

Sisters for Yah

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The peace of doing Yahweh's will

I love the book of Joshua. Yahweh was working powerfully in Joshua's life, especially the comforting words in Joshua 10:8:

Yahweh said to Joshua, "Do not fear them, for I have delivered them into your hand; not a man of them shall stand before you." Yahweh assured Joshua that there was no reason to fear as he prepared to battle the Canaanites. Yahweh allowed the Israelites to fight the battle, but the outcome was settled before they even picked up a weapon. What confidence this gave them as they fought! Even though their enemies fought hard, Joshua's army prevailed.

No greater confidence will ever come to you or to any other believer than the confidence of knowing you are doing Yahweh's will. Yahweh does not promise us victory in every task we devise, but He does promise

that we will be successful when we follow His will (Deut. 28:7, 25).

Even our trials serve a purpose. We must be careful to evaluate success in the way that Yahweh does. Yahweh can produce peace in our hearts as we face troubling times. Perhaps He is, for example, working to develop a forgiving spirit in us when others mistreat us. Or He may be working to eliminate a particular sin in our lives. If we accept the world's definition of victory, we'll all be failures. But if we look to see what Yahweh is accomplishing in our lives, we will find that we are actually being molded and shaped into the people that Yahweh wants us to be.

When you face opposition, but know that you are doing Yahweh's will, take comfort that He will accomplish everything He desires. Oftentimes, living Yahweh's Way can feel lonely and confusing. Your friends and family members may often misunderstand you. Your employer may try to get you to do things you shouldn't do, such as working on the Sabbath. This is a common struggle among all of Yahweh's people. I encourage you all to stay strong. Now is not the time for half-hearted commitment to Yahweh! Be courageous like Joshua.



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False prophets

Over the years, I have heard numerous “prophecies” by individuals and organizations that never came true. The end of the world was supposed to happen in the year 2000. Then in 2012. Then in 2016. And yes, even 2020 was supposed to be the end. I recently heard a well-known religious organization on television claim that the world has only 12 months left. My guess is that this “prophecy” will also fail, as had all the others. Scripture is very clear! Only Yahweh knows the day and the hour when the end will be. Read Matthew 24:36.

Prophecy is a very serious matter. In the Old Testament, the death penalty was carried out against any “prophet” who uttered a prophecy that did not come true. False prophets are everywhere in our modern world! Just look on the internet. You can literally find thousands of so-called “prophecies” being proclaimed.

I encourage all of you to guard your hearts against the nonsense you may hear or read on the internet. Put your trust fully in Yahweh. Yes, Yahshua’s return is coming. We’d all be wise to get our lives in order, so that we are found worthy.



“You shall not
give false
testimony
against your
neighbor.”

Exodus 20:16

Prepare to meet with Yahweh

...
We have not
ceased praying
for you and
asking that you
may be filled
with the
knowledge of
Yah's will.
...

COLOSSIANS 1:9, NRSV



This may sound like a strange title for an article, but bear with me a moment. Meeting with Yahweh (in prayer) requires preparation. Yahweh is awesome and perfectly holy. You cannot spend day after day in the world without it affecting your mind and heart. It doesn’t take long to become disillusioned to the ways of Yahweh. Regrettably, the world has a dulling effect on our spiritual sensibilities. That is one reason that Yahweh established the Sabbath so that His people could take an entire day to refocus on Him and His will for them after spending six days in the world.

How do you prepare for your times of worship? What fills your mind the night before? Often the last thing you put in your mind at night is still on your mind the next morning. Genuine worship requires spiritual preparation. Before you pray, I encourage you to remove all distractions if possible. For instance, turn off the TV and radio. Also consider putting your cell phone on silent mode. Yahweh deserves our full attention. I also find it helpful to keep a notebook with me to write down prayer requests from others. In the past, people would ask me to pray for them, then I’d go about my day and forget. Now I write it down immediately for my later prayer time.

