

JULY 2016

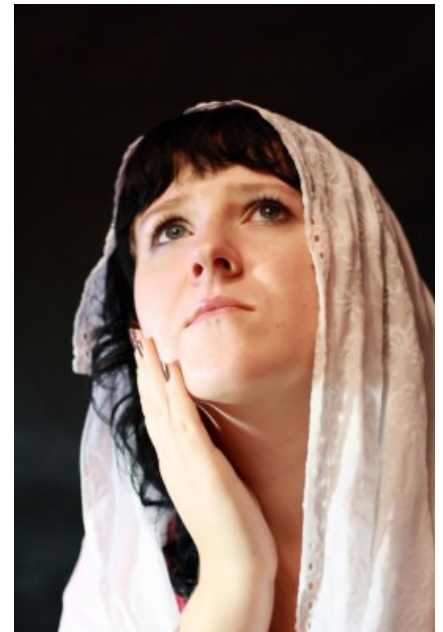
# Sisters for Yah

## Are you committed to spiritual growth?

Growth is never easy. People get stuck in certain patterns and comfort zones, and it's often hard to break out. Not all of our habits are bad, of course, but a friend recently commented to me that she was tired of the same old bad habits continuously resurfacing in her life. It's been said that we can replace bad habits with good ones, but it takes weeks for the new one to become permanently ingrained in us. Choosing to eat better is one of those habits that take a while to be firmly rooted in us. When you start to make better food choices, you may find that your cravings for junk food become insatiable! This happened to one friend when she gave up dairy products, due to finding out that she couldn't tolerate lactose. She almost couldn't deal with her cravings for cheese! But after about a week, the cravings became less, and she now enjoys better digestion since giving up dairy. She was so happy that she resisted the cravings! The end result was worth it.

The same thing can happen to us spiritually. We get into habits that become boring and mediocre. Some people read the Bible all the way through once every year, and they use a different translation each time, just to keep things fresh and exciting. How about you? Do you ever have the urge to experience a change of pace?

Habits have a way of making us too comfortable. They can also cause us to stagnate, too. I am amazed at how many people won't make a commitment to Yahweh because of what they would have to give up. One person commented to me, "I won't worship Yahweh, because it would be too painful to give up pork!" I didn't verbalize it, but my thoughts were, "Are you kidding me?" You'd give up the offer eternal life because of pig meat!?! I suppose everyone has their priorities. Pork is just one example of what some people are not willing to give up. Keeping pagan holidays is another big one, too, especially for those who acknowledge that these holidays are from paganism. So I say to you, be committed to growing in any way that Yahweh shows you! The future reward will be well worth it!



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## THE BIBLE vs. Political Correctness

Increasingly, the world we live in is becoming too politically correct. Often what we see happening in the world is at odds with what we read in Scripture. TV reporters are no longer willing to identify evil openly, for fear of being fired from their jobs, and being accused of “hate speech.” Everyone seems so terrified of offending some particular group or another. This does not seem to apply to Bible-believing people, however, as movies, actors, and politicians, are quite comfortable bashing those who adhere to Bible truths, often accusing them of being biased and close-minded.

We don’t believe, of course, that we should go out of our way to hurt and offend others. But there is nothing wrong with calling evil what it is. We must seek to be honest at all times. Truth is truth, and does not change. There certainly appears to be an agenda by those who actively practice political correctness. They seem to change the rules when it suits them. They also seem to further their agenda by creating conflict between various groups. It is also not above them to rig desired outcomes through manipulation.

Let us not get swept up in this truth-destroying agenda. Many have expressed fear of what the next generation is going to look like. Children are currently being “molded” in our school systems in a certain negative direction. Now is the time to get firm in your faith! Don’t allow yourselves to be swayed into believing the lie that a certain politician can bring about peace on earth. Only Yahweh can do that! Yes, Yahweh does set up governments, and tears them down. But He never intended His people to idolize any human leader. Read the Bible. You can easily see the bad consequences of putting trust in anyone or anything other than Yahweh. One of my favorite quotes is, *Those who don’t learn from history, are doomed to repeat it.* May our Heavenly Father help us to ride out the storms before the dawning of His perfect Kingdom.



