consonants represent dates in Hebrew. The consonant for “80” is the 17th letter of the 22-letter Hebrew alphabet: a *peh*. *Peh* is both a word and letter. It means “mouth.” If you examine the letter *peh*, you will see that it looks like the profile of a face, with a nose and a mouth and a *dagesh*, a ‘dot’ for an eye. If you look at the white space within the letter, there’s a *bet* inside the letter *peh* (we’ll talk more about this later). What this all tells us is 5780 is the decade of the mouth.

Psalm 81:10 says, “I am the Lord your God, who brought you up out of Egypt. Open wide your mouth and I will fill it. (NIV)”<sup>ii</sup> The first part reminds us of Exodus 19 and the “elevating” of Israel out of the bondage in Egypt. The conclusion of the verse tells us of the wide-open mouths of baby birds, and they eagerly await food from their mother. Their mouths (*peh*) are wide open to receive nourishment as well as to speak of what they need. During the decade of the mouth we need to be ready for God’s nourishment, and also be prepared to declare the breakthroughs He is doing for us

Nehemiah 8:10 reminds us, “The joy of the Lord is my strength.” There’s an understanding in Jewish thought that says, “Joy breaks through every yoke.” If the Lord’s joy is my strength, then he’s waiting for me to ask him for it so I can break through anything that is holding me back from living the life he wants for me.

The word for breakthrough in Hebrew is *peres*. “It refers to a rupture, a breaking up or shattering of something; a breach created in a wall of an enemy (2 Samuel 5:20); the breaking or rupture occurring in the process of childbirth (Genesis 38:29).”<sup>4</sup> The word *peres* begins with the letter *peh*. This decade is the decade of the mouth as well as a decade of strength (*gevurah*), and breakthrough (*peres*). We will explain in the next section, how these terms are connected in letters and numbers. What is most critical for us to remember is God wants to strengthen us for our breakthrough.

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<sup>4</sup> <https://pastorblj.blogspot.com/2011/02/getting-your-breakthrough.html>



## Eighty and Strength: Two Examples

Psalm 90:10 tells us, “The length of our days is seventy years—or eighty, if we have the strength; yet their span is but trouble and sorrow, for they quickly pass, and we fly away. (NIV)”

<sup>iii</sup> According to the psalmist, an average lifespan is seventy, but we can go beyond seventy to eighty. *Gevurah* is the strength necessary to overcome the inner and outer obstacles and opposition we face. According to the Psalms and Jewish tradition, eighty is associated with strength. God will give us the strength to overcome the inner as well as the outer obstacles and oppositions that we are going to face during these times. Remember the children of Issachar? They had godly strength to discern the times and wisdom to understand the seasons of life. A key to understanding these times is knowing the strength we have available to us to overcome

### Moses

Moses was eighty years old when God strengthened him to lead the children of Israel out of Egypt. God gave Moses a new strength to perform a divine mission and calling at eighty years old. He was the *peh* (80). Moses’ new strength included not merely physical strength and stamina, but also the strength to overcome his fears. Moses expressed his anxieties in Exodus 4:10, saying, “*Adonai*, I am not a man of words—not yesterday, nor the day before, nor since You have spoken to Your servant—because I have a slow mouth and a heavy tongue.”<sup>iv</sup> But, as he did with Moses’ other doubts about why he was chosen to free the Hebrews, God said, “I will be with you.” God called Moses, and God would give him the *gevurah*, the strength, to do what He asked him to do.

I believe God is calling many to be like Moses for this season. There is a transition that is happening. Just as God called Moses from being a shepherd of sheep to a shepherd of the people, I believe that many of us are going to be drawn into the real purpose and calling for which God created us. We’ve been faithful out in the desert with the sheep, now, with new strength and the breakthrough to enter in, we, like Moses, can lead ourselves and others to breakthrough.

The Mishnaic sage Ben Zoma answers a question for us, “Who is *Gibbor*, the mighty one? He who subdues his evil inclinations.” Proverbs 16:32 tells us, “*He that is slow to anger is*

better than the mighty; and he that ruleth his spirit than he that taketh a city. (KJV)”<sup>v</sup> The sages and the Bible tell us we have the strength to overcome our inner urges and challenges, and when we do, it ultimately leads to purity in our life. Purity in Greek, *hagneía*, has a numerical value of eighty. Paul counsels young Timothy to command and to be an example of purity (1 Timothy 4:12). The only way Timothy, with all the pressures of being a young pastor in a newly established church, could succeed is by setting aside the anxieties, challenges, and relying on God for strength. It’s a strength that also makes us capable of shedding what is holding us back. In his commentary, F. B. Meyer wrote about this verse saying, “There are infinite resources in God, which He is waiting to employ in human affairs, and of which we fail to make use.”<sup>5</sup> Let’s believe God’s calling for us and use the strength available to us, like Moses, to break through to personal freedom lead others to freedom as well.

