

Sisters for Yah

Redeeming the Time

In Ephesians 5:15-16, we read, *See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil.*

These days we are bombarded with opportunities that entice us to invest our time and energy. Each day the voices of urgency cry out for every available moment. So many causes promise that time spent on them will reap great rewards; how can we recognize Yahweh's voice among so many competing voices?

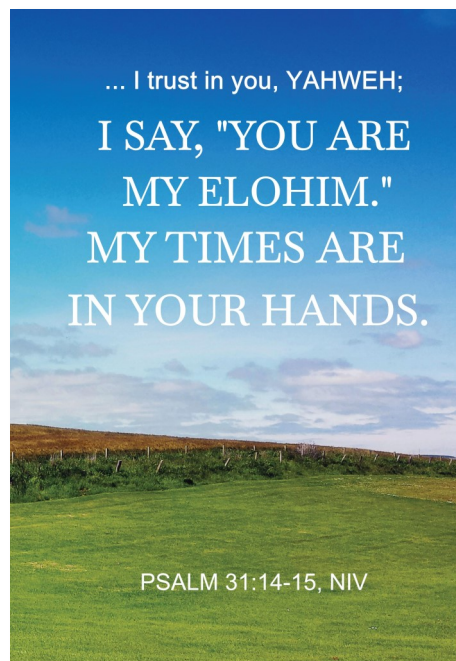
A fool makes unwise choices with his or her time. With every new opportunity that comes along, the fool chases a different direction, not questioning whether that is the best choice. The loudest voice gains the most attention. At some point, a fool discovers to his or her dismay that the squandered investment of time and resources has occurred.

The days in which we live are exceedingly evil. Marriages are under tremendous pressure, families are disintegrating, multitudes are dying each year of diseases, natural disasters, wars, and famine.

Investing our lives wisely is critical to us and those around us. Foolishly spending our time in sinful or wasteful pursuits can cost us and others dearly. Even good things like "fellowshipping" with others of like mind can become nothing more than a shallow social gathering.

But often, it is not evil pursuits that rob our time. Rather, the temptation is to sacrifice what is best for what is good or just okay. The enemy knows that blatantly tempting us with evil will be too obvious, so he'll lure us with distractions, and leave us no time to carry out Yahweh's will. Satan will tempt us to fill our schedules so full with "good" things that there's no time for Yahweh's best. We may inadvertently substitute religious activity for Yahweh's will, pursuing our own goals and hobbies instead of seeking first the Kingdom.

There is nothing wrong with goals and hobbies, but don't allow such things to fill your time to the point that you have no time to pray and study Yahweh's Word. Time is a precious commodity. Be sure to invest it wisely.



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Being Humble

For whoever exalts himself will be humbled, and he who humbles himself will be exalted, Luke 14:1.

There are two ways to gain high esteem. One is the world's method: Use every opportunity to promote yourself before others; seize occasions for recognition, or manipulate your way into the center of attention. The other way is Yahweh's way: Humble yourself! Rather than striving for recognition and influential positions, seek to put others first. Cultivate humility, for it does not come naturally. One of the many paradoxes of being a Believer is that when Yahweh sees our genuine humility, He blesses us.

Proverbs 16:18 warns us not to put effort into promoting ourselves, lest we be brought down in shame. Yahshua told of a man who tried to uplift himself in Luke 14:7-11. When attending a special event, he immediately took the seat of honor. When the host saw this, he humiliated the man by asking him to move to the least honorable place to make room for a more distinguished guest. Yahshua said the wise thing to do is seek the lowest position and allow others to exalt you if they feel you are worthy.

There is an enormous difference between the way the world honors you and the way Yahweh does. Proverbs 25:27 indicates that glory is not legitimate if you seek it yourself. When the world exalts you, you are the one who receives the credit. When Yahweh exalts you, others will praise Him for what He has done in your life. If you honor Yahweh, He will honor you (1 Sam. 2:30). Strive to humble yourself and bring glory to Yahweh. Allow him to be the One to honor you in the way that pleases Him.



BEWARE OF OPEN DOORS AND ADVERSARIES



YOUR ADVERSARY
THE DEVIL
 PROWLs AROUND LIKE A
ROARING LION,
 SEEKING SOMEONE TO
DEVOUR.
 1 PETER 5:8, ESV

The Apostle Paul makes an interesting statement in 1 Corinthians 16:9: *For a great and effective door has opened to me, and there are many adversaries.*

As Paul wrote to the Corinthians from Ephesus, he was trying to determine where to go next. He chose to remain longer in Ephesus because of the open door of service that Yahweh granted him. But Paul had much trouble to face. The good news is that Paul based his decisions on Yahweh's will, rather than what people

were doing. We all face enemies when we try to do the right thing. As we respond to Yahweh's invitations, don't be surprised when adversaries try to thwart what we are doing. And let's not base our decisions on what other people are doing.

While Paul was in Ephesus, a riot broke out in reaction to his ministry. Despite the fierce rejection of the Evangel, Ephesus became one of the chief cities from which the Good News spread throughout Asia. It takes spiritual discernment to see beyond human activity to witness Yahweh's activity. Nothing and nobody can prevent you from carrying out Yahweh's will! (Rom. 8:31). Let us be instruments in Yahweh's Hands.

