

Sisters for Yah

A Heart of Flesh

I've always loved Ezekiel 36:26 which tells us, *I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh.*

We know that from our hearts comes our response to Yahweh. We also know that apart from the cleansing work of the Set-apart Spirit, our hearts can be extremely deceitful. (See Proverbs 17:9.) Remember when King David prayed that Yahweh would cleanse him from the ravages of his sin and purify his heart (Psalm 51:10)? Many of us have prayed similar prayers, have we not? If we were honest, we'd admit that we don't always live our lives as we should. Yahweh's deepest desire, perhaps, is that His people would love Him with all their hearts. (Read Deuteronomy 6:5.) Yahshua said we are blessed if our hearts are pure (Matthew 5:8).



So why do our hearts become so hardened? For one thing, sin hardens the heart. We can read about this in Matthew 13:4, 19. The more sin we allow to pass from our hearts and through our lives, the more resistant we become to Yahweh's Word. Perhaps the biggest sin that hardens our heart is unforgiveness. I have actual-

ly heard believers say, "I will NEVER forgive that person for the pain he/she put me through!" This can be a potentially dangerous thing. We are told that if we don't forgive others, Yahweh won't forgive us. It won't be easy obviously. But I have seen miracles in which a person asked Yahweh to help them to tender forgiveness, and He did! In some cases, reconciliation occurred. We must be willing to conform to the promptings of the Set-apart Spirit. The more we resist these promptings, the more hardened we become.

Deliberately exposing ourselves to evil can desensitize us toward Yahweh's Word. Over time our hearts can become like stone. If your love for Yahweh is not what it should be, now is the time to ask Him to renew your heart and mind. He will restore your devotion to Him if you ask from your heart.

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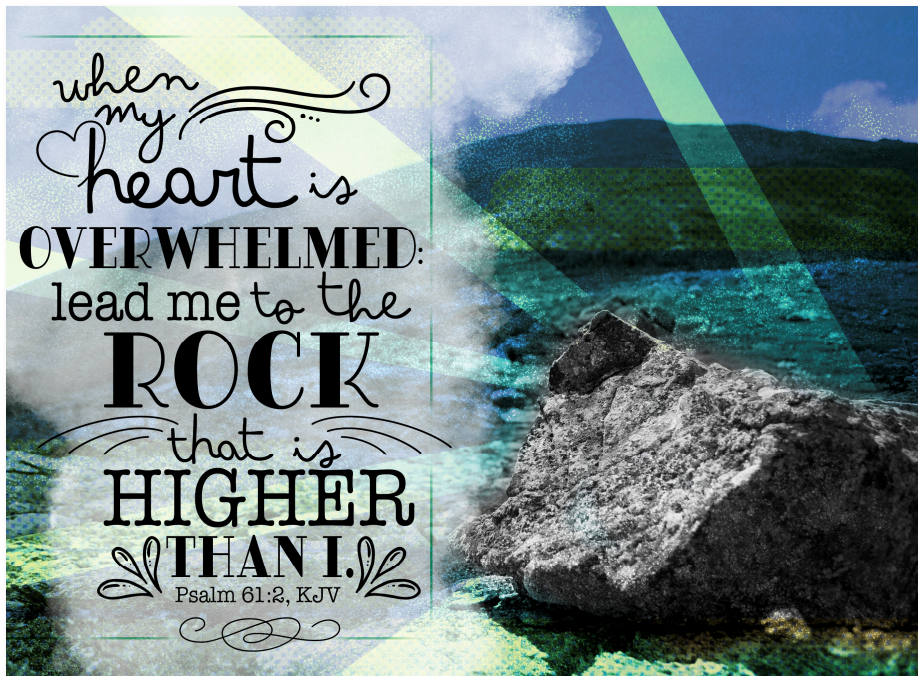
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Does your heart convict you?

A brother in the faith recently said something profound that I felt compelled to share with my readers. He said that before he prayed, he always made sure there was nothing in his heart that convicted him of sin. When he prayed, he would always examine his motives concerning his requests, just to be clear that they were not selfish or frivolous desires. He went on to explain that we can expect that Yahweh will answer our prayers if we truly are conforming to His will. In fact, we can ask ourselves, “Why wouldn't Yahweh answer this prayer? Is there something I need to change so that Yahweh will answer this prayer?”

So let's say a person really wants Yahweh to answer a certain prayer. They begin, by asking Yahweh what would hinder Him from answering. In their heart, Yahweh will reveal what changes need to be made. The person might have a deliberate sin that might be blocking an answer to prayer. For instance, the person knows that watching vampire movies is wrong, but really enjoys watching, so they start making



excuses, such as, “I can watch this show without a problem, because Yahweh knows it's just “harmless entertainment.” Hold on a minute! There is no such thing as “harmless” entertainment when a show's content is clearly demonic. It is alarming to me that many believers view inappropriate things under the guise of “innocent entertainment.”

Another example: We are expected to keep our lives clean, including our food choices. One lady in the faith admitted to me that she didn't give up pork since her baptism, and that she had no intention giving it up either.