#### Yeshua/Jesus

Ultimately, we have the Lord and the strength of his might because we are in Messiah, Yeshua. Remember this verse from Isaiah 9:6, “For unto us a child is born, a son will be given, the government will rest upon his shoulders. He will be called *paleo-se* (Wonderful Counselor), *El-gibbor* (Mighty God), *Abead* (Father of Eternity) *Shar shalom* (Prince of Peace). He is *El Gibbor*, The Mighty One, from the word *gevurah*, And, we have his might because, at salvation, we are in him—in him, we are in part of what he is—mighty (Ephesians 2:1–10). Therefore, we can become mighty and strong, and since this is the decade of eighty, the decade of the mouth, we need to openly declare, “I am strong in the Lord and the strength of His might. I will overcome internal and external oppositions by God’s power.”

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<sup>5</sup> F. B. Meyer, *Through the Bible Day by Day*, Published in 1914, Public Domain

## Eighty: Transcending Our Natural Limitations

Eighty is also the number of exceptional. To re-quote Psalm 90:10 says, “The length of our days is seventy years— or eighty, if we have the strength; yet their span is but trouble and sorrow, for they quickly pass, and we fly away. (NIV)”<sup>vi</sup> This Psalm, attributed to Moses, reminds us that living until seventy is the ordinary, and living to eighty is going beyond the norm. God created the world in seven days; it is the completion of the physical world. The number eight is going beyond the natural order; it is the transcending of the natural order. This is why Messiah died on the sixth day, was buried on the seventh, and he rose from the dead on the eighth day. Eighty it is the number of new beginnings, breakthrough, and the exceptional. It’s the power to excel. So, in this decade of eighty, God wants us to move past the illusions of who we think we are to know the reality of who we are in Him.

### Knowing Who We Are in Him

We are unique, and we can *break through* because we are in Yeshua. We can *excel* because we are in Him. We can *transcend* any natural limitations because we are in Him.

The Apostle Paul in Ephesians 1:7–10 tells us, “In Him we have redemption through His blood—the removal of trespasses—in keeping with the richness of His grace that He lavished on us. In all wisdom and insight, He made known to us the mystery of His will, in keeping with His good pleasure that He planned in Messiah. The plan of the fullness of times is to bring all things together in the Messiah—both things in heaven and things on earth, all in Him.”<sup>vii</sup> It is in the Messiah Jesus that we have redemption, and it is through Him that we will have the strength to overcome the natural tendencies that hold us back from our breakthrough. We have been brought back from the dominion of darkness through the blood of Jesus Christ. Yeshua-Jesus redeems us, forgives us, and gives us the wisdom to know His will and way. We can live as His favored son or daughter who loves us and wants us to break through the obstacles we face to an extraordinary life.

Are you aware that you and I have been given the mind of Yeshua? When we live entirely in Him, we can think as He thinks and feel as He feels. We have this inheritance—not merely His character traits, but we also have access to His ability to make wise decisions and

love others. We have this awesome ability like little children to grow in our relationship with Jesus and develop the mind of the Messiah. We can break through because he loves us, wants to help us, and give us all we need, through Him to live in the overflow.

### Knowing We are a Royal Priesthood

Eighty is the power to excel. It is also connected to priesthood. The Jewish people were called to be priestly people. This is the power of eighty as the priesthood centered around eight and eighty (8x10 meaning a tremendous increase) For example, the high priest wore eight holy garments (*bigdei kodesh*) Also, prior to King David's changes in priestly divisions (1 Chronicles 24:3–5) there were eight priestly divisions. Exodus 19:5 tells us that Israel was to be a nation of priests. All Israel was called to be a Royal Priesthood. The power of eighty extends to the nation of Israel as a whole. Despite persecution and small numbers, Jews have excelled and pushed boundaries in spiritual business, academics, science, and the arts.

This concept to excel extends to believers as well. Peter wrote in 1 Peter 2:9, "But you are a chosen people, a royal priesthood, a holy nation, a people for God's own possession, so that you may proclaim the praises of the One who called you out of darkness into His marvelous light.<sup>viii</sup>" We have the power to change and excel when we remember who we are— In Him, a royal priesthood, and God's special possession. Max Lucado wrote:

*Do you ever feel unnoticed? New clothes and styles may help for a while. But if you want permanent change, learn to see yourself as God sees you: "He has covered me with clothes of salvation and wrapped me with a coat of goodness, like a bridegroom dressed for his wedding, like a bride dressed in jewels" (Isa. 61:10).*

*Does your self-esteem ever sag? When it does, remember what you are worth. "You were bought, not with something that ruins like gold or silver, but with the precious blood of Christ, who was like a pure and perfect lamb" (1 Pet. 1:18–19).<sup>6</sup>*

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<sup>6</sup> Max Lucado and Terri A. Gibbs, *Grace for the Moment: Inspirational Thoughts for Each Day of the Year* (Nashville, TN: J. Countryman, 2000), 17.

