

# Sisters for Yah

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## Wearing the Whole Armor

It seems that many believers these days are opting to give up their television sets. One can understand such a position considering that almost everything broadcasted these days seems to conflict with Yahweh's ways. Even on the news, one is bombarded with visions of terrorism, sexual immorality, violence, and anti-religious biases.



In Ephesians 6:13, we read, “Wherefore take up the whole armor of Yahweh, that ye may be able to withstand the evil day, and having done all, to stand.”

We would all do well to look into this “armor.” Make no mistake, we are in a life and death battle with the forces of evil. The whole armor of Yahweh is described in Ephesians 6:14-18. With no armor we are left vulnerable to the wiles of the devil. We must be girded with truth, founded by what we read in Scripture. Many people are searching for truth in all the wrong places. Don't believe everything you learn in the world's universities. We must have on the breastplate of righteousness, both imputed and practiced. Faith is our shield and the helmet, which protects our mind, is the hope of salvation.

Have you noticed that no armor is given for the back of the individual? This could possibly imply that we are to do battle facing our enemies head on, wielding the sword of the Spirit. Also, insistent prayer is both an offensive and a defensive weapon. The “weapons of our warfare” are “mighty through Yahweh to the pulling down of strongholds.” (2 Corinthians 10:4)

A believer would do well to choose carefully when it comes to entertainment. Images can stay in the mind permanently, so fill your mind with what is edifying and uplifting. It won't be easy, but it is not impossible with Yahweh's help.

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## Happily Ever After?

A good marriage can be made great! We all know relationships have ups and downs, but with some simple principles, yours can bounce back quicker when in the down phase.

1. Forget about finding Mr. or Miss Perfect. It will never happen! TV shows and movies are partly to blame in that many portray the notion of finding a soul mate. The truth is that couples fall in love, but they have to work very hard at maintaining that good connection. It will not happen automatically by itself.
2. Don't be afraid of the down times. Sometimes they can be healthy. Even having some alone time to focus on your own personal hobbies can actually strengthen your marriage.
3. Try to say positive things to your spouse. Don't tell him or her you are going to start being positive, just do it. If you're not used to expressing these kindnesses, the first few may be difficult to choke out, but it gets easier. The change can be remarkable. Little compliments can make a difference too. Recognize something he or she's contributed to the household or relationship, or notice something nice your spouse is wearing.
4. Don't do anything damaging. It isn't how much you love each other or how similar or different you are that makes a difference. It's how the differences are handled that make a difference. When you argue or hit a rough patch, don't worsen the damage. You can make a bad situation worse by name-calling, blaming, or threatening to leave. Never demean or insult your spouse! Try hard to keep the conversation constructive.
5. Learn the stages of marriage. Every marriage seems to go through at least 5 stages. Stage one is the honeymoon phase which often wears off after a few years. Stage two is often the most difficult as couples get "settled" into their new lives together. This is the phase that spouses tend to forget the "highs" of the honeymoon phase. Stage 3 reveals most people starting to accept the things they can't change about their partner. In stage 4, couples further relax and friendship deepens. Stage 5 is what experts call the "bliss" phase. You both feel more comfortable in your own skins and are anchored by shared values. In this phase, many couples find it hard to imagine life without the other.
6. Finally, the most important thing you can do for your marriage is pray together!

Let marriage be had in honor  
among all, and let the bed  
be undefiled: for fornicators  
and adulterers Elohim will judge.  
Heb 13:4 ASV



## THE MASTER

In 2 Timothy we read, “Nevertheless the foundation of Elohim standeth sure, having this seal, the Master knoweth them that are His. And, let every one that nameth the Name of Messiah depart from iniquity.”

The title “Master” when applied to Messiah is not merely a title of respect, but an acknowledgement of relationship. We belong to Him, just as bond servants belonged to their owners. Yahshua owns us, having bought us with His blood. As His servants, we are required to depart from iniquity. Thus, whenever “Master” is attached to Yahshua’s Name, there is an implied confession of His authority in our lives. To be saved, for example, one must confess with his or her mouth that Yahshua is Messiah. When we accept Yahshua’s sacrifice we must walk with Him. (Colossians 2:6)

Be assured that He is our Master even in the mundane affairs of life. In 1 Peter 2:13, we read, “Submit yourselves to every ordinance of man for Yahweh’s sake.” So we must set the right example everywhere we go in life. And even at home, obedience is truly essential for a truly happy and peaceful family life.

