

Sisters for Yah

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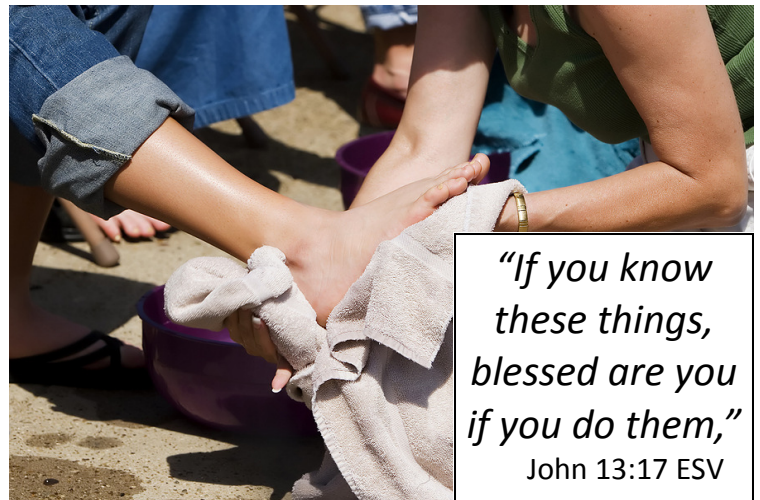
Learning Humility

Being humble is very important. The opposite of humility is arrogance and being prideful. Have you ever felt prideful because you know more truth about Yahweh's Word than some of your friends and family members? Many have admitted this to be true. So what is true humility? Look at Zephaniah 3:12:

"Those who are left will be the lowly and the humble, for it is they who trust in the name of Yahweh." (NLT) So humility is not thinking too highly of yourself.

We're all familiar with this one in Matthew 18:4, "Therefore, anyone who becomes humble as this little child is the greatest in the Kingdom of Heaven." Humility is childlikeness.

Humility is also gentleness as shown in Titus 3:2, which reads, "They must not speak evil of anyone, and they must avoid quarreling. Instead, they should be gentle and show true humility to everyone."



"If you know these things, blessed are you if you do them,"

John 13:17 ESV

Humility is willingness to confess sin. Let's read Psalm 51:3-4, which says, "I recognize my shameful deeds—they haunt me day and night. Against You and You alone, have I sinned; I have done what is evil in Your sight. You will be proved right in what You say, and Your judgment against me is just."

How does Yahweh respond to the humble? He gives joy to them! See Psalm 69:32, which says, "The humble will see their Elohim at work and be glad. Let all who seek Yahweh's help live in joy."

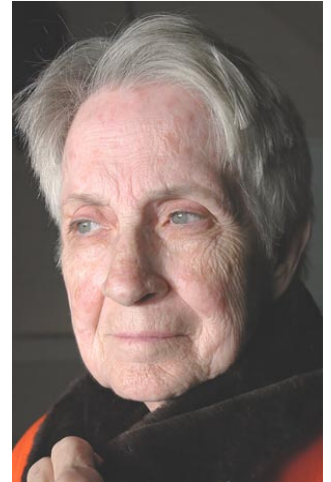
Yahweh also rescues the humble as shown in Psalm 18:27: *You rescue those who are humble, but You humiliate the proud.*

Another Scripture along these lines is found in Psalm 138:6, which reminds us that, "Though Yahweh is great, He cares for the humble, but He keeps His distance from the proud." Sisters, let us strive to remain humble!

LEAVING A LASTING LEGACY

We all know how short life is. Why not consider taking some easy steps to leave a lasting legacy for your children or grandchildren? No, it won't cost you much, and it will ensure that your memory will live on long after you're gone.

1. Always keep the faith. Your children and grandchildren will remember your dedication to your beliefs.
2. Set the right example in your life for all to see.
3. Live life to the fullest. Enjoy every day despite the problems that beset all mankind.
4. Look for the best in others.
5. Be lovable.
6. Share your stories. Write them down! Grandchildren love knowing what life was like when their grandparents were young.
7. Make a scrapbook with old photos. Most people love looking at them.
8. Listen to other people's stories, too.
9. Laugh often. Even medical science says that laughter is the best medicine.



Letting go of guilt

I am absolutely amazed at the number of letters and phone calls we receive here at YAIY from people expressing deep guilt for past sins and doubt of Yahweh's forgiveness. Some simply cannot grasp the fact that Yahweh can forgive their past sins and make them a new person. One letter read, sadly, "I would love to serve Yahweh, but I have sinned so much in my younger years that I just know that Yahweh would not want me." Stop right there, my friend! Read Isaiah 1:18, which says, "Come now, says Yahweh, let us argue this out. No matter how deep the stain of your sins, I can remove it. I can make you as clean as freshly fallen snow. Even if you are as stained as red as crimson, I can make you as white as wool."



