

# Sisters for Yah

## HOW FEAR DESTROYS LIVES

In 2 Timothy 1:7, we read, *For Yahweh has not given us a spirit of fear, but of power and of love and of a sound mind.* The only fear that Yahweh encourages in a Believer's life is the fear of Yahweh (see 2 Corinthians 5:10-11; Hebrews 10:31). Fear of people does not come from Yahweh. The problem is that many Believer's fear people more than they fear Yahweh. This fear can actually hinder them from pleasing Yahweh because they waste precious time trying to appease people.

In Scripture, we read about Timothy. He was young and timid by nature. Timothy knew of the Apostle Paul's frequent trials and persecutions. He also knew that he could possibly suffer those same persecutions too! But Paul reminded young Timothy that fear of others does not come from Yahweh.



Someone once jokingly told me that F.E.A.R stands for "False Evidence Appearing Real." Looking back, I can think of many situations that I worried about that never happened. I was fearing the "potential" of something happening, not the reality of it. No wonder Yahshua tells us not to worry about tomorrow. See Matthew 6:24-34.

Fear can cause us to stop and question what Yahweh has clearly told us to do. Perhaps we were confident in our obedience until persecution came; then doubts began to creep in. Most fear is actually fear of the unknown. None of us knows what lies ahead of us, so we become apprehensive. And then our imaginations can magnify problems until they seem insurmountable. We need a sound mind to see things in proper perspective. That is why Yahweh gave us the gift of the Holy Spirit. The Spirit within us can help us see things clearly and convict us of sin.

Fear is no excuse to disobey Yahweh. There is no reason to live in fear when you have Yahweh. Don't allow fear to enslave you. Yahshua has set us free. If you are suffering from fear, now is the time to ask Yahweh to free you. He can also open your eyes to the reality of your situation.

It is true that the world we live in is a scary place. Just watching the news can be a stressful and frightening experience. As Believers, we should be aware of what is happening, but we can't allow the reality of the world to immobilize us. It may be of benefit to turn off the news occasionally and rather focus on Scripture study. We know that Yahweh's coming Kingdom will solve all of the world's problems. And that's something we can focus on instead of fear!

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## Choices

Every day we are faced with choices. In fact, for the most part, our lives are the sum total of the choices we've made. Once Yahweh makes Himself known to you, what you do next is your decision. I keep thinking of the rich young ruler that encountered Yahshua. He lived a moral life and kept the commandments. It appears he was well-versed in Scripture and the laws of Yahweh. But his response to Yahshua's invitation clearly showed that he did not know Yahweh in an experiential way. Many people find themselves in this category of just going through the motions of worship, but not letting it sink down deep within.



Years ago I met a woman who appeared to deeply love Yahweh, but she was very concerned about her unbelieving family members. This poor woman was tormented day and night wondering if they would ever come into the faith. Her fear had literally made her sick, physically and mentally. I encouraged her repeatedly to just put it in Yahweh's capable Hands and stop worrying. She simply could not let go of the "self-imposed" prison she had put herself in. Eventually I lost touch with her. Then one day I

found out she had left the faith. At first I was surprised, but after careful thought, it dawned on me that the reason she left is that the place in her heart that should have belonged to Yahweh, was already occupied with something else (concern for her family). There's nothing wrong with being concerned about family, but Yahweh will never play "second fiddle" in our lives. He wants to be our top priority. This woman had allowed "concern for her family" to become an idol. An idol is anything that comes between us and Yahweh.

So, how about your relationship with Yahweh? Is there anything in your life that is standing between you and Yahweh? Pray about it! Then, with Yahweh's help, commit to living fully for Him and Him alone.

## YAHSHUA IS TRUTH

In John 14:6, Yahshua tells us that He is Truth. Long ago, the disciples thought they were perishing in the storm. They were fisherman so they were familiar with their terrifying circumstances. From human experience, they had allowed their situation to convince them that the "truth" was their certain death. But they were wrong, as "Truth" (Yahshua) was asleep at the back of their boat, and He told them they would not perish!

