

Sisters for Yah

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When you just want to escape!

Have you ever felt so overwhelmed that you just wanted to run away for a while? I talked to a woman recently who expressed that very thing. I could hear the exhaustion in her voice. In the background I could hear her 5 children loudly playing. We had to stop our conversation every few seconds just so she could deal with them.

We all feel like running away sometimes. But we also know that running away will never solve anything. We've all heard stories on the news where people reached their breaking points and



abandoned their families, leaving no trace of themselves. Sometimes these people that deliberately "disappear" end up resurfacing years later.

People might "escape" from each other, but no one can ever escape from Yahweh. In Psalm 139:7, we read, "I can never escape from Your Spirit! I can never get away from Your presence!" (NLT)

Read also Psalm 32:7, which tells us, "You are my hiding place; You protect me from trouble. You surround me with songs of victory."

It's very important to take a time-out sometimes when our lives get overwhelming. Even just a five minute walk can help. Yahweh gave us the Sabbath as a day of rest, of course, but as any mother with young children can tell you: mothering duties do not stop from Friday night to Saturday night!

The most important thing you can do when feeling overwhelmed is give your troubles over to Yahweh. Pray for strength. Yahweh is a very present help in our times of need. We are all trying to win the race in the life. Don't get discouraged. Keep your eye on the prize!

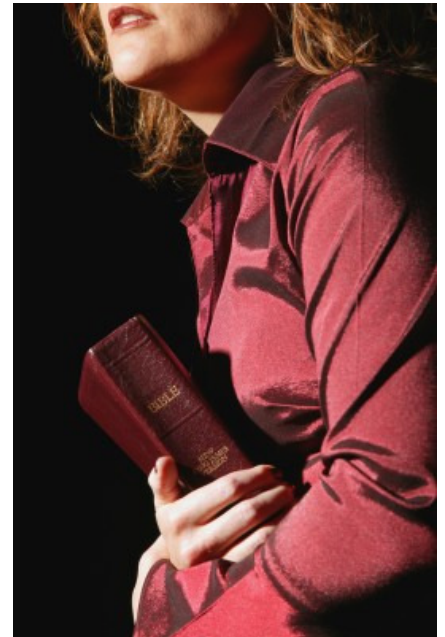
The challenge of building righteous character

In Romans 5:4, we read, “Endurance develops strength of character in us, and character strengthens our confident expectation of salvation.”

Developing character is a process that comes only through time and testing. It truly is trial and error. Pain, trials, and temptation can refine us so that over time we will be better equipped and more experienced to deal with them.

Turn to James 12:4, which tells us, “Dear brothers and sisters, whenever troubles come your way, let it be an opportunity for joy. For when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be strong in character, and ready for everything.”

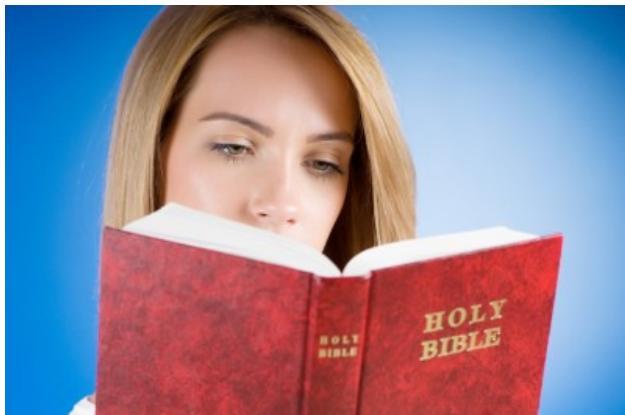
We all should be seeing growth in our spiritual lives. If you are not seeing growth, it is time for more prayer, fasting, and studying Yahweh’s Word. It is so easy to be complacent especially if you’ve been in the faith for many years. Things become too “comfortable.” Let us also pray for one another that we may all strive to develop the kind of character that pleases Yahweh.



WILL WE ALWAYS BE PROTECTED?

