

# Sisters for Yah

## Meek does not mean weak

*Blessed are the meek, for they shall inherit the earth.* So says Matthew 5:5. In our modern world, the word “meek” is not often used, as many people wrongly assume it implies weakness. For us believers, meekness requires submitting our will to the Master. Meekness does not mean submitting to everyone around us; it is taking our direction from Yahweh. We cannot submit to everyone around us, lest we share in their sins. Years ago, a lady told me that she thought that meekness meant doing whatever people told her to do, whether it was wrong or right. I gently explained that partaking in sin just to keep the peace with others was not a good idea. It’s completely okay to stand up for our beliefs (without being obnoxious about it, of course).

Think of a powerful stallion being trained by his master. Whereas it once fought against any attempt to bring it under control, now it yields. The stallion has lost none of its strength and endurance, it simply has turned these over to the control of its master. Meekness means a life that is submissive to Yahweh. It involves a self-control that comes from trusting Yahweh. Meekness also demonstrates an attitude of longsuffering that allows Yahweh to deal with the injustices we face.



Yahshua’s life was the paragon of meekness. He could've called upon legions of angels to remove Him from the torture stake, yet He allowed sinners to torture and kill Him because He loved us so much. Yahshua was by no means powerless to defend Himself, He chose to yield His life to the Father’s will. (See Matthew 26:53).

He did this because He trusted the Father completely. When we doubt the Father, we tend to act on our own strength, rather than relying on His power. We must relinquish control over our lives to Yahweh, and we will gain life in abundance!

One way we can become more meek in our lives, is reminding ourselves how much we’ve been forgiven. If we have been forgiven so much, let us also strive to forgive others. It won’t be easy, but ask for Yahweh’s help if you struggle in this area. Another way to implement meekness in your life is to take time before forming judgments. Too many of us blurt out the first things that enter our heads without any thought for what damage this could cause. Be quick to hear and slow to speak, as we read in James 1:19. Let us all follow Yahshua’s example of meekness.

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## How truth sets us free

John 8:32 tells us, *And you shall know the truth, and the truth shall make you free.* Yahweh's truth sets us free! We can find answers to our daily struggles by allowing the truth into our lives. Are you discouraged? Is there a certain sin that you just can't seem to get rid of? How about a harmful addiction? If you feel powerless to meet the challenges before you, take encouragement



from Philippians 4:13, which reads, *I can do all things through Messiah who strengthens me.* If you are defeated by circumstance, hold on to the truth of Romans 8:28 that Yahweh can work your most difficult trial into something good. If you are enslaved to a particular sin, trust in the words found in 1 John 1:9, which promises that if you confess your sin, Yahweh is faithful to cleanse you from all unrighteousness.

It is one thing to know about the truth. It is quite another to allow it to work in our lives. Yahweh's truth will have no effect upon you unless you accept it and believe it. Perhaps you've already read accounts in the Bible where Yahweh moved mightily in the lives of His people, but you've never expected the same in your own life. It's time to allow Yahweh to implement His truths into our lives. Don't give the devil a foothold. Let the truth set you free today.

## The power of reconciliation

The world abounds with people whose sins have alienated them from Yahweh. Yahshua's sacrificial work has restored us to a love relationship with our Father. We are appointed, in a sense, as ministers of reconciliation. Once Yahshua dwells in us, we become His ambassadors, and we entreat others to be reconciled to Him. As Yahweh's messengers of peace, we urge others to return to Him.

Sin breaks our relationship with Yahweh. It severs other relationships as well. Broken relationships are truly the epidemic of our day. Sin destroys families, divides religious organizations, ruins marriages, crushes life-long friends, and creates all kinds of problems such as hatred, greed, mistrust, jealousy, and strife. Only Yahshua has the remedy for the problems of this dying world. That's why it's so important for Yahweh's people to set the right example of peace and love. It is a travesty to carry Yahweh's message to the world, yet be filled with hatred. Remember, Yahweh's people are under a microscope. People are watching us and some are just waiting for us to slip up so they can cry, "Hypocrisy!" We must make sure our actions reflect Yahshua in all things. We will be tested. With Yahweh's help, we can pass the tests.



## *The ten healthiest foods for good health*



1. Leafy greens. All of them contain tons of nutrients. Try kale, collards, spinach, mustard greens, spinach, or swiss chard.
2. Squash. All of them are good for you, particularly butternut.
3. Sweet potatoes. Compared to regular potatoes, sweet potatoes are loaded with good stuff. They're also versatile. You can roast them, steam them, boil them, and even make them dessert-like if you sprinkle them with cinnamon and sugar.
4. Cruciferous vegetables, such as broccoli and cauliflower.
5. Fish, especially salmon.
6. Oatmeal. The fiber will keep you full longer, and there's evidence it can reduce bad cholesterol.
7. Beans. High fiber, and filling. Make a meal of them by adding to your salads, stews, and soups.
8. Watermelon. Hydrating and full of potassium and lycopene.
9. Mangoes. Just one cup contains two thirds of your daily vitamin C requirement.
10. Yogurt. Go for plain Greek yogurt, instead of the sugary kind.

## *Timeless truths*

1. Happiness is a choice, and is not dependent on your current circumstances. Remember what the Apostle Paul said about counting it all joy when we fall into various trials?
2. You are braver than you know. Not all the heroes in the Bible started out as brave; some struggled with the same things with which we do. Look how Yahweh transformed them. He can transform us as well.
3. Remember the old song, "Count your blessings...name them one by one."
4. Never give up hope. Hope can heal.
5. Yahweh is always just a prayer away.
6. Learn to smile and have fun. Nobody likes to be around a grouch.
7. One smile sparks another.
8. A good attitude goes a long way.
9. Laughter is medicine to the bones.
10. Show kindness to strangers.



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## Banana Peanut Butter Smoothie

- 2 bananas
- 2 cups milk (any kind will do)
- 1/2 cup peanut butter
- 2 T. honey
- 2 cups ice cubes

Blend it all up in your blender until smooth. Pour into four glasses. Enjoy!



## Quiche Lorraine

- Pastry for single-crust pie
- 12 oz. package turkey bacon, chopped
- 3 large sweet onions
- 1 t. dried thyme leaves
- 1/2 t. black pepper
- 1/8 t. ground nutmeg
- 1 1/2 cups shredded cheddar cheese
- 1/3 cup grated parmesan
- 8 large eggs, beaten
- 2 cups whole milk
- 1 cup heavy cream



Press the pastry into a pie pan. Cook the turkey bacon until crisp. Drain on paper towels. Cook the onions in the turkey bacon drippings until fragrant. Stir in the spices. Place in pie crust. Top with the cheeses. Whisk the eggs, milk, and cream. Pour over the top. Bake at 350 degrees until set.