

Sisters for Yah

Draw Near to Yahweh

One of my absolute favorite Scriptures is James 4:8 which reads, *Draw near to Yahweh and he will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.*

Do you ever feel like Yahweh is far away? Sometimes it can seem as if your prayers are going no higher than the ceiling. It is true that Yahweh answers our prayers according to His will and purpose. But we must also acknowledge that at times our sins separate us from our Father. It is important to repent of any known sins, and also to ask Yahweh to reveal what the cause of our separation may be.

Yahweh is unchanging. His character stays absolutely holy. His faithfulness remains constant. Not so with us humans. Oftentimes we allow sin in our lives. Our character can change according to our daily whims. We are told to choose our own direction. The cares of life overwhelm us and we spend less and less time in prayer and Bible study. Then one day we realize we have gradually grown distant from Yahweh. The solution is simple, according to James. We are to draw near to Yahweh.

As we realize our need to return to Yahweh, He meets us as the father hurried to greet his prodigal son. See Luke 15:20. Drawing near to Yahweh

requires us to take two actions. First we must cleanse our hands from any sins if there be any iniquity found in us (Isaiah 1:15). We must be proactive in cleaning up our lives. If there is a particular habitual sin in our lives, it is time to renounce it completely. Our second action is to purify our hearts by conforming our thoughts, attitudes, and motives to our Father.

Serving Yahweh should encompass our entire beings. Yahshua made it very clear that we cannot serve two masters. See Matthew 6:24. We must love Yahweh more than anything in our lives including family, friends, hobbies, jobs, material possessions, etc. It is impossible to love anything else as much as you love Yahweh and still please Him.

Yahweh does want us to enjoy life, as long as we keep our priorities straight. There is nothing wrong with enjoying our favorite hobbies, and spending time with our families and friends, just as long as we always keep Yahweh first. Let's strive to draw near to our heavenly Father!



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Yahweh's Love is Real

We read in 1 John 4:16, *And we have known and believed the love that Yahweh has for us. Yahweh is love, and he who abides in love abides in Yahweh and Yahweh in him.*

The greatest truth in all Scripture is this: Yahweh is love! Understanding this will set you free to enjoy all that is yours as a Believer. But you must accept that Yahweh really loves you. This is not always easy. Most of us did not grow up with unconditional love, and it may be difficult to believe that Yahweh loves us so much that He actually sent His own Son to die on our behalf. Many of our early years may have been devoid of love, and we may struggle to understand unconditional love. We must realize that Yahweh loves us not because we deserve it, but because His very nature is love.

Yahweh's love can give us an inherent worth that nothing can diminish. If you cannot accept the truth of Yahweh's love, you will be limited in how you can relate to Him. For instance, when He disciplines you, you may not take it as an expression of His love, but grow to resent Him instead. You may even accuse Him of hating you and not caring about what matters to you. But those who truly accept Yahweh's love, will have a better understanding that discipline is actually good for us. Discipline is used to protect us from things that can hurt us in the long run. Studies show that children actually desire discipline and thrive when there are clear cut boundaries.

Are you experiencing the profound sense of joy and security that comes from knowing you are dearly loved by Yahweh? Being assured of His love allows you to enjoy the numerous expressions of love He showers upon us each day.

Natural Ways to Energize

Combat fatigue with these all-natural energy boosters.

1. Try getting more magnesium in your diet! Foods containing high levels of magnesium include: Nuts, leafy greens, and whole grains.
2. Try sniffing peppermint oil. Studies show that this refreshing oil can increase oxygen to the brain, which can improve focus, and stimulate the mind.
3. Drink herbal tea or green tea. They can cause a temporary spike in energy levels.
4. Have you tried chia seeds? They can combat inflammation, regulate glands, and fight adrenal fatigue. Chia seeds are now widely sold in supermarkets. Sprinkle them into yogurt or cereal, or add a spoonful to a smoothie.
5. Make sleep a priority. Avoid staying up late checking emails or watching overly exciting movies. Try a relaxing ritual an hour before bed such as a hot bath or cup of warm milk and honey.
6. Get some exercise. Even a short walk can increase your energy levels.



Times

Times can be hard and people can be cold,
 They seek after to destroy the soul.
 In weakness, Yahweh gives inner strength
 To fight the battle one cannot win alone.
 Relying on Yahweh's grace brings perfect rest,
 Seeking His Face and not His hand,
 You will surely be blessed.

On His seat of mercy we can all depend,
 Because He sent Yahshua Who died for all sin.
 In times like these,
 He's our one and only true friend.
 So today, surrender your all to Him,
 So He can mend your broken heart and your lost soul.
 Then sit back, stand still and watch your blessings unfold!

Read Proverbs 3:26; Romans 8:18-18

by Ryan C. Irving, Sr.



GRACE & TRUTH

Come hear and learn a better way
 where grace and truth abound;
 where sin and death will be no more
 and lies cannot be found.

The way of truth, a narrow path
 Which very few do tread;
 For the masses love their lies
 from which they are well fed.

But grace and truth go hand in hand
 there is no other way;
 Atonement through Yahshua's blood
 to see the light of day.

Compassion, love and mercy too
 for those who do repent;
 Yahshua offers grace to all,
 the faithful few remnant.

(John 1:14,17; Titus 3:5-7; 2 Thess. 2:10-13; Jer. 23:3)

By Richard Anderson

Yahweh's Assembly in Yahshua
2963 County Road 233
Kingdom City, Missouri 65262

Main Line: 1-573-642-4100
Toll Free: 1-877-642-4101
Fax Line: 1-573-642-4104
Website: www.SistersForYah.org



Simple Cinnamon Tea

1 cinnamon stick

1 black tea bag

1 cup water

Honey, to taste, or your preferred sweetener

Milk, optional



Place the cinnamon stick in a mug. Boil the water and pour over the cinnamon stick. Steep 10 minutes. Add the tea bag and steep an additional 2 minutes. Remove the cinnamon stick and tea bag. Sweeten to taste and add a splash of milk, if desired.

Italian Roast Beef

(Sister Jan Meyer)

1 beef chuck roast (3 to 5 pounds)

2 t. salt

1 t. pepper

1 t. garlic powder

2 t. Italian seasoning

15 oz. can tomato sauce

12 oz. jar sliced pepperoncini peppers

Spray the insert of a 6 or 8 quart slow cooker with cooking spray. Drain the pepperoncini peppers, reserving three tablespoons of the liquid. Combine salt, pepper, garlic powder, and Italian seasoning in a small bowl. Trim the fat from the roast and season each side with roughly one third of the seasonings. Place the roast in the slow cooker. Pour the tomato sauce over the roast. Top with the pepperoncini peppers. Sprinkle the remaining third of the seasonings on top as well as the reserve pepperoncini liquid. Place the lid on the slow cooker and cook on low for 10 to 12 hours or on high for 5 to 6 hours.