We are also reminded in Scripture to “Put ye on the Master Yahshua, and make no provision for the flesh.” (Romans 13:14) And also in Romans 14:8, “For whether we live, we live unto the Master; and whether we die, we die unto the Master.”

## Eat Like a Cow!

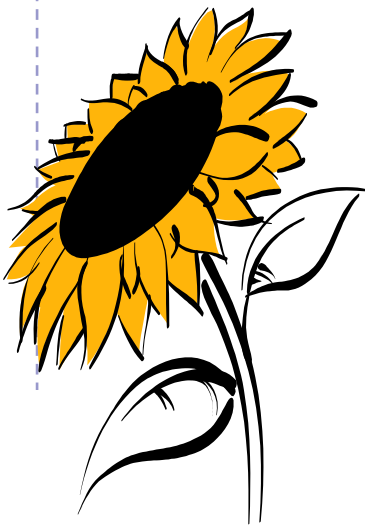
That’s right: “grazing” on five evenly spaced 350-calorie mini-meals a day will regulate your appetite and ward off sugar cravings caused by meal-skipping!

1. Ditch the white bread and fill up on the high fiber variety.
2. Eat the whole fruit instead of just drinking the juice, as the fiber in the fruit will make you feel fuller and more satisfied.
3. Skip the soft drinks. People don’t realize that they are drinking most of their daily calories when they choose sugary drinks. And diet drinks are not any healthier.
4. Eat beans, as they can cause glucose to be released more slowly into the blood stream, preventing the sudden slumps that cause hunger spikes. Top your salad with beans instead of croutons for a healthy, yummy lunch.
5. Listen to mom: Eat your vegetables!



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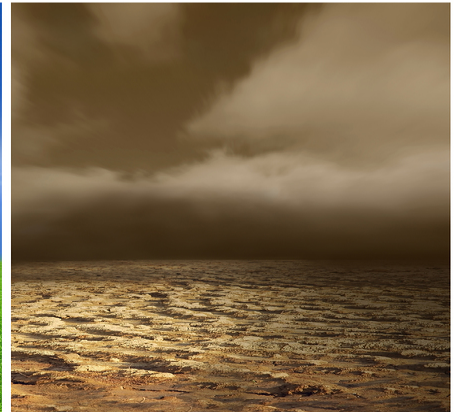
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## Prayer For Bad Times

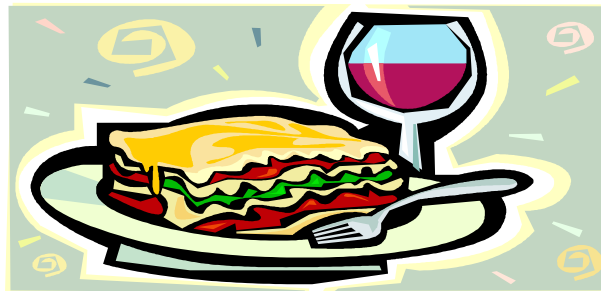
The following was found in an old newspaper print. Author unknown. Sacred Name inserted.

“Dear Yahweh: Help me be a good sport in this game of life. I don't ask for an easy place in the lineup. Put me anywhere you need me. I only ask that I can give You 100 percent of everything I have. If all the hard drives seem to come my way, I thank You for the compliment. Help me remember that You never send a player more than he can handle. And help me, Yahweh, to accept the bad breaks as part of the game. May I always play on the square, no matter what others do. Help me study the book so I'll know the rules. Finally, Yahweh, if the natural turn of events goes against me and I'm benched for sickness or old age, help me to accept that as part of the game too. Keep me from whimpering that I was framed or that I got a raw deal. And when I finish the final inning, I ask for no laurels. All I want is to believe in my heart that I played as well as I could and that I didn't let You down.”



## Easy Chicken Enchiladas

- 1 can cream of chicken soup
- 1/2 cup sour cream
- 1 cup picante sauce
- 2 t. chili powder
- 2 cups cooked, chopped chicken or turkey
- 1/2 cup shredded Monterey Jack cheese
- 6 flour tortillas (6 inch), warmed
- 1 small tomato, chopped
- 1 green onion, diced



Mix the soup, sour cream, picante sauce and chili powder in a bowl. Stir one cup sauce mixture, chicken and cheese in a large bowl. Divide mixture among tortillas. Roll up tortillas and place seam side up in 11 by 8 inch dish. Pour remaining sauce over the filled tortillas. Cover dish and bake 350 degrees for 40 minutes. Top with tomato and onion.