

# רפא - rapha, heal



**Hebrew letter:** “aleph” -

**Picture:** ox

**Meaning:** The ox was a sacrificial animal and carrier of burdens. “Ox,” speaks of Jesus’ sacrifice. Aleph is the first letter of the Hebrew alphabet and can also mean head, as in leader. Jesus was the firstborn among many brethren. Jesus is the King of kings, the Lord of lords!



**Hebrew letter:** “pei”

**Picture:** mouth

**Meaning:** speak



**Hebrew letter:** “resh”

**Picture:** head

**Meaning:** think or meditate.

**Put together it means:** Thinking on/meditating on, and speaking of Jesus’ sacrifice brings healing.

# רפה - raphah, relax

ה

**Hebrew letter:** “hei” -

**Picture:** open window

**Meaning:** grace. Hei is the 5th letter of the Hebrew alphabet, and represents the number 5. That's why we say that 5 is the number of grace.

פ

**Hebrew letter:** “pei”

**Picture:** mouth

**Meaning:** speak

ר

**Hebrew letter:** “resh”

**Picture:** head

**Meaning:** think or meditate.

**Put together it means:** Thinking on/meditating on, and speaking of God's grace causes you to relax.