

What Is the Torah?

Finding the Ancient Path • Teaching Summary

<https://www.youtube.com/watch?v=kBR-QhAmLqk>

Quick Answer

Torah means “instruction” or “teaching.” In its basic biblical sense, it refers to the five books of Moses—Genesis, Exodus, Leviticus, Numbers, and Deuteronomy. This teaching presents Torah as the foundation of Scripture and as an expression of God's character, covenant, and instructions for His people.

Teaching Summary

This teaching answers the foundational question, “What is the Torah?” It explains Torah first as instruction or teaching and identifies it with the five books of Moses—Genesis, Exodus, Leviticus, Numbers, and Deuteronomy. The teaching presents Torah not merely as a list of rules, but as an expression of God's character, values, covenant, and way of life. It then traces the role of Torah through the prophets, David, Paul, and Yeshua, arguing that Scripture repeatedly calls God's people back to His commandments rather than away from them. The teaching closes by distinguishing the written Torah from later rabbinic traditions and urging believers to hold to Scripture rather than traditions that add to or replace God's commands.

Key Scriptures

- **Exodus 20:** The Ten Commandments and the covenant setting at Sinai.
- **Proverbs 6:23:** The commandment is a lamp and the Torah/law is light.
- **Psalms 119:10-11, 18, 34-35:** David seeks God wholeheartedly, treasures His word, and delights in His Torah.
- **Isaiah 2:5:** A call for the house of Jacob to walk in the light of YHWH.
- **Jeremiah 15:19:** A prophetic call to return and be restored.
- **Ezekiel 18:30:** Repent and turn from transgressions.
- **Hosea 14:1:** Israel is called to return to YHWH after stumbling in iniquity.
- **Malachi 3:7:** Return to YHWH after departing from His ordinances.
- **1 John 3:4:** Sin is identified with lawlessness.
- **Romans 7:22:** Paul says he delights in the law of God in his inner being.
- **Romans 3:31:** Faith does not overthrow the law; Paul says, “we uphold the law.”
- **Matthew 5:17-20:** Yeshua says He did not come to abolish the Law or the Prophets.
- **Psalms 148:5-6:** Creation is established by God's decree.

- **Mark 7:6-13:** Yeshua rebukes traditions that nullify the commandment and word of God.

Key Takeaways

- Torah means instruction or teaching, not merely “law” in a narrow legal sense.
- The Torah is the five books of Moses: Genesis, Exodus, Leviticus, Numbers, and Deuteronomy.
- The teaching presents Torah as an expression of God's character, values, covenant, and way.
- Torah provides the foundational framework for understanding the rest of Scripture.
- The prophets repeatedly call Israel and Judah to return from sin and back to God's instructions.
- David delights in God's Torah, and Paul likewise says he delights in and upholds God's law.
- Matthew 5:17-20 is presented as a direct rejection of the idea that Yeshua abolished the Torah.
- Believers should distinguish Scripture itself from traditions or interpretations that add to or replace it.
- The Talmud is presented as later oral/rabbinic commentary and tradition, not the written Torah itself.
- The central invitation is to return to the ancient path: God's revealed instructions rather than human tradition.