Many times, we are exactly like the disciples. We think we know something, but in reality we are seeing only a small part of the whole. Yahweh, on the other hand, can see the end from the beginning. We often trust our own expertise and wisdom, which is not particularly a bad thing. The hard part comes when we need to trust Yahweh for the difficult things we cannot do for ourselves. Oftentimes, we see miracles in our lives, yet panic when a new and frightening situation comes upon us. We must trust Yahweh to rebuke the waves for us. Trusting our own knowledge is a mistake. We have nothing to fear when we put Yahweh first.



## Natural pest repellents

Try these safer alternatives to commercial pesticides:

**Ants:** Sprinkle cinnamon, bay leaves, cayenne pepper, or baby powder in problem areas and along baseboards and windowsills.

**Cockroaches:** Sprinkle equal parts of baking soda and confectioner's sugar in problem areas.

**Mice:** Place cotton dipped in peppermint oil near problem areas. Some say used kitty litter is another repellent.

**Mosquitoes:** Mix 2 teaspoons of apple cider vinegar in a glass of water placed on your desk or balcony. Or try dabbing lavender oil on your wrists and elbows.

**Flies:** Small sachets of crushed mint placed around the home will discourage flies. So will a potted sweet basil plant.



## Proven strategies for improving your health



1. Socialize! Studies show that isolated people are less healthy than those who get regular contact with friends and family. Staying socially engaged can reduce your blood pressure and even prevent Alzheimer's disease.
2. Treat depression. Talk to someone if you've been depressed for more than two weeks. Depression has been linked to poor concentration, low-quality sleep, and impaired brain function.
3. Reduce stress. Chronic stress floods your system with cortisol, which can cause a whole host of physical and mental problems.
4. Doodle. Drawing and scribbling can help focus attention. It even increases memory.
5. Be mindful. Focus on the present and avoid worrying about the future. This is actually encouraged in Scripture!
6. Think positive. This is another Biblical principle. Happy, hopeful thoughts produce serotonin, which creates a sense of well-being and helps the brain function at peak capacity.
7. Practice prayer and meditation. We are told in Scripture to "pray without ceasing." Yahweh wants to hear from His people!
8. Keep learning. Researchers have found that mental stimulation can prevent cognitive decline. So read as much as you can, or take classes. Be a lifelong learner. Studies even show that solving word puzzles and math problems can help.
9. Get enough sleep.
10. Eat heart-healthy food. Fruits, vegetables, nuts, seeds, whole grains, oatmeal, and olive oil can all help to keep your heart healthy.
11. Quit smoking. This cannot be stressed enough.
12. Keep weight in check.
13. Brush and floss. There is a connection between poor oral hygiene and cognitive decline.



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## Awesome Summer Fruit Salad

5 cups cubed watermelon  
5 cups cubed cantaloupe  
5 cups cubed honeydew melon  
3 1/2 cups cubed pineapple  
1/3 cup honey  
1/4 cup fresh lime juice  
1/4 cup fresh mint, chopped  
Drain excess liquid from fruit in a colander. Then mix all ingredients.



## Special for Vegetarians!

It seems more and more people are trying vegetarianism these days, and we've had requests to include some vegetarian recipes in Sisters for Yah. Enjoy these easy super healthy ones! Please note these recipes are not "vegan." Vegans don't eat any animal products at all, but many vegetarians do eat dairy. If you are vegan, simply eliminate the cheese in these recipes.



### Sweet Potato Black Bean Tacos:

1 3/4 pound sweet potatoes, cubed  
1 T. olive oil  
1 t. chili powder  
1 can black beans, drained  
1/2 cup green salsa (salsa verde)  
1 avocado sliced  
8 corn tortillas, warmed  
1/4 cup feta cheese  
Fresh cilantro, for garnish

Toss the cubed sweet potatoes with the oil and chili powder. Roast in oven at 450 degrees for about 30 minutes or until fork-tender. In sauce-

pan, warm beans with the salsa. Mix in the sweet potatoes. Serve with the corn tortillas, avocado, feta cheese, and cilantro.

### No-tuna Salad Sandwich:

1 can chickpeas, drained and rinsed  
1 celery stalk, thinly sliced  
1/4 cup red bell, finely chopped  
2 T. each red onion and sweet pickle relish  
1/4 t. dried dill  
1/4 t. salt  
1/4 cup vegan mayo

Bread, lettuce, and tomato, to serve.

Mash the chickpeas with a fork or potato masher, then mix in the ingredients to make your sandwich.