It's the decade of breakthrough. It's the decade of transformation. Since it is the decade of the mouth, we need to declare, "I will excel! I am not ordinary! I am extraordinary! I can break through to an exceptional life in Yeshua-Jesus.

### Building on a Solid Foundation

Eighty is the number of the *yasod*. In Hebrew, *yasod* means foundation and has a numerical value of eighty. 5780 is a foundational decade and this is a foundational season. God is establishing new foundations in our lives. We need to remember the natural and the spiritual go hand in hand. If we are going to break through natural limitations, there are new spiritual foundations we need to establish. Proverbs 10:25 reminds us, "When the whirlwind passes, the wicked are no more, but the foundation of the righteous is everlasting." <sup>ix</sup>

Joseph (Genesis 37–50) is associated with foundations. Joseph was thirty years old when he became Viceroy of Egypt. He held the position for eighty years. Joseph brought order everywhere he went. The order he brought led to alignment, and that alignment led to blessing. He put Potiphar's house in order. He put the prison in order. He put the Egyptian palace in order. When he put these things in order, they came into alignment, and the result was multiplication and blessing as he laid the foundation for the Hebrew's future in Israel.

God wants to bring new order to our lives and to our nation. God wants to remove the chaos. The first thing God did at creation was to create *seder* (order). Nothing can exist until he brings order out of chaos. God wants to bring order into your life to firm-up a shaky foundation or establish a new foundation so that alignment and blessing can come in unprecedented ways. Your foundation is directly connected to eighty (breakthrough) and transcending natural limitations.

Joseph overcame incredible temptation (Genesis 39:6–23). Temptation is something we must grapple with in our lives. How did Joseph transcend what many would call "natural" temptations? He trusted God. He understood that true blessing comes from walking with God and does not have anything to do with circumstances. His understanding of his own times empowered him to NOT do certain things. Joseph resisted and retained his integrity. Just as the Apostle Paul advised Timothy about purity, before any temptation came Joseph's way, he had

already built a solid personal foundation (*yasod*) of trusting God and knowing, deep in his heart, God would do something mighty in his life. Joseph transcended those circumstances by believing the words Solomon would later write in Proverbs 10:25—a foundation of righteousness is everlasting.

The hymn “How Firm a Foundation” was first published in 1787 in a hymnbook edited by John Rippon titled *A Selection of Hymns from the Best Authors*. Its beautiful lyrics exalting the Word of God have made it one of America’s best-loved hymns.

Surprisingly, the name of the author behind this classic hymn is a mystery. In the hymnbook, it was attributed only to “K—.” This is thought by many to be a reference to Robert Keene, who was a friend of John Rippon’s and was the leader of music at the Carter Lane Baptist Church in London when Rippon was the pastor. Even so, the true identity of the author remains a mystery.

Despite the anonymity of its origins, for over 230 years *How Firm a Foundation* has brought comfort and encouragement to countless believers. It was sung at the death bed of President Andrew Jackson and at the funerals of Robert E. Lee and Theodore Roosevelt.”<sup>7</sup>

Its lyrics remind us of the importance of building a firm foundation, on Yeshua-Jesus, if we want to transcend our natural limitations and break through. Part of the lyric says this:

*How firm a foundation, ye saints of the Lord,  
is laid for your faith in His excellent Word!  
What more can He say than to you He hath said,  
who unto the Savior for refuge have fled?*

*In every condition, in sickness, in health,  
in poverty’s vale, or abounding in wealth,  
at home and abroad, on the land, on the sea,  
as days may demand, shall thy strength ever be.*

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<sup>7</sup> <https://reasonabletheology.org/hymn-story-how-firm-a-foundation/>

Like Joseph, we need a firm foundation of trust in God, standing on His strength to pull us through every circumstance, and every natural tendency that wants to keep us in the bondage of our past, our pain, and our circumstances.

We are living in the decade of the mouth. Let's declare that we are trusting God to help us build a rock-solid foundation.

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Unless so noted, all Scripture quotations are from Messianic Jewish Family Bible Society,  
*Holy Scriptures: Tree of Life Version* (Grand Rapids, MI: Baker Books, 2015).

<sup>i</sup> 1 Ch 12:32. (KJV)

<sup>ii</sup> Ps 81:10. (NIV)

<sup>iii</sup> Ps 90:10. (NIV)

<sup>iv</sup> Ex 4:10.

<sup>v</sup> Pr 16:32. (KJV)

<sup>vi</sup> Ps 90:10. (NIV)

<sup>vii</sup> Eph 1:7–10.

<sup>viii</sup> 1 Pe 2:9.

<sup>ix</sup> Pr 10:25.