

Sisters for Yah

Sharing your faith

As believers in Yahweh, we are, as expected, required to share our faith with others. Of course, it's very exciting when we first come into the faith, and we are just bubbling over with enthusiasm, that we often make the mistake of coming on too strong when sharing our faith.



We've heard so many heartbreaking stories from believers about losing friends and family over their religious faith. Brethren, this should not be! While it's expected that people might be resistant to our beliefs, in general, it's completely possible to dwell somewhat harmoniously with

those at work or at home that do not understand what we believe. We obviously will be persecuted, but we don't want to be the ultimate cause of bringing trouble on ourselves through self-righteous behavior.

The biggest thing that believers need to realize is this: YAHWEH IS NOT CALLING EVERYONE AT THIS TIME! We see far too many believers trying to force their beliefs on other people. This is wrong.

It saddens my heart to learn that some unbelievers have refused to come into the faith because of the poor example of those who profess this faith. We should be a shining example to the world. People should look at us and want to come into the same faith that we practice.

So how should we proceed when sharing our faith? The first thing that comes to mind is be gentle! Do not get into useless arguments. If a person begins to argue with you, nip it in the bud immediately. Another idea might be to offer the person an outreach tract. Some people would rather "read" the truth on their own free time, rather than being pounced on by an overzealous believer. But don't force literature on people either. Let Yahweh lead you and pray continuously for His will to be done.

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Avoiding Emotional Adultery

(submitted anonymously)

As believers, we all know how serious the sin of adultery is. A recent article stated that even people who have strong religious beliefs commit adultery almost as often as non-believers. This should shock us as Yahweh's people! The problem has become so prevalent that divorce rates are skyrocketing. This article focuses on the emotional aspect of adultery. It is far easier to commit "emotional" adultery than physical adultery. And both are sins. Here are some warning signs to look out for.

- You feel a deep need that your mate isn't meeting your need for attention, approval, or affection.
- You prefer being in the company of someone of the opposite gender who is not your spouse.
- You begin to share personal information about your marriage with this person.
- You begin to rationalize the propriety of this relationship with the opposite gender saying that it must be Yahweh's will that you met.
- You look forward to being with this person more than your spouse.
- You hide the relationship from your spouse. You make secret calls, emails, or text messages to this person.

All the above are red flags that should cause a believer to "flee from evil."

When you find yourself connecting with another person as a substitute, you've already started down the road to serious problems. So how do you keep this from happening?

Know your boundaries. You should put fences around your heart that protect sacred ground, reserved only for your spouse. Do not share your deepest feelings, needs, and difficulties with someone of the opposite gender.

Realize the power of your eyes. As has been said, your eyes are the windows to your heart. Pull the shades down if you sense someone is pausing a little too long in front of your windows.

Beware of isolation and concealment. One strategy of the enemy is to isolate you from your spouse, especially by inducing you to keep secrets from your mate.

Extinguish chemical reactions that have already begun. A "friendship" with the opposite sex that meets the needs your mate should be meeting must be ended quickly! It may be painful at first, but it won't be nearly as painful as dealing with the wreckage caused by sin.

Think carefully and ask yourself, What barriers can I observe to avoid dangerous and sinful relationships? Pray daily that Yahweh would protect your heart and keep you from stumbling.

A d U L t E r y

"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to Yahweh. And the peace of Yahweh, which surpasses all comprehension, shall guard your hearts and minds in Messiah Yahshua." (Philippians 4:6,7)

Don't die of misinformation!

It's amazing how much misinformation there is when it comes to heart disease. So below are the eight deadly myths of heart disease.

Myth #1: Heart disease mainly affects men. At one time, it seemed to be true. But every year since 1984, more and more women have died and are dying of heart disease. Regrettably, women are also more likely to ignore their symptoms.

Myth #2: Cancer kills more people than heart disease. Very wrong! Twice as many people die of heart disease than all the different forms of cancer combined.

Myth #3: CPR is all that is needed to normalize someone's heart. No, not even close. CPR, plus electric defibrillators are required. But CPR does maintain the oxygen and blood flow until the medics arrive. So it's smart to know CPR, but also to call 911.

Myth #4: You can give yourself CPR by coughing. The truth is there are no guarantees with this one. If you're well enough to cough, you're well enough to pick up the phone and call for help.

Myth #5: Bed rest is the key to recovery after a heart attack. Years ago, this was believed by the medical community. But now it's been discovered that too much bed rest can cause problems and make things worse. So nowadays patients are advised to get up and move a few days after a heart attack to prevent muscle atrophy.

Myth #6: If you take vitamin supplements, you won't get a heart attack. This one is dangerously wrong! No evidence is available. Vitamins are important, but they can't be a predictor of whether or not you'll get a heart attack. A good diet is extremely critical, especially eating lots of fruits and vegetables. There has been compelling evidence that eating mostly a plant based diet can help.

Myth #7: "My blood pressure is normal." Most people assume that their blood pressure is normal, however many don't even realize that they have high blood pressure until they get a heart attack! Get regular checks to be sure.

Myth #8: Only overweight people get heart attacks. No, no, no! While it is true that obesity is a leading cause of heart disease, many people with normal weights can also have heart problems.

The good news is that you can be proactive when it comes to keeping your heart healthy. The experts have found tried and true ways to prevent heart attacks: stop smoking, be physically active daily, eat right, and reduce stress.



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Cinnamon Roasted Pumpkin Seeds

Pumpkin seeds are so healthy! Just a handful packs a magnesium rich punch! Eat these instead of greasy potato chips.

- 1 1/2 cups pumpkin seeds
- 2 T. olive oil (or melted butter)
- 2 T. sugar
- 1 t. cinnamon
- 1/2 t. nutmeg
- 1/4 t. salt

Preheat oven to 350 degrees. Toss all ingredients and spread on an aluminum foil lined cookie sheet. Bake for 30 minutes, stirring halfway through.



Clever uses for drinking straws!

Think that straws are only for beverages? Think again! These are tried and true ideas.

1. **Avoid jewelry tangles.** The next time you travel, prevent delicate necklaces from knotting by opening the clasp and feeding the chain through the straw, then re-clasp. The best part is that you can cut straws into any length and customize them for both long and short necklaces.
2. **Pit cherries.** No need to buy any fancy, expensive gadgets. Just pluck off the stem and push a thick straw through the top and out the bottom. Piece of cake!
3. **Vacuum seal leftovers.** Food spoils more quickly when air is trapped in a bag. Simply place leftover supper in small zippered plastic storage bags and use a straw to suck out any air.
4. **Curl your hair.** Straws can easily create salon-quality waves in your hair. Simply wind your damp hair down the straw, creating a spiral, and secure with a bobby pin on the end. Blow dry on low heat, then remove the straws.



5. **Flavor your water.** Kids love this one. Tape the bottom of the straw closed. Use a small funnel to fill it with dry drink mix. Bend and tape down the top. Much cheaper than buying individual flavor packs!