

## Should we say “God Bless You when someone sneezes? By Rabbi Simon Altaf Hakohen

25<sup>th</sup> December 2010

Modified 4 October 2016

### All Scriptures quotes from Hidden Truths Hebraic Scrolls

Some people suggest that this is in fact paganism while others are confused when, where and why this custom of saying God bless you was started. Some believe it may be to ward off evil and demonic spirits from the body.

According to one source this was because of the bubonic plague.

<sup>1</sup>One explanation holds that the custom originally began as an actual blessing. Gregory I became Pope in 590 AD as an outbreak of the bubonic plague was reaching Rome. In hopes of fighting off the disease, he ordered unending prayer and parades of chanters through the streets. At the time, sneezing was thought to be an early symptom of the plague. The blessing ("God bless you!") became a common effort to halt the disease.<sup>[2]</sup>

[2] Straight Dope. Ed Zotti, Editor. *Why Do We Say "God Bless You" After a Sneeze?* Straight Dope, 27 September 2001.

You may be surprised to know that the custom and tradition is in fact Torah based and based on the Bible. Many people say “God bless you” today without even the blink of an eye realizing its source is rooted in Jewish scriptures.

This is not just a belief but a reality let me show you how!

When God created the first humanbeing, (Adam) the Torah tells us that God breathed into jis nostrils the Breath of Life.

#### **Beresheeth (Gen) 2:7**

And YHWH Elohim formed Ahdahm from the dust of the ground, and breathed into his nostrils the breath of life; and ha Ahdahm became a living soul.

So what is important here is that the soul of the first man was put in via the nose by God breathing into Him. **So if that was the entry point then what is the exit point of the soul?**

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<sup>1</sup> [http://en.wikipedia.org/wiki/Bless\\_you](http://en.wikipedia.org/wiki/Bless_you)

The exit point is also the nose and the soul is removed from the nose via a sneeze. The Mishnah tells us that when great men like Adam, Sheth, and Noah died they would have died with a sneeze. That is correct it was the exit point of the soul. When this happened people would bless righteous men by saying the blessing Baruch Atah Adonai or Blessed are you YHWH because the man would be given into the care of God and people would bless the man by saying "God bless you" as the man was now entrusted to God and because He was a righteous man a blessing was expected to come from the Master of heaven and earth when that man would face Him.

It is also to be noted that before the flood people did not die with an illness but passed away with just a sneeze.

The Mishnah: Our Sages tell us that originally, people did not get sick at all. They would be "walking in the marketplace, sneeze and die". Lishu'atcha Kiviti Hashem Beresheeth 49:18 This is that Elohim gives time for you to prepare before your death as he did to Jacob.

It is important to point out that if you read in Genesis 48:1 the following comes to light.

#### **Beresheeth (Gen) 48:1**

Now it came to pass after these things, that Yosef was told, indeed, **your father is sick**: and he took with him his two sons, Manasheh and Ephraim.

Up to the point of Jacob no one died with sickness. As per the Gemara (Baba Metzia 87a) no one was sick prior to Jacob. When a person would sneeze then death would follow without any illness. Jacob prayed to YHWH that this order be changed so that it would be proper for a person to be ill that he may know he is about to die and he will be able to give his children and family his final farewell message.

This is why we note that Yosef upon hearing of his dad's illness immediately goes to see him with his children.

Hence in Jewish custom it is customary to say Tsu Gazunt (Meaning to your health) that the sneeze may be for a healthy purpose and not for death God forbid.

#### **Malekhim Alef (First Kings) 4:35**

Then he returned, and walked in the house back and forth; and went up, and stretched himself upon him: and the child sneezed seven times, and the child opened his eyes.

This is why when Elisha the prophet raised the dead son of the Shunammite woman his sneezing raises a question why did he come back to life with sneezing? This is because this takes us back to the account of Beresheeth (Genesis) 2:7 **when Elohim breathed into the Nostril and INTO the same Nostril of man or woman the soul goes back in to**

**resurrect them!!!** So to bless someone who sneezes is to hope for their best that they may serve God.

Here is a little something from one of our reader and translator of the French Bible sent us...

In the country of my husband, Burkina Faso in Africa, when they want to wish somebody to have a long life, they say in their dialect (which is the "moré"), they say: "may you have a long nose" meaning "may you have a long life" as a long breath.

This once again explains that the Africans have deep roots with the Hebrew faith and many exiles of the Hebrews maybe found there.

May the God of Y'sra'el guide you and increase those of you who obey His Torah.

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