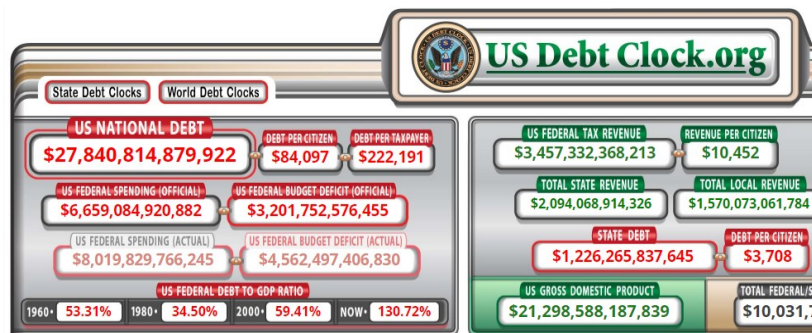


# Sisters for Yah

## PAID IN FULL

At the time of this writing America's national debt stands at over 27 trillion and rising daily. To pay back this enormous sum, every single person in America would need to contribute around \$84,000! To put things in perspective, if a dollar was paid toward the balance every second, it would take more than 855,000 years to pay off this amount. No country could ever pay off this massive liability!

As individuals before Yahweh, mankind has had an enormous debt that could never be paid. Every human being has failed to meet their obligations before their Almighty Creator. See Ro-



mans 3:10, 23. We have broken Yahweh's righteous Law (7:19). What have we earned? The death penalty (Romans 6:23)!

Sounds pretty hopeless, right? Hang on for some good news! Yahweh in His love and mercy, had a plan to solve our hopeless dilemma from the beginning. He sent His beloved Son into the world to pay our debt and to suffer the death penalty in our place. 1Peter 3:18a tells us, "For Messiah also hath once suffered for sins, the Just (righteous One) for the unjust (the unrighteous ones), that He might bring us to Elohim."

Let that sink in for moment: **Messiah came to a pay a debt He did not owe because we owed a debt we could not pay.** He took our sins so that we could receive Yahweh's perfect righteousness. In 2 Corinthians 5:21, we read, "For Elohim hath made Him (Messiah) to be sin for us, who knew no sin, that we might be made the righteousness of Elohim in Him."

According to Roman law, when a person was imprisoned, the certificate of debt was nailed to the door, remaining there until the sentence was carried out. Once the debt was paid back, the authorities would write, "It is finished" on the certificate. The certificate would be given to the prisoner, and he could never be punished for those crimes again. Yahshua's victory cry, "It is finished" signifies *paid in full* (verse 30).

Yes, Yahshua took our certificate of debt, and wrote across it in His own blood, "Paid in Full." HalleluYah!

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## The Importance of Words

The Scriptures have much to say about the importance of words. In Matthew 12:36, we are told that men will give account of “every idle word.” A time is coming when man will understand Yahweh’s view of wrong speech. Do you find yourself using cuss words out of sheer habit? Ask yourself, “Would I use this kind of language if I were standing before Yahweh and Yahshua?”

Yahshua explained that words are a product of the heart (Matthew 12:34). In Proverbs 4:23, we find the following: “Keep thy heart with all diligence; for out of it are the issues of life.” Indeed, words are an expression of what is inside us. Every Believer should be greatly concerned, because so many of the words spoken by us are not pure, true, or scriptural. This should give us great pause! We would do well to make sure that our heart is right before Yahweh, and our thinking is grounded in His Word.

What kind of words come from your heart and lips—not just when you are at Sabbath services, but throughout the week? Don’t allow yourself to become desensitized to the vulgar, profane language of the world to the extent that it seems less objectionable or less offensive. Many of us had rough backgrounds before we came into Yahweh’s Truth, but this is no excuse to continue bad habits. We must leave our pasts in the past.



## Change of Plans

I have never been a “spontaneous” person. I go through great pains to plan my days, oftentimes hour by hour. I am never happy when something unexpected changes my well-laid plans. Every one of us have had plans fall through. Letting Yahweh be in control of our goals and decisions is the only way to survive sudden changes in our plans. Allowing Yahweh to be the Master Planner will deliver us from much frustration and anger.

