

# Sisters for Yah

OCTOBER 2017

## Our Daily Battle

It is a challenge to walk in Yahshua's footsteps. When we come to knowledge of the truth, and are finally baptized in Yahshua's Name, it's like a giant target is automatically placed on our backs. We might be verbally attacked by friends, family, and co-workers. We are often condemned and criticized. Many times we lose friends and family members. And in all of this, we still have to deal with our own fleshly tendencies. It's difficult to not express anger at people who are speaking to us harshly when we share our beliefs. The following Scripture changed my perspective tremendously:

Ephesians 6:12 says, "For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world rulers of this darkness, against the spiritual forces of evil in the heavens."

This does NOT mean that we don't have earthly enemies or bad sinful habits that come from our flesh. What this Scripture means is that there is an unseen dimension that we may not be aware of. Make no mistake, the spirit world is very real. The media portrays Satan the devil as a comical figure. They even cause people to doubt that Satan and the demons even exist.



But Yahweh's people know that Satan is real, and he is very much our enemy! Satan does not want Yahweh's people to succeed. He wants them to walk away from Yahweh and lose their salvation. We do not have to fear Satan, but we should have a healthy recognition that he is at work to destroy Yahweh's people. Knowing this can change your perspective the next time you are "attacked" in your daily walk with Yahshua. Indeed, Scripture says when we resist Satan, he is forced to flee from us (see James 4:7). But don't forget the first part of the verse! It tells us we are to submit to Yahweh.

While we know that Satan and his demons are indeed working behind the scenes, we should not get into the lazy habit of blaming him for everything that goes wrong in our lives. Yahweh gave humans free will, so our choices do matter. We cannot knowingly make bad choices and expect our lives to go well. Submit to Yahweh in all that you do!

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## *Keeping long distance friendships alive*

It's been said that "absence makes the heart grow fonder," but some of us who have friends in remote locations, sometimes find it difficult to keep the friendship vibrant. Yahweh's people are scattered all over the planet, and oftentimes new friendships develop when we meet people at the Feast of Tabernacles. Sometimes we may never see that person physically ever again, but we may still try to keep in touch. Here are some ideas:

1. Stay in touch by calling, emailing, or sending letters often.
2. Consider doing an online Bible Study Course together.
3. Some friends have a "book club" by phone. They read the same book at the same time, then call each other to discuss the book.
4. Facebook or Myspace can be a good resource for those who choose to use it, but be warned, some studies have shown that people can become addicted to it. Overuse has even been shown to cause anxiety and depression! Use cautiously.
5. Never underestimate the power of snail mail letters! People love getting "real" mail. That's why magazine subscriptions are still fairly popular, even in this digital age.



## How to be a good friend!

1. Pray for him or her!
2. Strive to help your friend find Yahweh's best path in everything he or she does.
3. Be an active listener.
4. Repent of any jealous feelings you may have toward your friend.
5. Be willing to honestly discuss difficulties in your relationship.
6. Accept your friend's personality unconditionally. Is her noisy eating habits worth destroying the friendship over? We all have annoying personality traits. Be there in times of crisis.
7. Don't offer unsolicited advice.
8. Don't gossip.
9. Don't condemn or criticize your friend's parenting strategies.
10. Never act superior to others.
11. Avoid being a know-it-all.
12. Overlook little things.
13. Take care of yourself. Don't invest so much of yourself into the friendship that you wear yourself out! It's perfectly healthy to have time just for yourself.



## Habits of emotionally healthy people

Do you often find yourself bombarded with toxic emotions (anger, bitterness, distrust, etc.)? Yahweh want His people to be fully submitted to Him. It is not easy to be emotionally healthy with all the problems in the world today, but we have a powerful Creator that loves us and cares for His creation!

1. Practice daily gratitude toward Yahweh. Instead of obsessing about all the things you don't have, start enjoying the blessings that you already have. Many people, believers included, think that once they reach a certain goal, or obtain a certain thing they've been praying for, THEN they will be happy. This is obviously not true. Many people lose interest almost immediately after they get what they thought would make them happy.



2. Create your own happiness. Do not expect other people to create your happiness for you. Your job on this earth is to serve Yahweh with all your might. But remember this: Yahweh is more concerned with your holiness, and less concerned with your happiness. The world "holy" means "set-apart." Yahweh wants a set apart people!
3. Be careful of who you keep company with. The old saying "bad company corrupts good character" is true. Try to surround yourself with positive people. Negative people will only drag you down. Be the example that you would like to see in others. Never underestimate the power of suggestion, whether good or bad.
4. Forgive yourself and others. There is scientific proof that holding grudges can contribute to health problems, such as depression and high blood pressure. Don't destroy your health over past grievances. We've all been hurt. It's important to let go of the pain and resentment. Every day that you wake up is a fresh start.
5. Be mindful of your stress level. Slow down, and take little breaks if you need to. And take care of your physical health too. Physical health, directly contributes to mental health. Instead of reaching for unhealthy "comfort" foods, grab something healthy and feel good, both physically and emotionally.
6. Know what's not working for you. We all have to purge bad behaviors. Be honest with yourself and others. For the sake of sanity, you may have to eliminate certain obligations that are stressing you out or costing you money. Make spending time with your family a priority. The family that prays (and plays) together, stays together.
7. Accept less-than-perfect situations. Yahweh expects us to strive toward perfection, of course, but mainly spiritually. We are all flawed human beings. And we all have to deal with mundane daily obligations. Things will never be perfect on earth. That is why we are looking forward to Yahweh's Kingdom!

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## Creamy Cinnamon Pumpkin Smoothie



1 can solid pack pumpkin (16 oz.), not pumpkin pie filling  
2 cups milk (any kind: dairy or non dairy)  
1/4 cup brown sugar  
2 t. ground cinnamon  
Blend until smooth. Makes 4 servings. About 155 calories per serving.

## Creamy Crockpot Potato Soup

1 bag (30 oz.) frozen hash brown potatoes (either shredded or cubed will work)  
2 cans of chicken broth (14 oz. each)  
1 can cream of chicken (10 oz.)  
1/2 cup onion  
1/4 t. black pepper  
1 block cream cheese (8 oz.), softened  
Optional toppings: shredded cheddar cheese, turkey bacon crumbles, and sliced green onions

Put the first five ingredients in a crockpot, and cook on low for about 5 to 6 hours. In the last thirty minutes of cooking, stir in the cream cheese. Ladle into bowls and serve with your favorite toppings.



## Easiest Beef Stew

2 pounds beef sirloin steak, cut in 1 inch cubes  
3 T. flour  
2 T. oil  
3 cups water  
5 cups any combination stew vegetables (such as potatoes, carrots, celery, and onion)  
1 packet stew seasoning.

Heat the oil in a large skillet on medium high. Coat the beef with the flour and add to skillet. Brown on all sides. Add rest of ingredients. Cover, and cook until vegetables are fork tender. Test at 15 minutes. Serve with a crusty bread or buttered biscuits.