## Influencing others without a single word

Can your good conduct really make a difference? The Bible says yes! Read 1 Peter 3:2, which reminds us that even an unbelieving spouse can glorify Yahweh, when they see your good example. Perhaps one of the most amazing true stories I have known is from a young couple who were having marriage problems right from the start. They were constantly fighting about everything (and nothing, really, if they were honest). The wife said she was ready to call it quits, pack her bags, and start a new life. Then she prayed about it, and had a strong impression that she should stay with her husband, but change her reaction to his wanting to start fights. Sure enough, the husband immediately began picking on her one day when he got home from work. The wife did not respond in kind. The husband was taken aback at first and looked a little confused. In fact, after dinner, he retired to his den. A few days passed and slowly, but surely, his countenance was changing. He seemed happier and even began complimenting his wife’s yummy dinners! Their marriage is still not perfect, but is a hundred times better. So never think that your good example won’t make a difference. It might just be life-changing.

## Alphabet for Yahweh's People (author unknown)

Although things are not perfect  
 Because of trial or pain  
 Continue in thanksgiving  
 Do not begin to blame  
 Even when times are hard  
 Fierce winds are bound to blow

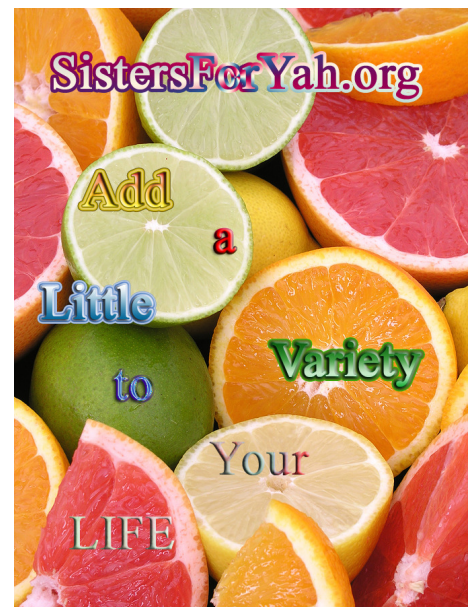
Go forth in strength  
 Hold on to what you know  
 Imagine life without His love  
 Joy would cease to be  
 Keep thanking Him for all these things  
 Love imparts to thee  
 Move out of "Camp Complaining"  
 No weapon that is known  
 On earth can yield power  
 Praise can do alone  
 Quit looking at the future  
 Redeem the time at hand  
 Start every day with worship  
 To thank is a command



Until we see him coming  
 Victorious in the sky  
 We'll run the race with gratitude  
 exalting Yah Most High  
 Yes, there will be good times, and yes some will be bad, but...  
 Zion waits in glory...where none are ever sad.

### *Just for laughs!*

A priest, a minister, and a rabbi were having a discussion about when life begins. The priest, so sure of his answer, declared, "Life begins at conception when the spark of life is instilled in the fetus!" The minister pipes us, "No! Life begins when a child is born, and begins learning about sin and can start making decisions." The rabbi shakes his head and laughs, "Ha! You're both wrong! Life begins when your children go to college and finally move out of your house!"



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1 banana  
1 cup frozen strawberries  
1 cup frozen blueberries  
4 ice cubes  
1/2 cup orange juice  
3/4 cup vanilla yogurt  
1/2 t. honey

Blend all. Makes 4 servings.  
This is a good recipe to keep in case you don't have time to cook breakfast. It's fast and so convenient! Make popsicles with any leftover. Kids love it!

## Make your own salad dressing!

Have you ever read the ingredients on store-bought bottled salad dressings? You might be shocked if you did. Most contain appalling amounts of sugar and sodium,. Making your own dressings is easier than you think. Since homemade dressing contain no unhealthy preservatives, plan on only making enough to use up within a week. But those that contain vinegar will last longer, as vinegar prevents bacteria from growing. Here are some good ideas to get you started:

**Italian-style dressing:** Mix 1 cup of olive oil with 1/4 cup apple cider vinegar, 1/2 t. garlic powder, 1/2 t. onion powder, 1 t. Italian seasoning, 1/2 t. paprika, salt, to taste, and 1 t. grated parmesan.

**Ranch-style dressing:** Mix 3/4 cup sour cream, 1/2 cup milk, 1 T. lemon juice, 2 t. dried parsley, 1/2 t. salt, 1/2 t. onion powder, 1/2 t. black pepper, 1/8 t. dill, 1/8 t. garlic powder.

**Thousand Island:** Mix 1/2 cup mayonnaise, 2 T. ketchup, 2 T. sweet pickle relish, 2 t. finely diced red onion, 1/4 t. minced garlic, 1 t. white vinegar, 1/8 t. salt (or more to taste), and 2-3 dashes Tabasco (optional, but good for those who prefer it spicy!).

**Lemon Vinaigrette:** 1/4 cup olive oil, 1/4 cup lemon juice, 1/2 t. dried oregano, 2 cloves garlic, minced, 1/2 t. sugar or honey, 1/4 t. pepper, and 1/8 t. salt (or to taste).

