

Lesson 2 • Vocabulary

Day and Night • Psalm 1:2–3 & Joshua 1:8

YOUR SIX CORE WORDS

אִישׁ

ish

man • one person • one soul

the Psalms open their blessing on one single ish — you

יוֹם

yom

day

and there was evening and there was morning — one yom

לַיְלָה

láy-la

night

soft as a lullaby — hours Adonai still keeps watch

הִגָּה

ha-gáh

meditate • murmur • growl

Joshua 1:8 — God's own success formula

פֵּרִי

p'rí

fruit

in ITS season — winter roots still drink

עֵלֶה

a-léh

leaf

evergreen — leaves for the healing of the nations

BONUS WORDS (just enjoy these)

יוֹמָם

yo-mám

by day • daytime

בְּרִית

brit

covenant

חֲדָשׁ

cha-dásh

new

שִׂמְחָתִי

sa-máhti

I rejoiced!

THE CROWN — MEMORIZE THIS PHRASE

וְהָגִיתָ בּוֹ יוֹמָם וּלְיָלָה

v'hagíta bo yomám va-láyla • “meditate on it day and night” — Joshua 1:8

Lesson 2 • Scripture Sheet

All quotations from the Anointed Messianic Bible

PSALM 1:2

“but his delight is in Adonai’s law. On his law he meditates day and night.”

PSALM 1:3

“He will be like a tree planted by the streams of water, that produces its fruit in its season, whose leaf also does not wither. Whatever he does shall prosper.”

JOSHUA 1:8

“This book of the law shall not depart from your mouth, but you shall meditate on it day and night, that you may observe to do according to all that is written in it; for then you shall make your way prosperous, and then you shall have good success.”

והגית בו יומם ולילה

v’hagíta bo yomám va-láyla — “you shall meditate on it day and night”

THE LEAVES — REVELATION 22:2

“...was the tree of life, bearing twelve kinds of fruits, yielding its fruit every month. The leaves of the tree were for the healing of the nations.”

THE BLESSING — NUMBERS 6:24

“Adonai bless you, and keep you.”

Where English Bibles print LORD in capital letters, we honor the Name by saying Adonai.

Lesson 2 • Practice Worksheet

Hagah it — murmur it day and night!

1 • MATCH THE WORD (draw a line)

אִישׁ •	• leaf
יוֹם •	• night
לֵילָה •	• man / one person
הַגָּה •	• fruit
פֶּרִי •	• day
עֲלָה •	• meditate / murmur

2 • FILL IN THE BLANK (transliteration)

The Hebrew word for one single person — the blessed man of Psalm 1 — is _____.

Day and night in Hebrew: _____ va- _____.

Adonai told Joshua to _____ the Book day and night (murmur it like a lion!).

The tree gives its _____ in ITS season — and its _____ never withers.

3 • WRITE THE CROWN PHRASE (three times, say it as you write)

v'hagita bo yomám va-láyla — “meditate on it day and night”

4 • DAILY HAGAH CHECKLIST

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 ☐ Day 5 ☐ Day 6 ☐ Shabbat

Each day: say all six core words aloud, then murmur the crown phrase — over the dishes, in the car, as you fall asleep.