

Sisters for Yah

Learn from hard times

I recently read a humorous story in the paper. A college student says to his friend, "Please pray for me. I have a big exam tomorrow, and I haven't even started studying yet!" His friend pauses for a moment, then bows his head and says, "I pray that my friend will learn the value of hard work and discipline through this experience." The worried student replies sarcastically, "Thanks a lot."

We all probably have been in the worried college student's shoes at some point in our lives. We pray to get out of a sticky situation when we know we're in trouble, and haven't prepared like we should have. We sometimes see



prayer as a possible shortcut. But the college student's wise friend knew otherwise. In school, there is no substitute for hard work!

The same goes for obedience. It's a tough lesson, but we need to learn it. And just as there is no substitute for studying where school is concerned, there is no substitute for discipline where obedience is concerned. Even Yahshua learned obedience in suffering. This boggles my mind, but see for yourself in Hebrews 5:8.

There's really no way around it. We need to learn obedience. Going through hard times gives us that opportunity. How do we learn it? By hanging in there! And also by trusting Yah when we feel like doubting. A wise person once said that "suffering teaches lessons that we can't learn anywhere else."

For further reflection, ask yourselves the following questions. Your honest answers can be the springboard for spiritual growth!

1. How can hard times possibly teach me obedience?
2. What are the tough situations that I am currently facing?
3. How can obedience help me through?

....May we all grow in grace and knowledge!

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Yes, it's absolutely personal

I've said it many times. Probably you too. When something goes wrong or someone offends, it's often the first thing out of our mouths: "Don't take it personal." However we're involved in a sort of cosmic war that is very personal. In Ephesians 6:12, we read, "For our struggle is not against flesh and blood, but against...the world forces of this darkness, against the spiritual forces of wickedness in high places."

Make no mistake about it. We are definitely being attacked by Satan and the demons. Have you ever had a trial so grievous that you actually felt the evil forces behind it? I know I have. And many other believers tell me they have experienced the same thing. We are engaged in a war of unseen spiritual forces of wickedness that want to deceive, divide, and destroy us and our families. The battle between good and evil is all around us. The media is a powerful tool in the hands of Satan.

I had read a long time ago that TV and radio stations "test the waters" when broadcasting shows and commercials to see how far they can go with the American public. It used to be that when controversial shows were broadcast, the public outcry was so great, that the station would be forced to pull the show or commercial completely. Sadly, this is no longer the case. The American public is no longer offended by shocking television shows as they once were. This country, along with most, has lost its moral compass. A lot of it has to do with the younger generation being schooled in liberal public schools and colleges.

The good news is that, as believers, we can control how we react to the invisible warfare we are engaged in. We can also choose what we allow to enter our minds in the form of music, books, TV shows, etc. So Brethren, I encourage you all to continue to fight the good fight. I am completely confident that we can win this war with Yahweh's help. In fact, the war is ultimately already won ever since Yahshua shed his precious blood. Now we are just waiting for the ultimate manifestation of a new and pure Kingdom. May we all stand firm until that day!



"I never really knew him"

Working in the office at YAIY, I talk to many, many people on a regular basis. Most of them are usually more than happy to tell me their life stories (which I don't mind at all), as I'm a very sociable person. But I am extremely surprised at a common theme among so many people. The majority of them tell me that they never really knew their earthly fathers. That saddens me tremendously. I was one of the blessed ones, I guess. My earthly father was a wonderful man, and I had a great relationship with him. I always felt loved and protected by him. While this newsletter is intended for the sisters in Yah, I have quite a few men that read it, too. I'd like to encourage all men to take their role as father very seriously. A good father can make a huge difference in a child's life. The Bible is very clear that a father's role is very important. So start today to live up to Yahweh's expectations of a father.

How to raise a smarter child

Step 1: Remember that when you become a parent, you also become a teacher. Some of it comes naturally, some doesn't.

Step 2: Talk, sing, read, write, and play with your child. These are the tools you need to get kids learning. Your time is your only investment. There's no need to buy fancy gadgets.

Step 3: You only need to spend a minimum of 20 minutes a day fully engaged with your child in early learning activities. It doesn't have to be done in one continuous block of time, but it does require your undivided attention.

These three simple steps are all it takes to give your child the building blocks for learning. Keep in mind, that learning activities should never feel like a chore to you or your children. Make learning fun! Children are very perceptive. They know if mom and dad are not putting their whole heart into learning. Also, plan on repeating lessons. Have you ever noticed how children enjoy reading the same books and singing the same songs over and over? This is a good thing! It solidifies the knowledge they are gaining. You can be very successful in your role of teacher. No special training is required, just a willingness to set the right example!



Eating better on a budget

With rising food costs, many people are wondering how they can eat well with a limited amount of funds. Hopefully some of these ideas will help you as you plan your next shopping list.

1. Go back to basics. So-called convenience food like frozen dinner, pre-cut veggies and instant rice cost substantially more.
2. Stock up on staples. Certain foods are very low cost, like dried beans and rice. And they last for a really long time!
3. Cook once—eat all week.. Prepare a large batch of favorite recipes. Freeze in individual containers.
4. Get creative. Use leftovers in new ways. For instance, try leftovers in a stir fry, on a garden salad, or in chicken chili.
5. Eat out the smart way. Many restaurants offer early bird specials and 2 for 1 deals. In general, eating out is a bad idea when trying to save money, but an occasional treat is nice.
6. Always plan ahead. Before shopping, plan weekly meals. Include budget friendly items such as stews, casseroles, and stir-fries, which “stretch” expensive items into more portions.
7. Always look for the best price. Check newspapers, online ads, or at-store coupons—especially for meat and seafood.
8. Compare and contrast. Use the unit price to compare brands and sizes to determine which is more economical.
9. Bulk up. Buy food in bulk, such as family packs of meat, larger bags of potatoes, and frozen veggies.
10. Shop seasonal. Buying fruits and veggies in season can lower the cost and add to the freshness of your meals.



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Summer Watermelon Slush

6 ice cubes
2 cups cubed watermelon
1 t. honey

Place ice cubes in blender. Pulse until crushed. Add watermelon and blend about a minute, until slushy. Add the honey and blend 10 seconds more.



End of Summer Recipes

Amazing Farmer's Market Salad

4 cups cooked and drained rotini pasta
2 cups chopped broccoli florets
2 cups sliced carrots
2 cups halved cherry tomatoes
4 slice green onions
2 small containers cottage cheese
Salt, to taste.

Blend all ingredients in a large bowl.
Great to take on a picnic or family gathering.



Crunchy Corn Salad

2 cans drained corn (16 oz. each)
2 cups grated cheddar cheese
1 cup mayo
1 cup green pepper, chopped
1/2 cup red onion, chopped
1 bag corn chips (10 oz.), crushed

Blend all in a medium bowl.

