

Sisters for Yah

Times of Trouble

Brethren, we're living in scary times! It seems that watching the news lately has been nothing more than a "scare-fest." But indeed, there are some serious happenings going on. Yahweh's people should be aware of what is going on in the world we live in. The Bible warns that there will be a time in which we will see some devastating events, most likely even in our own neighborhoods.

The most important thing we need to remember, however, is that Yahweh is in control. This doesn't mean He won't allow us to go through difficulties. Yahweh is very concerned about His people, not just physically, but spiritually too. It is very important with Passover coming up that we examine ourselves to make sure we are right with Yahweh (2 Cor. 13:5). This is **NOT** the time to be a shallow Believer.



What does it mean to be a "shallow" Believer? Perhaps you believe in the existence of Yahweh, but really don't feel you need to do anything to demonstrate your belief. Or maybe, you're a long-time follower, but feel like you're already perfect and don't need to improve your relationship with the Heavenly Father. Or maybe you're convicted of everything you read in Scripture, but you allow other things to

get in the way of making a serious commitment to Yahweh, such as selfish pursuits, family, jobs, etc. Think about this carefully. Is there anything in your life that could use some improvement? Now's a good time to get serious.

Start making regular time for Yahweh through prayer and Bible study. Actively ask Him to show you areas you personally need to work on. He will reveal these areas to you! I have heard from many Believers who asked Yahweh to reveal things to them, and He answered powerfully. Some have realized they had anger problems, pride problems, greed, selfishness, (in other words, things of the flesh (Gal. 5: 19-21)) or they loved their families more (Matt. 10:37) than Yahweh or His Son and needed to work on their priorities, etc. Sometimes our human minds don't want to admit that we aren't perfect.

Let's get our mind's clear before taking the Passover emblems of grape juice and unleavened bread (1 Cor. 11:23-26), representing the shed blood and broken body of Yahshua. None of us are promised tomorrow, so preparing now is of utmost importance. May you be blessed this spring Holy Day season.

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Pray without ceasing

The greatest moments in a Believer's life often come through prayer. When Yahshua prayed, heaven opened, and the Set-apart Spirit descended upon Him. The Spirit also came upon the disciples as they gathered together on the Day of Pentecost (Acts 1:14; 2:1). When the disciples prayed together after Pentecost, their gathering place was shaken, and they were emboldened to proclaim the Good News throughout the city (Acts 4:31).

Keep in mind that prayer is NOT a substitute for hard work. Many people have said, 'Yahweh will take care of me' but make no effort to help themselves. Yes, prayer can make miracles, but don't fall into complacency. As we pray, our attention is turned toward Yahweh, and we become more receptive to aligning our lives with His will. We must make the time for prayer! Yes, we are busy every day, but you'll find that if you take the time to pray, your day will go so much better.

If prayer is new to you, you may want to start out using Yahshua's model prayer, until you get more familiar with the concept of prayer. But we are warned not to have empty repetitive prayers, so try not to get too attached to any set prayer "formulas." Keep in mind that prayer is basically conversation with our Heavenly Father. So what can you pray about? Yahweh loves His people and you can tell Him anything. It's perfectly healthy to tell Him whatever concerns you because He already knows. You can't hide anything from Him. He wants to hear from his children. Any loving Father would!

If you need to, make a list of things you need to pray about. Don't forget to pray for other people too. We must not only pray for things we want. We also need to pray for guidance in making decisions. And never forget to thank Yahweh for everything He's already done for you. So make prayer a regular part of your life starting now!



Hunger and Thirst

In Matthew 5:6, we read, "Blessed are those who hunger and thirst for righteousness." Hunger and thirst are our bodies way of telling us we are "empty." Our natural response is to find food and water to satisfy our need. Yahweh emphasizes throughout Scripture that He is looking for those who search for Him with all their hearts. Righteousness is not just the absence of sin. It's also actively aligning ourselves with Yahweh's will. If we truly seek Yahweh with our entire being, He will satisfy us!



Commonsense ways to stay well

Content presented by Yahweh's Assembly In Yahshua is not intended to be a substitute for professional medical advice, diagnosis, or treatment. While we are to seek Yahweh first in all things, please don't just disregard any advice of your physician or other qualified health provider with any questions regarding medical conditions.

1. Eat a healthy diet. Yahweh created our immune systems to fight off illness. According to Scripture, our bodies are the temple of the Set-apart Spirit. You can take care of your immune system by getting plenty of rest, eating lots of fruits and vegetables, and avoiding processed foods. Yes, Yahweh does take care of His people, but He expects us to do our part. The Bible contains page after page of health and dietary laws. If Yahweh meant for us to ignore these laws, then why would He have all this recorded for us?
2. Cleanliness is important. Keeping your hands clean and not touching your face is good advice. If you are in a home with ill people, it makes sense to keep them in a room separate from the rest of the family. Scripture actually supports quarantine.
3. It appears that quarantine will be more and more prevalent as coronavirus spreads. Try to have a two-week supply of food in case you're not able to leave your house. Good choices include canned vegetables, canned fish (clean fish with fins and scales, of course), canned meats, granola bars, powdered milk, trail mix, and frozen food.
4. Keep a supply of the medications you need.
5. Have adequate toiletries. Don't hoard toilet paper, but have enough to take care of the needs of your family obviously. Make sure you have enough soap too, as washing hands will be very important. You'll also want to keep up with laundry and wash the bedding of anyone in your household who may be sick, so be sure to keep enough laundry detergent on hand. If you have an infant, be sure to have diapers and other supplies.
6. Fresh air is also very important. In the "sick room" consider regularly opening the windows to air the room out.
7. Some large studies indicate that 3000-5000 mg. of vitamin D per day can slash a person's risk of infection by up to 70 percent.
8. Elderberry juice has been shown in double-blind studies to reduce the duration of influenza by up to half. It appears to work by preventing the virus from attaching to the healthy cells.
9. Social distancing makes sense. Stay away from people who are coughing and sneezing. Wearing masks don't appear to work for those who are not ill, but it can help prevent the spread to others if you are ill.
10. Try to avoid getting overly stressed out. Stress can lower your immune response. If you find yourself feeling tense and anxious, do some deep breathing for a few minutes.
11. According to some research, avoid using Ibuprofen to reduce a fever, as it may possibly reduce your immune response. The fever is actually a natural response to help fight the virus!
12. Most importantly stay close to Yahweh during this uncertain time in our world. He promises to stay close to those who stay close to Him.



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Health Boosting Tea

1 1/2 piece of fresh ginger, chopped

6 cups water

1 large lemon, juiced

Honey, to taste

Boil the water in a pot with a lid. Add the ginger and cover. Let steep 10 minutes. Strain out the ginger pieces. Add the lemon juice. Pour into mugs and sweeten with honey, if desired.



Get-well quick Chicken Soup

2 T. olive oil

2 T. minced garlic

2 T. fresh ginger, chopped

1 t. cayenne pepper

Salt and pepper, to taste

1 large onion, chopped

2 pounds chicken breast, cut in cubes,
sautéed and drained

1/2 cup fresh carrot, chopped

4 cups of chicken broth, store bought or
home made

6 cups water

1 cup fresh spinach



In a large soup pot, heat the oil and cook the onion, carrot, garlic, and ginger until fragrant. Add all the rest of ingredients and simmer till heated through. This makes a large quantity. It freezes well. Try freezing it in individual containers, so that you only need to thaw out the amount you need. This may be too spicy for children, so you may need to omit the cayenne pepper if need be.