

# Sisters for Yah

February 2023

## Yahweh's Reasons

Yahweh does everything for a reason. In Acts 9:1-9, we read that Yahshua met Paul (*Sha'ul* in Hebrew) of Tarsus on the Damascus road for a very important purpose. Paul had been planning to persecute Believers in Yahshua, but his encounter with Yahshua changed him forever. Yahweh did more in that encounter than save Paul from his sins. In addition, Yahweh began to reveal His will for Paul's life. His assignment was clear: "He is a chosen vessel of Mine to bear My Name before the Gentiles, kings, and the children of Israel. For I will show him how many things he must suffer for My Name's sake," (Acts 9:15-16).

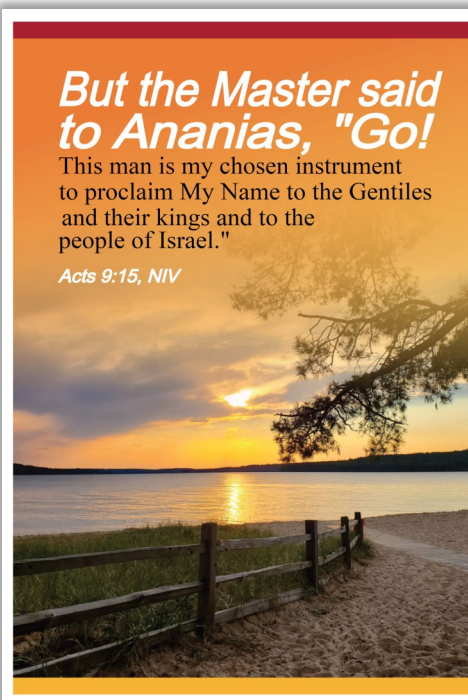
Yahweh's plan for Paul, revealed through a vision, involved both testifying before kings and suffering persecution. Paul performed miracles, preached to large crowds, and starting assemblies. But Paul was also stoned, shipwrecked, whipped, mocked, conspired against, and imprisoned, as we read in 2 Corinthians 11:23-28. Would we accept this part of the assignment?

We never read Paul complaining about his commission from Yahweh. And he never asked that he be given a role like Peter's, or James's, or John's. (See Galatians 2:9-10.) It was enough for Paul that he be given any task for the Kingdom of Yahweh. As he neared the end of his ministry, Paul boldly stated to King Agrippa, "I was not dis-

obedient to the heavenly vision" (Acts 26:19).

Oh, that we would have Paul's tenacity and devotion to the Father's will. What joy there is not only to begin well in our faith, but to also end faithfully. It is Yahweh's desire that each of us could say at the end of our lives, "I was not disobedient."

So here we are. Paul's life is over, but ours are not. It's not too late for us to make our calling and election sure. Indeed, let us be receptive to Yahweh's call to us. Let us fulfil the mission Yahweh gave us, namely to be faithful to the end of our mortal lives, so that He can welcome us into His Kingdom.



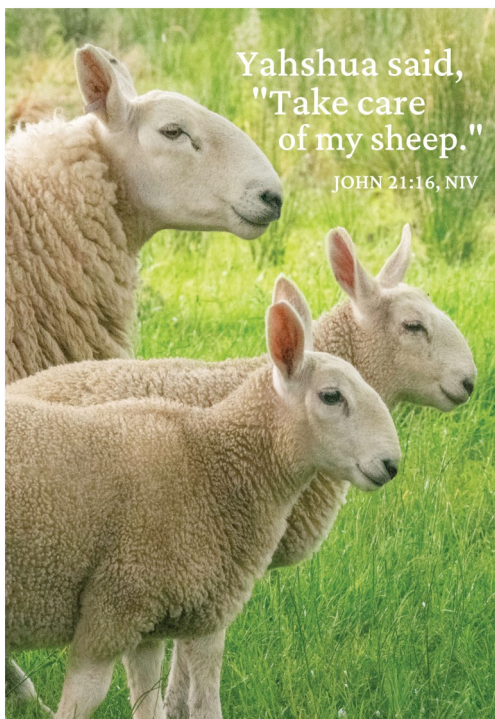
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## Where are you looking?

In John 21:20-21, we read the following: “Then Peter, turning around, saw the disciple whom Yahshua loved, following ... Peter, seeing Him, said to Yahshua, ‘But Master, what about this man?’”



The first thing you do after Yahweh speaks to you is critical. Yahshua was telling Peter what type of ministry he would have and what type of death he would suffer (verses 18-19). It was a sacred moment in Peter's life, as Yahshua pulled back the curtain to his future. Peter's life was not to be an easy one, but a life ordained and blessed by his Maker.

Rather than responding to what Yahshua told him, Peter looked around at his fellow disciples. His glance fell upon John, the disciple whom Yahshua loved. Then he asked Yahshua, “What about this man?” Peter had just been given the somber news of his future death. How natural to compare his assignment with that of the others!

Many believers do this very same thing today. We hear people saying such things such as, “Why did Yahweh provide a wife for that man, but not me, even though I've been praying for a wife for years?” Or, “How come Yahweh has not helped me find a new job? He's allowed everyone else a job.” And here's another one: “Yahweh healed my friend of cancer, but He's not healing me! I'm so confused.”