She has since passed away of serious health problems. It was hard for me to imagine getting baptized then going right back to the old way of living, like a dog returning to its vomit. Yet that is what this lady did. Incidentally, this same lady was also committing adultery and made excuses along the lines of, “Well, in my mind, I'm his second wife. Yahweh allowed polygamy in the Old Testament.” I asked, “While Yahweh may have allowed polygamy, it was never in His original plan. Does this married man know that you are supposedly his “second” wife?” She replied, “No, he is not even a believer!” Well, He doesn't condone believers being unequally yoked with unbelievers. There has to be a profound change in our lives when we make a commitment to Yahweh. It doesn't give me pleasure to speak of such unspeakable, shameful things. But I write this article as a stern warning to those who would persist in sin. Far too many believers are “playing with fire.” Many would call me harsh and judgmental, but read the Bible! Yahweh is not soft on sin, but commands repentance. If just one lukewarm individual can be saved, then it will have been worth writing this article. Choose life! Don't let Satan steal your reward. It's not too late to change your life for the better. I have seen many miracles and changed lives throughout the years of being in Yahweh's Assembly. All it takes is a soft heart and a desire to live for Yahweh. He will not turn away the prayers of a righteous man or woman!

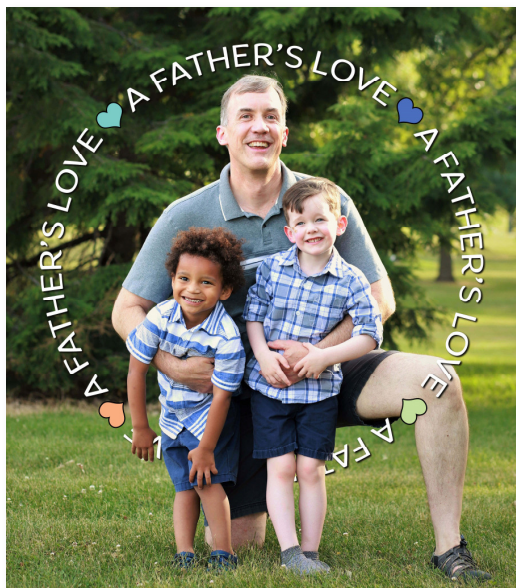
In the Living Years

In Proverbs 1:8, we read, “My son, listen to your Father’s advice.”

A wise son heeds his father’s instruction, but a mocker does not listen to rebuke, Proverbs 13:1.

“Listen to your father: without him you would not exist ...” (Prov. 23:22).

“What a father says to his children is not heard by the world, but it will be heard by posterity,” Jean Paul Richter.



“Every noble youth looks back, as to the chiefest joy which this world’s honor ever gave him, to the moment when first he saw his father’s eyes flash with pride,” John Ruskin.

Consider this satirical outline on how a child perceives his or her parents:

Age 4: Mommy and Daddy can do anything!

Age 7: My parents know a whole lot.

Age 9: Maybe my parents don’t know quite everything.

Age 12: My parents just don’t understand.

Age 16: My parents are old-fashioned.

Age 21: My parents are out of touch with our modern world.

Age 25: My parents are okay.

Age 30: I wonder what my parents think about this?

Age 50: What would my folks have done about that?

Age 60: I wish I could talk it over with my parents once more.

Did our parents really change from being super intelligent, to totally ignorant, to trusted adviser? Not at all. Rather, perceptions change. This same progression has been noted for centuries. Typically, it is when you become a parent yourself that you begin to understand your own parents. Many of you are now at the point where you can relate to this. Obviously, parents are not perfect. In fact, all parents make mistakes along the way. Nevertheless, earthly parents have years of experience and insight that they, too, can share. But the benefits of parental advice often go unmeasured until it’s too late to express appreciation. Grasp the opportunities that are yours today. Make Yahweh, our Heavenly Father, your role model. He will show

you how to mold and shape your way of thinking. He will help you alter your behavior as you follow His example.

Try this: If your parents are still alive, telephone them, write them, or take them to lunch. Tell them how much you appreciated them for their wisdom and counsel. Recall special memories and advice they gave you when you were younger. Take advantage of learning all you can during their living years. If your parents are no longer alive, honor their memories by forgiving them for any mistakes and praying for reconciliation in Yahweh’s Kingdom.



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Low carb Cauliflower Pizza-style Casserole



- 1 head cauliflower, cut into florets
- 2 cups pizza sauce
- 2 ounces turkey pepperoni
- 1/4 black olives
- 1 cup mozzarella
- 1/4 cup parmesan cheese
- 1/4 t. dried oregano

Steam the cauliflower florets until soft. Grease a small casserole pan. Mix the cauliflower and pizza sauce. Place in pan. Top with all the rest and bake until heated through. This is a real treat for those on a low carb diet!

Cheesy Turkey Bacon Quiche

- 6 slices turkey bacon, cooked and crumbled
- 6 eggs, beaten
- 2 1/2 cups heavy cream or half and half
- 2 t. salt
- 1/2 t. white pepper
- 2 pinch nutmeg
- 2 cups shredded cheddar
- 2 deep dish crusts

Preheat oven to 375 degrees. Mix up the first seven ingredients. Pour evenly into the crusts. Bake about 35 to 45 minutes, or until fully cooked through. Test the middle to be sure. Let set fifteen minutes before slicing.



Fast Glazed Salmon

- 4 skinless salmon fillets
- Salt and pepper to taste
- 1/4 cup brown sugar
- 2 T. Dijon mustard

Preheat broiler. Spray broiler pan with cooking spray. Season the fillets with salt and pepper. Mix the sugar and mustard. Pour evenly over salmon. Broil about 15 minutes or until salmon is cooked all the way through.