Many believers automatically assume that once they get baptized and start living Yahweh’s way of life, their problems will disappear. Nothing could be further from the truth. Let’s not misunderstand this very important topic. Yes, Yahweh can protect us from harm. But remember, some trials serve a very good purpose. If our lives were always perfect, we would not develop the kind of faithful character that Yahweh desires. Read the Bible and answer this question: Did Yahweh allow trials in the lives of those who served Him? Yes, He did! Of course, we all know that unrepentant sin can cause us to stumble into trouble, but even if you live a completely sin free life, you can still expect troubles. We live in a fallen world. Nobody is immune to trials. None of Yahshua’s disciples had perfect lives, and neither will we. This is where faith comes in.

Having faith in Yahweh makes all the difference. We are promised that He will not allow us to ever be tested beyond what we are able to endure. This is a fact. Claim this promise! Make it a reality in your walk with Yahweh. Remind yourself of this every day.



Accept that trials and tribulations can work a good purpose in your life. Ask Yahweh to keep you strong and reliant on Him when trials strike. You might also ask that He help you learn any lessons from your trial that He would have you learn. Keep fighting the good fight, and don’t let Satan discourage you. We are not just fighting a physical war, but a spiritual one, too. If you resist him, Satan is forced to flee. Yahweh has already defeated Satan, so rest assured, you will overcome with the help of our wonderful Heavenly Father.

Keep an eye on size

Yahweh expects His people to be moderate in all things. Gluttony is condemned in Scripture. We all keep hearing that the USA is one of the countries with the most obese people. America's levels of chronic diseases are skyrocketing. Many experts believe that this is because Americans super-size just about everything! Many doctors are recommending portion controlled food and beverage servings in an attempt at getting the problem under control. So what is considered proper serving sizes? The answers may shock you.

1. The proper serving size for pasta or rice is 1/2 cup of cooked pasta. Yet studies show that the average person can eat up to 3 cups of cooked pasta in one meal! This is unbelievable.
2. For meat, the recommended serving is 3 ounces. But most restaurants give their customers 8 to 12 ounces per meal!
3. For sweet drinks and sodas, no more than 8 ounces (1 cup) per day is allowed. Yet the average person will often drink up to 4 cans of soda (12 ounces each) per day.
4. Fruits and vegetables are allowed in unlimited amounts. Yet most people get very little. No wonder this country is obese!
5. Most nutritionists say that it is safe to keep sugars below 40 grams per day, if the individual is healthy and not suffering from chronic diseases, but most people, especially children, are often consuming twice or even triple that amount.
6. Try to use candy or sweets as an occasional treat rather than a "dessert" at every meal



Use the above tips to get your waistline under control!

HOW TO GET A BETTER NIGHT SLEEP



Being properly rested is more important than you may think! Try the following tips to start feeling better:

1. Make your surroundings sleep friendly. Make sure your room is dark enough and that your mattress and pillow are comfortable.
2. Exercise during the day.
3. Avoid caffeine too close to bed time
4. Try to wake up and go to bed at the same time. Stay on schedule.



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Stretching your dollars at the grocery store

- Dried beans are amazingly inexpensive. Stock up.
- Avoid gimmicky foods, like cereals with cartoon characters on the box.
- Fruits and vegetables are cheaper than candy and chips.
- Grow your own herbs whenever possible.
- Stick to whole grains.
- Don't shop when hungry.
- Stick to your list.
- Always pre-plan your menu. Don't shop blindly.

Farmer's Market Recipes

The best part about summer is going to the Farmer's Market! Finding great deals on just about everything is so easy. Try the following recipes:

Apple Cole Slaw:

- 3 cups cabbage, chopped
- 2 unpeeled apples, chopped
- 1 grated carrot
- 2 green onions, sliced
- 1/3 cup mayo
- 1 T. brown sugar
- 1 T. lemon juice

Blend all ingredients until well-mixed.



Lemon-garlic glazed corn on the cob:

- 4 ears of corn, husked
- 1 T. butter
- 1 T. olive oil
- 2 cloves garlic
- 1/3 cup water
- 2 T. lemon juice

Heat oil and butter in a skillet and add garlic on medium high heat. Cook about a minute. Add all the rest of items and cook 5 minutes, turning corn often. Cook an additional 4 minutes until all but a couple tablespoons of liquid remain in pan. Serve the corn with the remaining pan juices.