In Azure DevOps I have a Master Branch, development branch and a development feature branch.

2) I'm able to connect to Azure Devops
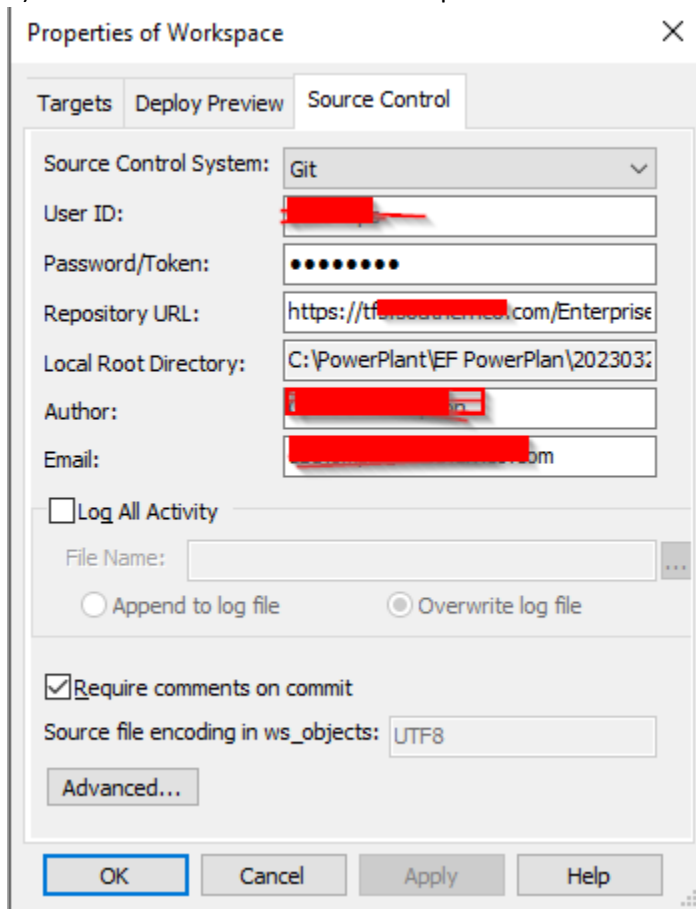
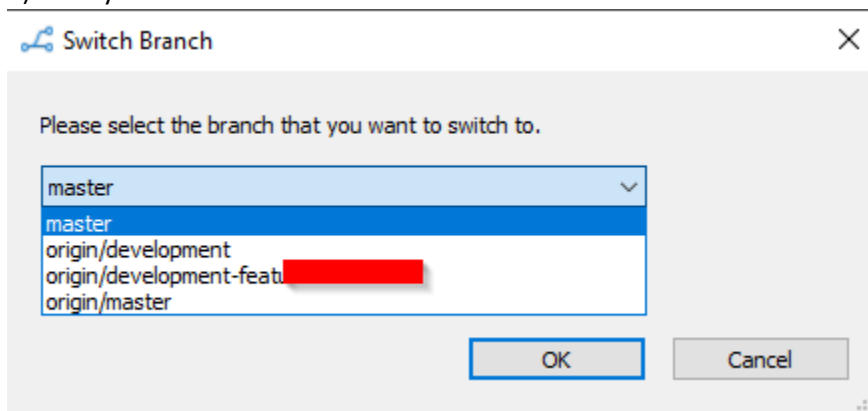3) On my local I have a master branch and access to the branches in Azure Devops.

How can I push changes from My local Master to Origin/Development or Origin/Development Feature in Azure DevOps?

How do I pull the changes from the Azure DevOps into my local Master branch to checkout and make changes?