May Yah prepare your heart to properly worship Him!

KEEP YOUR BRAIN HEALTHY!

As we get older, our brains often don't function as well as they did when we were younger. Try the following to boost your brain health:

1. When it comes to brain health, sleep is essential. It's best to get at least seven to nine hours of sleep.
2. Remain social with those you enjoy interacting with, even if it's long distance, or through emails and other social media. Maintaining relationships can stimulate connections between brain cells.
3. Try something new. Even something simple such as trying a new recipe can build new brain connections and boost memory.
4. Do crossword puzzles and games. These can build concentration skills which decline as we age.
5. Walk daily if possible, even when it's cold. Just bundle up a little more. Walking is the best exercise!
6. Never overeat. Keep portions moderate. A healthy diet goes a long way toward preserving brain health.
7. Try something that will force your brain to focus, such as learning a new language.
8. Provide your brain with consistent fuel, by eating at regular intervals.
9. Get outside more to boost brain-supporting oxygen levels.
10. Try eating more fermented foods such as yogurt, sauerkraut, pickles, or kimchi (Korean fermented cabbage). Fermented food is good for your gut bacteria, which is shown to have a direct impact on brain function.

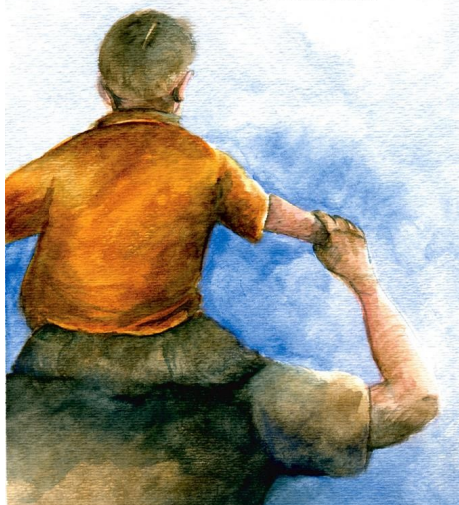


What shall I
render to the *Yahweh*
for all his
BENEFITS to me?

Psalm 116:12, ESV

Long life to you! Good health
to you and your household! And
good health to all that is yours!

1 Samuel 25:6



Easy tips for better health

1. Trying to avoid caffeine, but miss hot beverages? Try herbal tea!
2. Shut down sugar cravings by sipping lime juice in water. Stir 1 t. of lime juice into 8 oz. water.
3. Fill up on water rich fruits and veggies to help lose weight. The best ones are: cauliflower, melons, radishes, lettuce, peppers, tomatoes, and cucumbers.
4. To curb impulse buys when shopping, never shop on an empty stomach.
5. Sip cocoa year round to feel happier. Cocoa can cut your risk of blue moods and fatigue by 45 percent.
6. Take a moment to give someone a sincere compliment. It will brighten your day too!
7. Eat lots of pumpkin. It's great for your skin.

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



Make your own French Vanilla coffee creamer

1 can (14 oz.) sweetened condensed milk

1 1/2 cups milk

2 t. vanilla extract

Mix up the ingredients and pour into a glass jar with a lid, such as a mason jar. Lasts 10 days in the fridge. Also makes a nice gift if you put it in a pretty bottle.



Turkey sausage and pancake bake

1 pound turkey sausage, cooked and chopped

2 cups biscuit/baking mix

1 1/3 cup milk

2 eggs

1/4 cup cooking oil or melted butter

2 sliced and peeled apples

1 t. cinnamon

1 T. sugar

Maple syrup, to serve



Preheat oven to 350 degrees. Mix the biscuit mix, milk, eggs, and oil or butter. Stir in turkey sausage. Pour into a greased 9 by 13 baking pan. Top with the apples and sprinkle with the cinnamon and sugar. Bake about 30 to 45 minutes until set. Cut in squares. Serve with syrup.