Every single person on this earth has sinned to some degree. Repentance is the key to returning to Yahweh. He forgives us when we turn to Him with all our hearts. Forgiving ourselves is a whole other matter. Yet, we must do so to regain a healthy spiritual life. Never-ending guilt can result in poor health and a less-than-ideal walk with Yahshua. Unresolved guilt can drain us of the energy to live a life fully pleasing to Yahweh. After you repent, resolve to forgive yourself, and pray for the strength to not repeat past mistakes. Dust yourself off and keep moving forward. Don't let Satan get a foothold in your life and he often does this by making you feel hopeless and powerless. May Yahweh give us all

the strength to accept His wonderful forgiveness and love, and to sing a new song, Psalm 98:1.

Stress Epidemic?

More and more, doctors are reporting that the cause of many illnesses is stress! People are simply not dealing with life as well as they should. So many external factors are causing people to rush to emergency rooms with “heart attack symptoms”! And surprisingly, yes, people can die from a so-called “broken heart.” What causes the most stress? Usually the typical—health problems, financial woes, job stress, family and marriage problems, and even something as simple as watching the evening news! Here are some ways to fight back against health-destroying stress:

1. Try deep breathing exercises. Breathe in deeply for a count of 7 then exhale slowly. Repeat several times.
2. Distract yourself. Go for a brisk walk or read an exciting novel, anything to take your mind off the current situation that is stressing you out. Once you are calm, you may be able to handle whatever problem more efficiently.
3. Eat right. Avoid foods that cause indigestion. Stress can hamper your entire digestive process.
4. Pray and read Yahweh’s Word.
5. Simplify your life. If clutter is out of control in your house or office, you can bet you will feel stress!
6. Stop trying to do it all. Pick your battles. Prioritize. Do the most important things first, then if you have time, tackle the less important.
7. Skip tension-producing activities. Find out what really stresses you, then find ways to alleviate it.



Cooking with Herbs—boosting more than just the flavor of foods

Do you use oregano, rosemary, mint, or other herbs in your cooking? A teaspoon or two may add *scents*—and *sense*—to any dish. New studies are showing that herbs can boost the nutritional value of your food, as herbs are often loaded with nutrients! Phyto-nutrients are found liberally in plants which means they have strong antioxidant potential. Antioxidants help the body repair cells. Here’s how to add more spice to your diet:

1. Season with more herbs and less salt.
2. Flavor fruits and veggies to increase their nutrient levels. For instance, you can try sprinkling dill on green beans or sweet potatoes, and peppermint on carrots or berries. Rosemary tastes good on fruit or tomatoes.
3. You can even use herbs in beverages! Mint tastes wonderful in many smoothies.
4. Use herbs to flavor your food instead of adding extra fat (and calories).



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- Beans
- Oats
- Citrus fruits
- Salmon
- Onions
- Garlic
- Grapes
- All vegetables
- Nuts
- Green tea
- Yogurt
- Flaxseed

The best foods to keep your heart healthy:

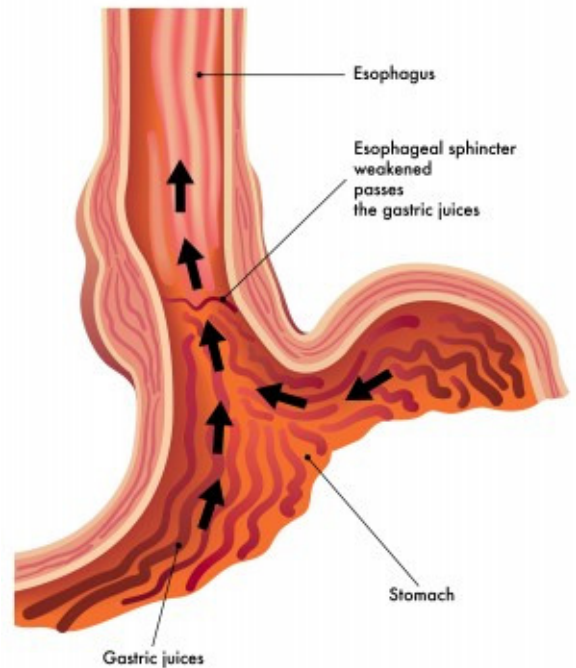


Fight the Burn!

It's been estimated that 50 million Americans suffer from heartburn. Before reaching for over the counter antacids, give these "cooling" ideas a try:

1. Chew some sugar free gum. It washes stomach acid back down the esophagus in as little as 30 minutes.
2. Take an easy stroll. Light exercise can help digestion. Just don't do a strenuous workout after eating as it can make you feel worse.
3. Try to stay calm. Stress can worsen your perception of pain. Try doing something relaxing such as reading or praying. Soothing music can also help.
4. Never lie down with a full stomach. Elevate the head of your bed to keep your esophagus above your stomach.
5. Never overeat. Smaller meals can prevent heartburn.
6. Avoid greasy, spicy, citrusy, and carbonated items which can worsen heartburn.

Acid reflux



Losing sleep because your spouse snores?

Believe it or not, the most common reason for snoring is nasal blockage. Before banishing your spouse from the bedroom, have him or her try a nasal decongestant or saline spray just prior to hitting the hay. Many people report amazing results!