

# Sisters for Yah

## Feeling the pressure?

I've been hearing a common thing among believers nowadays. We all feel like we're under tremendous pressure! Whether it be health problems, family problems, marital issues, work problems, financial problems, you name it, we're experiencing it! It concerns me that some believers have expressed that they feel like just giving up. Years and years of trials can no doubt take its toll on one's feelings, but it's very important to remember that we are being tested for a reason. This life is our training ground. We are to enter the Kingdom after much suffering, so having problems in this life is nothing new or unusual.

Believers from every time period have suffered. Read the New Testament—check out some of the severe persecution that first century believers have endured—being tortured to death, famine, being burned alive, and numerous other sufferings. Many have even had to watch their innocent children die under harsh Roman rule. In many ways, modern Americans are "soft." We haven't seen anything yet! The future Great Tribulation boggles the mind when it comes to end-time suffering.

Keep in mind that Yahweh is watching our reaction to trials very carefully. We are expected to develop righteous, unshakable character from our everyday trials. It is indeed normal to feel sad and frustrated when experiencing serious difficulties. It is also normal to cry out to Yahweh for deliverance. And oftentimes He does deliver us, but not always. Even the Apostle Paul said he cried out three times to be delivered from a certain trial, but Yahweh said, "No, my grace is sufficient for you." We must accept that sometimes Yahweh's answer to us will be "No," too. The best advice I can offer you is to keep praying and stand fast. Prepare for the Kingdom by staying close to Yahweh no matter what your individual situation is. One day, in Yahweh's Kingdom, we won't even remember the present suffering. ....HalleluYah for that!



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## A.S.A.P. (Always Say a Prayer)

There's work to do, deadlines to meet,  
You've got no time to spare,  
But as you hurry and scurry, always say a prayer.

In the midst of family chaos,  
"quality" time is rare.  
Do your best; let Yahweh do the rest:  
Always say a prayer.

It may seem like your worries are more than you can bear.  
Slow down and take a breather,  
Always say a prayer.



Yahweh knows how stressful life is;  
He wants to ease our cares,  
And He'll respond ASAP—  
Always say a prayer!

## He cares for us!

**Psalm 78:72** He cared for them with a true heart and led them with skillful hand. (NLT, throughout)

**Psalm 121:7-8** Yahweh keeps you from all evil and preserves your life. Yahweh keeps watch over you as you come and go, both now and forever.

**Psalm 145:18-20** Yahweh is close to all who call upon Him, yes, to all who call upon Him sincerely. He fulfills the desires of those who fear Him; He hears their cries for help and rescues them. Yahweh protects all those who love Him, but He destroys the wicked.

**Matthew 6:30** If Yahweh cares so wonderfully for flowers that are here today and gone tomorrow, won't He surely care for you? You have so little faith!

**Matthew 25:36** I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me.

**1 Peter 5:7** Give all your worries and cares to Yahweh, for He cares about what happens to you.

**Luke 10:34-35** kneeling beside him, the Samaritan soothed his wounds with medicine and bandaged them. Then he put the man on his own donkey and took him to an inn, where he took care of him. The next day, he handed the innkeeper two pieces of silver and told him to take care of the man. "If his bill runs higher than that," he said, "I'll pay the difference the next time I'm here."

## Just for fun: out of the mouths of babes!

A first grade teacher had twenty six students in her class. She presented each one with the first half of a well-known proverb and asked them to come up with the remainder of the proverb. These are the children's actual answers! Remember these are 6 year olds that came up with these! Their insights might surprise you. In any event, have a good laugh.

1. Don't change horses...until they stop running.
2. Strike while the...bug is close.
3. It's always darkest before...Daylight Savings Time.
4. Never underestimate the power of...termites.
5. You can lead a horse to water but...how?
6. Don't bite the hand that...looks dirty.
7. No news is...impossible.
8. A miss is as good as a...mister.
9. You can't teach an old dog new...math.
10. If you lie down with dogs...you will stink in the morning.
11. Love all, trust...me.
12. The pen is mightier than the...pigs.
13. An idle mind is...the best way to relax.
14. Where there's smoke...there's pollution.
15. Happy is the bride who...gets all the presents.
16. A penny saved is...not much.
17. Two's company, three's...the Musketeers.
18. Don't put off till tomorrow what...you put on to go to bed.
19. Laugh, and the whole world laughs with you, cry and...you have to blow your nose.
20. There are none so blind as...Stevie Wonder.
21. Children should be seen and...not spanked or grounded.
22. If at first you don't succeed...get new batteries.
23. You get out of something only what you...see in the picture on the box.
24. When the blind lead the blind...get out of the way.
25. Better late than...pregnant.



### *Make it yourself!*

## CLEANING

#### **All-purpose cleaner:**

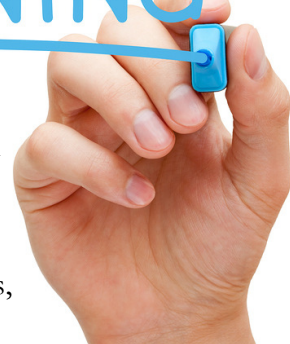
Mix equal parts white vinegar and hydrogen peroxide. Add a few drops of tea tree oil (optional). Use it to clean and disinfect all bathroom and kitchen surfaces, except granite.

#### **Glass cleaner:**

In a spray bottle, add a few drops of pure lemon juice to water. Use it to clean windows, glass tabletops, mirrors, and other glass surfaces of objects.

#### **Scouring powder:**

Just use baking soda! It easily scrubs and deodorizes kitchen and bathrooms surfaces. Rinse with plenty of fresh water.



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## FIBER UP!

Fiber is the broom that helps give your intestines a clean sweep. Modern Americans in general eat a very low fiber diet, which can contribute to serious health problems, such a colon cancer. Here are some ways to boost your fiber intake:

1. Be a bean counter. Sneak some into your salads, soups, chilis, and stews.
2. Eat the skins on potatoes, apples, and eggplants. The peels are where the fiber is.
3. Add oatmeal to meat loaf or ground flaxseed to dough in baked goods.
4. Add extra veggies to casseroles, pasta dishes, pizza, salads, and sandwiches.
5. Boost fruit, too. Serve berries or whole fruit on cereal, pancakes, and yogurt.



## Winter Gazpacho:

Gazpacho is normally a “cold” vegetable summer soup, but heat things up and enjoy it in the winter, too. This soup is loaded with the healthy nutrient lycopene.

- 1 can of low sodium broth, chicken or vegetable
- 1 can of diced Italian tomatoes, undrained
- 1/2 pound diced zucchini
- 1 (8 oz.) can tomato sauce
- 1 cup torn day old Italian or French bread
- 1 can chickpeas, rinsed and drained
- Black pepper, to taste.



Put everything in a medium saucepan and simmer about 15 minutes. The bread will become very soft and thicken the soup. Makes 4 servings. Tastes good with parmesan toast on the side (recipe follows).

## Easy Parmesan Toast:

- Pumpernickel or rye bread
- Butter, softened
- Grated parmesan

Smear butter on the bread and sprinkle with parmesan. Place on a cookie sheet. Broil until cheese is melted and slightly browned.

