

# Sisters for Yah

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## Don't Give Satan a Toe-hold in Your Life

Passover & Feast of Unleavened Bread have come and gone. You've spent the week sorting through teachings in your life and had gotten rid of all the "leaven", including false doctrine. However, there may be one area of your life that you didn't examine. It is through this avenue that Satan may be using to keep a "toe-hold" on your life. It is attitude! It is how you deal with trials, joys, introduction to new teachings, etc. When was the last time you examined this part of your life?

You've had a really long day—everybody has been dumping their problems on you: the start, you got to list goes on. Now and you were to a nice, long a book before Your spouse several more re—you handle it? handle and tell injustice in the the requested plain to everyone do you put a smile on your face and not let it get to you deciding that maybe tomorrow you can get your nice long bath?



car wouldn't work late and the it is nighttime looking forward bath and reading jumping into bed. comes in with quests. How do Do you fly off the him all about the world; do you do tasks but com—you meet later;

For many years I had chosen the first option in handling life's "stresses." It was everybody else's problems. I would hang onto resentment for so long that I just learned to secretly "despise" those who were hoarding on my resources.

It took me a long time to realize that I was giving Satan a "toe-hold" into my life and letting my negative attitude set up permanent residence in my heart. I had started to become an angry, sad, on-edge woman who was spoiling for a fight.

After having some health problems I have learned that even "healthy" existence it was time to peel Satan's grip from my life. When I start having "negative" thoughts I have to give them to Yahweh through singing, praying and remembering the good things He has done in my life.

In this world we are surrounded by people "fighting" for their so-called rights by yelling at others who infringe on this privilege. In doing this we are becoming more distant from Yahweh because we are relying on ourselves and not Him to care for our needs. (continued on next page)

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## Don't give Satan a toehold...continued

Our attitude also expresses this as we feel we don't need Yahweh as we can do it all alone.

Something else to consider is that when we have a bad attitude or even a negative one we are leaving ourselves open to false doctrine. How, you may ask? If you are giving a home to Satan with your negative thinking, how is Yahweh going to reside in your heart as well? He cannot dwell where sin abides. If you are constantly negative, where are you giving Yahweh a chance to perform miracles? *“And He did not perform many mighty works there because of their unbelief.” Matthew 13:58*

Before health problems or something more serious happens take the time to get rid of Satan's toe-hold on your life. Everyday, resist the arguments, insults, etc., that come your way. Keep a positive attitude. Remember Yahweh knows what you need before you ask. What you are going through just might be Him trying to lead you in another direction. Yahweh knows His plans for you. *“For I know the thoughts I have for you, says Yahweh, thoughts of peace, and not of evil, to give you hope in your latter end.” Jeremiah 29:11.* May Yahweh bless!

—By Luann Avalos

## News You Can Use

### Feast News

Ladies, we are planning to have a “Variety Sale” at this year's Feast of Tabernacles. Start planning now to bring handmade craft items or items you no longer want or need, or home-made baked items. Now would be a good time to start cleaning out storage areas—we all have items we no longer have need of, no longer use, or have duplicates of such as reference books or household items. All monies will go toward Yahweh's Work.



### Neat Website

A sister recently submitted a very interesting website which lists clean and unclean foods and ingredients/additives in food items. You can also find a list of clean fish, as many have asked questions concerning fish and seafood. **But please be aware that we are not affiliated with this website and organization in any way and some of their information may not be accurate or applicable.** The website is: <http://www.theisraelofgodrc.com/CUPL.html>.

## ***Kitchen Problem-solving Solutions***

1. To remove odor from plastic storage containers in which garlic and onion were stored, wash container thoroughly, then place in it a crumpled piece of newspaper and snap on the lid. The smell will disappear in a few days.
2. To test cornstarch for freshness, mix one teaspoon each of cornstarch and vinegar in a glass. The mixture will bubble if the cornstarch is fresh.
3. If you like to store loaves of bread in your freezer, tuck a paper towel in each bag before freezing. When you defrost a loaf, the towel will absorb excess moisture, thereby preventing soggy bread.
4. Candles will last longer if you chill them thoroughly before burning them. They will burn slower and drip less.
5. If you cook with honey, dip your measuring cup in flour before measuring the honey. The flour prevents the honey from sticking to your measuring cup.
6. If your wood furniture has water spots or white rings, remove them with a dab of mayonnaise. Wipe off residue. Repeat for tougher stains.
7. To repel ants, draw a heavy line of chalk on the floor or wherever ants march.
8. A lint roller can clean dusty lampshades!
9. To keep extension cords from getting tangled, insert them into an empty toilet paper or paper towel roll to store.
10. To keep potatoes from budding, place an apple in the bag with the potatoes.
11. Did you add too much salt to your soup? Don't despair! Drop in a few peeled potatoes to absorb the salt. Remove and discard the potatoes before serving the soup.
12. Spray plastic containers with non-stick cooking spray before pouring in tomato-based foods. This will prevent stains!
13. To keep plastic wrap from sticking to itself, store it in the freezer. When unwrapped it won't cling to itself and returns to room temperature in a matter of seconds.



Yahweh's Assembly in Yahshua  
2963 County Road 233  
Kingdom City, Missouri 65262

Main Line: 1-573-642-4100  
Toll Free: 1-877-642-4101  
Fax Line: 1-573-642-4104

Coming Soon!  
[www.sistersforyah.org](http://www.sistersforyah.org)



## In the Silence of the Night

When the world falls down around you  
And a prayer will see you through  
Say an extra prayer for someone  
Who may need it more than you  
For who knows whose hearts are breaking  
in the silence of the night  
Just that extra prayer you whisper  
May help someone to see the light  
Every time you help a stranger  
With an extra prayer or two  
You are building extra blessings  
That will always come back to you

(Author Unknown)

## Every Day

Every day I need you Yahweh  
But this day especially,  
I need some extra strength  
To face whatever is to be.  
This day more than any day  
I need to feel you near,  
To fortify my courage  
And to overcome my fear.  
By myself, I cannot meet  
The challenge of the hour,  
There are times when humans help  
But we need a higher power  
To assist us bear what must be borne  
And so dear Yahweh I pray—  
Hold on to my trembling hand  
And be near me today.

(Author Unknown)