Take, for instance, the occurrence that happened to Paul, Silas, Luke, and Timothy. They wanted to preach The Word in Asia. Sounds like an honorable goal, doesn’t it? Preaching the Good News is a wonderful thing, right? Yes, it certainly is. However, Yahweh knew something that these four men did not. So He changed their direction. Acts 16: 6 says that the Set Apart Spirit prevented them from going to Asia! Yahweh gave Paul a vision of a man from Macedonia pleading with him to help him. That was Yahweh’s clear direction even though it may not have been on Paul’s original itinerary. So don’t fall apart if your plans do. Yahweh just might have something else in mind. And His ways and thoughts are much higher than ours.



## Handy tips that work!

1. Make your own dehumidifier! A humid closet, attic, or cellar can wreak havoc on you health as well as your clothing. To make a dehumidifier, simply place some charcoal briquettes in a large, clean, lidded can and punch a few holes in the lid. Place one of more in humid areas. Replace the charcoal every few months.
2. Remove a splinter easily and painlessly by covering it with adhesive tape for three days. After the three days, pull the tape slowly off. Don't be surprised if the splinter comes off with the tape. Tape has a gentle drawing effect.
3. Minor burn? Don't fret! Quickly pour a little baking soda into a container of ice water. Soak a cloth in it and apply it to the burn. Keep applying until the burn no longer feels hot. This treatment may also reduce the chance of blistering. Another option: apply vanilla extract. The evaporation of the alcohol will cool the burn.
4. Disinfect a minor cut with alcohol-based mouthwash if you don't have rubbing alcohol or peroxide. And believe it or not you can also dab a few drops of lemon juice on the cut to kill germs. It may sting a little, but it beats getting an infection.
5. Achy muscles? Take a bath with Epsom salts and add a few tablespoons of prepared yellow mustard. Mustard has been shown to enhance the relaxing effects of Epsom salts.
6. Going for a walk in the woods? Repel ticks with mentholated chest rub on your ankles, wrists, and neck before you leave the house. It might not be your favorite scent, but gnats, mosquitoes, and ticks hate it.
7. Keep fresh flowers fresh. Cut flowers will stay prettier longer if you add a copper penny and an aspirin to the vase water. Be sure to change the water daily.
8. Dryer sheets do more than prevent static on clothing. Stash them in stinky shoe closets, wastebaskets, and sneakers for an inexpensive air freshener. You can also use them to pick up pet hair, lift burned residue from casserole dishes, keep dust off blinds and screens, clean soap scum from showers, and chase away gnats!
9. Fertilize your plants with old coffee grounds. They're full of nutrients.
10. Boost brain power with this smoothie: Mix 1 cup blueberries, 2 t. cocoa powder, 1 cup milk, a dash each of vanilla, cinnamon, and nutmeg in a blender. Blend until smooth.
11. Eat spicy foods to ease pain. Spicy foods are anti-inflammatory. Use lots of pepper, hot sauce, cayenne, or spicy salsa.



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## Special Dark Hot Chocolate

Heat 4 cups half and half cream in a saucepan. Whisk in 2 dark chocolate candy bars (3.5 oz each), dash salt, and 2 oz. milk chocolate candy bar. Add 1 t. vanilla extract, and 1/4 t. nutmeg. Stir till smooth. Pour into 4 mugs. Top with whipped cream or kosher mini marshmallows.



## Cheesy Cauliflower Breakfast Casserole

- 1 lb. turkey bacon, crisp-cooked and chopped
- 1 cup chopped sweet onion
- 1 large red bell pepper, chopped
- 9 eggs, beaten
- 1 1/2 cups ricotta cheese
- 4 cups steamed cauliflower
- 2 cups shredded cheddar cheese
- 1 cup shredded swiss cheese
- 1/2 t. each salt and pepper
- 2 T. butter



Preheat oven to 350 degrees. In a large skillet, heat the butter and cook the veggies, except cauliflower, until crisp tender. In a large bowl, whisk eggs and ricotta cheese. Stir in the cooked cauliflower, turkey bacon, cheeses, and cooked veggies, and salt and pepper. Pour into greased 9 by 13 baking pan and bake about 40 to 45 minutes. Casserole can be cooled and frozen for up to six months.