

# Sisters for Yah

## The Psychology of Spiritual Attacks: Don't Let Darts Be Darts

We are not given a spirit of fear (2 Tim. 1:7). Yet, often, before the Holy Days many of the brethren anticipate spiritual attacks.

My conviction on such thinking is if you experience anxiety concerning the possibility of these attacks from the enemy, then that fear itself is more damaging to your spirit than if something bad actually happens. We are the main target of the enemy. We are! We love Yahweh and follow His laws which will be established in the Kingdom. Of course, demons know this. We are sought out to be destroyed and must remain alert to spiritual attacks (1 Peter 5:8).



Be aware of subtle darts and pray when said darts are recognized. Don't live in fear. Put on the Armor of Yahweh (Eph. 6:10-18). Darts are only darts if we allow them to negatively affect our emotions and actions.

The human spirit is persuaded by emotions. Yahweh's Holy Spirit, which resides within us after baptism, guides and assists us to battle against emotional attacks wisely and gently. Refer to the Fruits of the Holy Spirit (Gal. 5:22-23).

Deuteronomy 31:6 says it all with, *Be strong and courageous, do not fear nor be afraid of them. For it is Yahweh your Elohim who is going with you. He does not fail you nor forsake you.* Matthew 10:28 is also very comforting relating to darts from people who are influenced by evil.

In summary, bring every thought into captivity (2 Cor. 10:5). Especially recognized darts. Remember that darts can be very subtle. Use and pray for discernment. Don't be seduced by fear. Thoughts create deeds. I know how darts can creep into your mind leaving you in a panic. A song on a commercial, for example, can make you recall past hurts...feel how you felt back then. Rebuke such thoughts. Yahweh is in control. Don't despair. Know that the Spirit in you is greater than he who is in the world (1 John 4:4).

Questions and comments are welcomed. I'm still learning on this walk. I do recognize that some darts can be used to test us which Yahweh can allow. This Bible study is on not living in constant fear of darts. Shalom.

Sister Melanie Marks

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# Scriptural Parenting

Children are a gift from Yahweh! We find at least seven basic principles in Scripture about parenting your children: Teach, Train, Correct, Nurture, Control, Provide, and Love.

## Teach:

Teaching them through real life experiences (Deut. 4:9).  
Teaching them the Word of Yahweh (Deut. 6:2-7).  
Teaching them what Yahweh taught you (Deut. 31:13).  
Teaching them Yahweh's ways (Eph. 6:4).



## Train:

Train up a child in the way he should go (Prov. 22:6).  
Instruct them in the ways of Yahweh (1 Tim. 4:7).  
Train the child to work whole-heartedly (Col. 3:23).  
Train the child to obey (Eph. 6:1).

## Correct:

Correct the child out of love (Prov. 13:24).  
Correct with dignity (1 Tim 3:4).  
Correcting them saves them from death (Prov. 19:18).  
Be consistent in correction (Prov. 23:13).



## Nurture:

Nurture a child like a shepherd cares for a flock (Ezek. 34:2).  
Nurture by protecting them (1 Tim 6:20).  
Don't embitter them (Col. 3:21).  
Be there for them when they fall (Psalm 145:14).

## Control:

You are the parent! You need to control the child's conduct, actions, and attitudes (1 Tim 3:4).  
Teach them self-control (Titus 2:6).  
Control the child regarding their body (1 Thess. 4:4).  
Help them prepare for adulthood (Prov. 22:6).

## Provide:

Provide for the child's needs (1 Tim. 5:8).  
Teach them about Yahweh's provisions by providing for them (Gen. 50:21).  
Be right and fair (Eph. 6:4).  
Save up for your children not children saving up for parents (2 Col. 12:14).

## Love:

Loving your children teaches them love (Titus 2:2-4).  
Love with your deeds and actions (1 John 3:18).  
Love by keeping Yahweh's commandments (1 John 5:2).  
Loving your child demonstrates Yahshua's love (John 13:35)



## Lesson from Eagles

This may surprise you, but eagles know when a storm is approaching long before it breaks! Eagles will fly to a high spot and wait for the winds to come. When the storm hits, it sets its wings so that the wind will pick it up and lift it above the storm. While the storm rages below, the eagle is soaring above it. The eagle does not escape the storm. It simply uses the storm to lift it higher. It rises on the winds that bring the storm.

