

Sisters for Yah

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Life is a Gift

Life is a precious gift given to us all by Yahweh. Many in today's institutions of higher learning are being swayed by the constant bombardment being taught about the theory of evolution. In evolutionary thought, life is purely an accident. It is cold and without meaning. This thinking can be very dangerous. There are disturbing examples in human history of certain groups of people attempting to eradicate other groups of people that they consider to be "less-evolved." If people believe that they are simply higher evolved animals, then they may indeed start acting like animals. Many in these same colleges and universities also teach and are taught that abortion is okay, and the debate still rages on about when exactly "real" life begins.



In Scripture, on the other hand, we read in Psalm 51:5, "For I was born a sinner—yes, from the moment my mother *conceived* me." (italics ours) This shows that life begins at conception, not birth. No debate there. Scripture tells it like it is. Read also Psalm 139:13-16, "*You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so complex! Your workmanship is marvelous and how well I know it! You watched me as I was being formed in utter seclusion, as I was woven in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.*" This doesn't sound like the blind chance of evolution, does it? Instead, it sounds like Yahweh is very aware and involved when it comes to creating new human beings.

Accepting that Yahweh created all things, including us humans, can change one's entire perspective on life and the world in general. Life will no longer feel meaningless and worthless with Yahweh in the picture. With Yahweh, indeed our lives can have great meaning. Even in rigorous scientific studies, it is shown that people who are spiritual are much happier than those who believe there is no hope beyond the grave. So the choice is easy to make. Choose life.

HOW ARE YOUR SERVICE SKILLS?

Have you ever been to a restaurant and received poor service? How did it make you feel? And didn't it also affect your feelings regarding the rest of the dining experience, even if the food was delicious? In the same way, our poor service to others can reflect badly on our assembly and even our Master Himself. Most business managers recognize this. They will quickly remove any employee that cannot provide good customer service skills because the whole company could be in jeopardy if valued customers take their needs (and money!) to a more friendly environment.

Indeed many people are loyal to companies for years, simply because they find the staff helpful and friendly! Some customers are even *not* willing to go elsewhere, even if they can save a few bucks. Now think of a positive restaurant experience. Your waiter or waitress is cheerful and has a pleasant attitude. Didn't that make all the difference?



In Psalm 2:11 we read, *“Serve Yahweh with reverent fear, and rejoice with trembling.”* (NLT throughout article) Yahweh takes the act of serving seriously. Not only does he want us to serve Him and others, but doing so with the right attitude is important too! Many parents can relate to the following scenario: You tell your child to do something and he or she obeys you, but with an attitude that leaves something to be desired. The very act of obedience can fade into the background if a sour attitude is so visible for all to see.

In Psalm 101:6, we find, *“I will keep a protective eye on the righteous, so they may dwell with me in safety. Only those who are above reproach will be allowed to serve me.”* Very sobering words. Do you serve with a cheerful attitude? Or do you serve, then grumble and complain? Take a look at Joshua 22:5, which says *“Be very careful to obey all the commands and the instructions that Moses gave to you. Love the Yahweh your Elohim, walk in all his ways, obey his commands, hold firmly to him, and serve him with all your heart and all your soul.”*

We can serve others by exercising our spiritual gifts. For example, we read in 1 Corinthians 12: 4-5, *“There are different kinds of spiritual gifts, but it is the same Holy Spirit that is the source of them all. There are different kinds of service in the assembly, but it is the same Master we are serving.”* Every one has a gift to share with others. Yes, you do too! Don't believe for a second that you have no talents. How about being a good listener to someone who needs to talk? And what about offering to pray for someone who is hurting? These seemingly small things can make a huge impact.

Finally, turn to Philippians 2: 5-9. *“Your attitude should be the same that Messiah Yahshua had. Though He was Elohim, He did not demand and cling to His rights as Elohim. He made Himself nothing; He took the humble position of a slave and appeared in human form. And in human form He obediently humbled himself even further by dying a criminal's death on a torture stake. Because of this, Elohim raised Him up to the heights of heaven and gave Him a Name that is above every Name.”*

Cool as a Cucumber!

Cucumbers can be used for more than just adding crunch to a tossed salad! The following information was published in The New York Times:

1. Cucumbers contain most of the vitamins you need daily.
2. Feeling afternoon sluggishness? Eat a cucumber instead of reaching for a caffeinated drink. The B vitamins in cucumbers can provide you with needed energy.
3. Tired of your bathroom mirror fogging up after your shower? Rub a cucumber slice along it and it will eliminate the fog and provide a spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices of cucumber in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Cucumbers can tighten skin and make it look smoother. Simply rub it on wrinkles or cellulite-prone areas.
6. Cucumbers have been used for centuries as quick meals to thwart off starvation. Try eating them as a snack to fight off snacking binges if you are trying to lose weight.
7. No time to polish your shoes? No problem! Rub a freshly cut cucumber over the shoe. It's natural chemicals will add a shine and also repel water.
8. While you're at it, you can also use cucumbers on door hinges to fix squeaks.
9. Enjoy a spa treatment at home. Cut up an entire cucumber and place it in a pot of boiling water. The steam will create a relaxing aroma that has been shown to reduce stress.
10. Eliminate bad breath by taking a slice and pressing it the roof of your mouth for 30 seconds.
11. Cucumbers can clean off faucets, sinks, or stainless steel. It won't leave streaks and won't harm your fingers or delicate skin like harsh cleaners can.
12. Erase ink! If you make a mistake while writing, rub it with the outside of the cucumber slowly. Works in crayons and markers too.



STRESS-BUSTING FOODS

Try adding the following foods to your diet if you are under stress: small amounts of dark chocolate, skim milk, oatmeal, salmon, walnuts, sunflower seeds, spinach, and blueberries.



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IF YOU THINK...

If you think you are beaten, you are;
If you think you dare not, you don't
If you like to win, and don't think you can,
It's almost a cinch you won't.

If you think you'll lose, you're lost,
For out in the world we find
Success begins with a fellow's will.
It's all in the state of mind.

Full many a race is lost
Ere even a step is run
And many a coward fails
Ere even his work is begun.

...YOU CAN

Think big and your deeds will grow.
Think small and you'll fall behind;
Think that you can and you will—
It's all in the state of mind

If you think you are outclassed; you are,
You've got to think high and rise,
You've got to be sure of yourself before
You can ever win a prize.

Life's battles don't always go
To the stronger or faster man;
But, sooner or later, the man who wins,
Is the fellow who thinks he can.