Yahshua assigned Peter and John to walk two different paths, but both Peter and John have enriched our lives. Yahshua knew how dangerous it is when a servant takes his eyes off the Master to focus on a fellow servant. Where is your focus? Have you become more concerned with how Yahweh is treating someone else than you are with how He is relating to you? It's a bad idea to compare our individual situations with others. Let's accept that Yahweh is working with each of us.

## Are you firmly planted?

It is possible to spend your whole life knowing Yahweh's truth, and never experiencing any of them. Simply knowing about the truths of Yahweh does not mean that they have become a part of your life. Here is a most important question for you: What are you doing with the Word of Yahweh? Sadly, some people come under the influence of unrighteous thinking to the point that Yahweh's Word no longer makes any difference to them. If you only seek counsel from worldly sources, you may find yourself moving away from the direction of Yahweh's commands. If you intentionally seek out sinners as your companions, don't be surprised if they lead you down paths that are far from Yahweh. And don't join those who are scornful, or you may eventually become cynical.

The righteous find comfort and encouragement from Yahweh's Word, and not the opinions of others. We should never be content with a surface understanding. Instead, go deeper and meditate. You'll become stronger if you are firmly planted in the Word.

## A little clean humor to brighten your day

### Marriage retreat:

At the marriage retreat the instructor talked about the importance of knowing what matters to each other.

“For example,” he began, pointing at one of the men, “Do you know your wife’s favorite flower?”  
The man answered, “Pillsbury All Purpose”

### Bible Reading:

Every time a little boy went to a playmate’s house, he found the friend’s grandmother deeply engrossed in her Bible. Finally his curiosity got the better of him.

“Why do you suppose your grandmother reads the Bible so much?”

“I’m not sure,” said his friend, “but I think she’s cramming for her finals.”

## *Why being kind is good for your heart*

Did you know that treating others with kindness can benefit you both physically and spiritually? Going the extra mile for someone else can do a lot for our well-being. Kindness is one of the main reasons people have been able to survive and thrive in communities for thousands of years. Some experts warn that kindness is a critical issue facing our world right now. Indeed, the Bible mentions a terrible time at the end when love will “wax cold” (Matt. 24:12). People will be so selfish and uncaring.

Studies have shown that showing kindness to others can actually help our health! Kind people have lower blood pressure and less depression than people who are considered self-absorbed. Kindness triggers a neurochemical response. When we do something nice for someone else, the feel-good hormones, oxytocin and dopamine are released in our bodies and the stress hormone, cortisol, goes down. There’s even evidence that kindness can affect our DNA in a good way. Our DNA is the blueprint for our cells as they replicate over the course of our lives. Diet, exercise, and bad habits, such as smoking, all affect how well that blueprint gets translated into new cells — and whether genes linked to heart disease or cancer get activated. Kindness and other social factors impact that process as well.

Things like feeling socially isolated, not having healthy affection, and feeling discriminated against, can hamper health and wellness. Fostering the habit of kindness is well worth the effort. Ex-



amine yourself! Ask yourself some hard questions. Do you react too quickly when someone upsets you, or do you stay calm and try to understand the situation? Learn to take a pause. Rushing only leads to more stress which makes it difficult to practice empathy and kindness. In conflicts, try your best to see the situation from the other person’s point of view, rather than lashing out. And most importantly, strive to make other people’s lives easier. If you know someone is struggling, send a gentle, encouraging message to them! If a cashier seems stressed, don’t add to the problem by making impossible demands. If at all possible, learn to live in peace with all people (Rom. 12:18).

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## Savory and Sweet Waffle Breakfast Sandwiches

4 eggs, scrambled  
4 slices cheese, your favorite  
2 slices cooked turkey bacon  
8 waffles  
Butter and syrup, optional

Heat 8 waffles till crispy. Place 4 on a serving plate. Evenly divide the eggs, cheese, and turkey bacon. Top with the remaining 4 waffles. Cut each stack into 4 pieces. You'll end up with 16 wedges. Serve with butter and syrup if desired.



## Cold-weather Lentil Soup

4 cups chicken or vegetable stock  
1 onion, chopped  
3 carrots, chopped  
3 celery, sliced  
2 garlic cloves, minced  
1 cup lentils, rinsed and drained  
1 bag spinach, 16 ounces  
1 T. Italian seasoning  
1 t. cumin  
1 can diced tomatoes, undrained  
Salt and pepper, to taste

Cook the veggies in a little broth until slightly tender. Add all the rest and simmer until lentils are fully cooked. Serve with crusty bread or the biscuits below (recipe follows).

### Easy Biscuits:

3 cups all purpose flour  
3 t. baking powder  
1/2 t. salt  
6 T. oil (or vegetable shortening)  
2/3 cup water



Preheat oven to 450 degrees. Mix the above and knead on a floured surface. Roll until 1/2 inch thick. Use an upturned glass to cut circles. Brush tops with a little butter. Bake on ungreased cookie sheet about 15 minutes.