Who has ascended and come down?

[Front Side]

His Name is Yeshua

[Hebrew]

mi a·lah sha·ma·yim vai·ye·rad? mi a·saf ru·ach be·chof·nav?
mi tza·rar ma·yim ba·sim·lah? mi che·kim kol af·sei a·retz?
ma·h she·mo, u·mah shem be·no – ki tei·da!

[Back Side]

His Name is Yeshua

“Who has ascended to heaven and come down?
Who has gathered the wind in his fists?
Who has wrapped up the waters in a garment?
Who has established all the ends of the earth?
What is His name, and what is his Son's name?
Surely you know!”

- Proverbs 30:4