When the storms of life come upon us, and all of us experience them, we can rise above them by setting our minds and our belief toward Yahweh. The storms do not have to overcome us. We can allow Yahweh's power to lift us above them. Yahweh enables us to ride the winds of the storm that brings sickness, tragedy, failure, and disappointment in our lives. We can soar above the storm.

Remember, it is not the burdens of life that weigh us down. It is how we handle them. The Bible says in Isaiah 40:31, *Those who hope in Yahweh will renew their strength. They will soar on wings like eagles.*



## Satan's Alterations

(By E.L Purvis. Reprint)

According to Yahshua, the devil is the father of all deception and lies. He was a murderer from the beginning and does not stand in the truth because there is no truth in him. He speaks from his own resources, for he is a liar and the father of it. (John 8:44).

Satan deceived Judas into betraying Yahshua (John 13:2) and Ananias to lie to the Holy Spirit (Acts 5:3). Paul said that Elymas, the sorcerer, was an enemy of all righteousness and the son of the devil because he was "perverting the straight ways of messiah." See Acts 13:10.

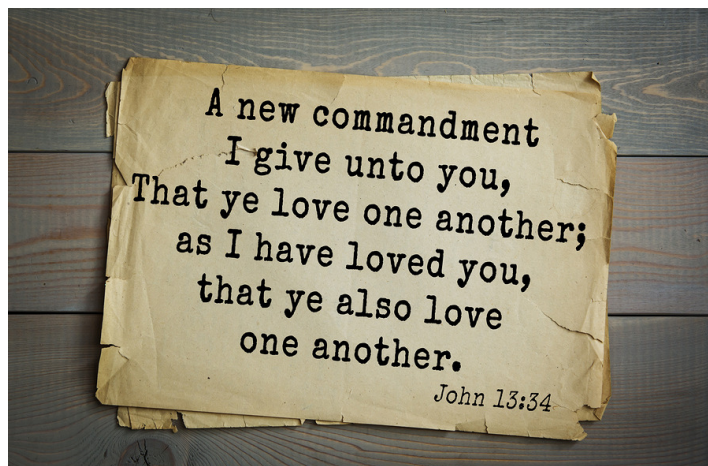
Paul prophesied that many men would pervert the teachings to draw disciples away from them (Acts 20:29-30), and that doctrines of demon would be followed (1 Tim. 4:1). He also warned that false apostles, and ministers of Satan, transformed themselves into apostles of Yahshua (2 Cor. 11:13-15) and the lawless one would come with deception after the working of Satan (2 Thess. 12: 9-10).

Satan's lies involve partial truths, perversions of truths and the adding and taking away from the truth, outright lies, and deception. This is why the Scriptures, from one end to the other, tell us not to "add to" or "take away" from Yahweh's Word. (Deut. 4:2 and Rev. 22:18-19).

## Noteworthy Quote

"No man really gives unless the things he gives could be of use to himself. The more useful it is and the more desirable, the greater becomes its value. He who gives such things that he doesn't value or has no use for, in reality gives nothing."

—Earl E. Marquiss





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## Soothing soak for body aches

Numerous people have suffered influenza this year, and some are still catching the bug! One of the most common symptoms experienced by sufferers is extreme body aches, particularly in children. Try this (according to a pediatrician who used it on her own children): Have your child soak in a warm bath with a few drops of eucalyptus oil. Water promotes blood flow to relax sore muscles. In addition, eucalyptus oil is known to open nasal passages to relive congestions. Just be sure the bath water is not too hot. It should feel warm to the touch.



## Cream of Broccoli Soup

- 1 1/2 pounds broccoli, fresh or frozen
- 1 cup water
- 1 T. olive oil
- 4 cups milk (regular or substitute such as soymilk or almond milk)
- 1/2 t. pepper
- 1 small onion, finely chopped
- 1 cup flour
- 4 cups chicken broth
- 1 t. salt

Cut broccoli into large pieces and bring water to a boil. Cook till tender. Remove about 1/3 of the broccoli and set aside. Put remaining broccoli in food processor or blender along with cooking liquid. Puree until smooth. Heat the oil and cook onion until translucent. Dissolve flour in one cup broth and whisk until smooth. Add mixture slowly to onion mixture. Whisk vigorously. Allow flour to cook slightly. Slowly add milk a little at a time. Add the broccoli, stir and season.