Natural Remedies for Summer

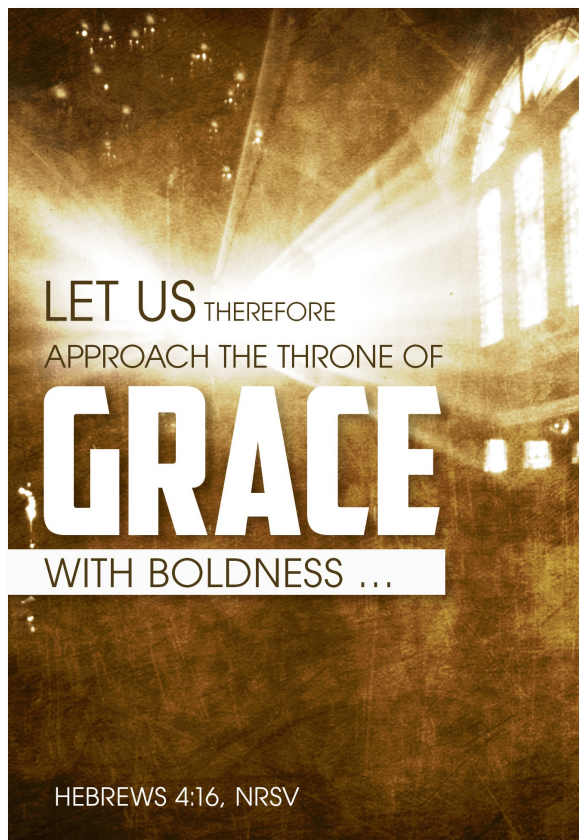
- Got into poison oak, ivy, or sumac? Immediately take a shower with dishwashing liquid. It will break up any oils that may be sitting on your skin better than your usual bath soap or body wash. Even though it sounds strange, covering the itchy areas with lip balm can help with the itch and dry up the rash quicker.
- Heat rash? Dust with baking soda. It will help with the itching and help to dry up the rash.
- Try peppermint oil for itchy insect bites.
- Sunburn? Try vinegar. Soak sheets of paper towels and apply to the burns. Leave on until dry. Repeat as needed. Vinegar contains acetic acid, which is one of the components of aspirin.
- Wearing sandals after your feet have been trapped in boots all winter can leave you with blisters. Try rubbing the blisters with aloe vera and covering with a bandage.
- Splinters and no tweezers? Strong adhesive tape should be able to remove it if not too deep.
- Summer is also a time for flare-ups of athlete's foot. Try dabbing with mouthwash-soaked cotton balls. Be aware that it may sting a little. But it will kill the bacteria.
- Dab honey on minor scrapes after cleaning thoroughly. Cover with a bandage.
- Plant the following in your yard to naturally repel mosquitoes: Lavender, sage, marigold, lemon grass, catmint, rosemary, basil, mint, or bee balm.
- If you do get bit by mosquitoes, try a paste of baking soda and water, or oatmeal and water on the bites.

THE JUDGMENT SEAT

For we must all appear before the judgment seat of Messiah, that each one may receive the things done in the body, according to what he has done, whether good or bad, 2 Corinthians 5:10.

Yahweh does not force His Will on anyone. We all will be required to stand before Him. All will be judged. Personal accountability is very healthy, and it should give us a powerful motivation to please Yahweh. Paul explains that in the final day of judgment we will all give an account of our actions.

Praise Yahweh that Yahshua's blood has atoned for our sins. The death penalty that was hanging over our heads has been removed. But we cannot return to our sinful ways after accepting Yahshua's sacrifice for us. To whom much is given, much will be required. See Luke 12:48. We must never carelessly assume that because we've had the death penalty removed from us that Yahweh now overlooks sins. Scripture never teaches that Believers will somehow be ushered into the Kingdom with no questions asked about our faithfulness on earth. Nothing could be further from the truth! We must strive to do well, and be prepared to give an honest account when we are standing before the Judgement Seat.



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PITA BREAD PIZZA

Pita bread
Tomato sauce
Shredded mozzarella
Your favorite seasoning blend (such as Mrs. Dash)
Your favorite toppings such as turkey pepperoni, olives, bell peppers, and onions.

Preheat oven to 475 degrees. Place the pita bread on a flat baking pan. Top with your desired toppings and bake until cheese is hot and bubbly.



OVEN BAKED CHICKEN AND RICE

1 (6ounce) package of long grain wild rice
1 can cream of chicken soup
1 can cream of celery soup
1 1/2 soup cans water (use the cans to measure the water)
1 1/2 pounds chicken breasts or thighs
Salt and pepper to taste

Preheat oven to 350 degrees. Grease 9 by 13 pan lightly with cooking spray. Mix the rice, both soups, and water, and pour in the pan. Top with chicken and season with salt and pepper. Cover with foil and bake for an hour and a half.



NO-BOIL LASAGNA

1 package lasagna noodles (12 ounce)
1/2 stick butter
1 1/2 pounds ground beef
4 cups spaghetti sauce (your favorite)
2 cups shredded cheddar

Preheat oven to 350. Pour 1 cup of spaghetti sauce in bottom of large casserole pan. Cook the beef and drain. Mix in rest of sauce. Layer noodles, sauce and cheese, reserving a little sauce and cheese for top layer. Cover with foil and bake until noodles are cooked, and cheese is hot and bubbly.