

Sisters for Yah

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Why is it so hard to trust?

Standing at the edge of the swimming pool, a little girl hesitates. She looks around at the other children bravely jumping in, and for just a moment, she believes she can do it too. Then she looks back at the water and immediately changes her mind. Her parents had been watching her, and Dad decides to step in. He jumps in the pool and holds out his arms to his little girl. “Come on in!” He encourages her, “I promise I’ll catch you!” The dynamics of the situation changes drastically. The little girl completely trusts her father. He had never let her down before. So she jumps into his arms without hesitation, giggling joyfully as he catches her in his loving, safe arms.

Before we knew Yahweh, many of us have felt like the little girl at the edge of the pool at the very beginning of the story, afraid of the unknown and unwilling to “jump in the pool.” Then later, we accepted Yahshua



into our lives and began learning to walk the straight and narrow path. We saw significant changes in our lives and trust in Yahweh became natural to us. But somewhere along the way something changes. Doubts creep into our minds. We worry when our prayers are not answered in the ways we would hope, and our faith dwindles. Perhaps your trials begin to look insurmountable. The “Goliaths” in your life look too big and you feel frightened and uncertain.

Dear Brethren, it’s time to level the “mountains” that are blocking your path to trusting Yahweh. Think back on your life. We all have miraculous stories of Yahweh changing our lives and the prayers that were answered powerfully along the way. How soon we forget when things are not going our way! Keep praying and don’t lose heart. We know without hesitation that Yahweh was always there for us in the past and He will continue to be there for us now and in the future! Believe that He will never leave or forsake us! That is a promise that we can trust in. For the One who made the promise is able to accomplish all that He said He would. HalleluYah!

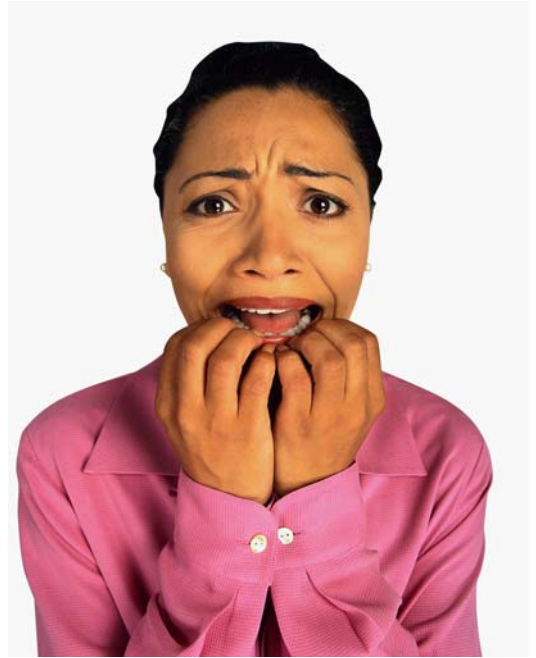
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Afraid?

Being afraid is something all of us have experienced. Name the person who was afraid in each of these statements.

1. Hid himself when he heard Yahweh's voice in the Garden because he was afraid. (Gen. 3: 10)_____
2. Because she was afraid she denied that she laughed when she heard she would have a child in her old age. (Gen. 18:5)_____
3. Was afraid to meet his brother because of the evil he had done to him. (Gen. 32:7)_____
4. Hid his face because he was afraid to look upon Yahweh. (Ex. 3:6)_____
5. Was afraid to come near Moses because his face shone. (Ex. 34:30)_____
6. Was afraid of David because Yahweh was with David. (1 Sam. 18:12)_____
7. Was afraid because David came alone to see him. (1 Sam. 21:1)_____
8. Was afraid because Esther said he was the adversary. (Esther 7:6)_____
9. Read a scroll and the people were afraid. (Jer. 36:16)_____
10. Was told by Yahweh to go to the Israelites and speak Yahweh's message. (Ezek. 6:1)_____
11. Had a dream that made him afraid. (Dan. 4:5)_____
12. Slept while the mariners were afraid because of the storm at sea. (Jonah 1:5)_____
13. Were afraid when they saw Yahshua walking on the water. (Matt. 14:26)_____
14. Was afraid when the Jews said Yahshua made Himself the Son of Yahweh (John 19: 7, 8)_____



Now, calm your fears...

Psalms 27:1 Yahweh is my Light and salvation, who shall I fear? Yahweh is the strength of my life, of whom shall I be afraid?



2 Timothy 1:7 For Yahweh hath not given us the spirit of fear, but of power, and of love and of a sound mind.

John 14:27 My peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

Health News You Can Use

Energy Crisis?

We hear a lot about the nation's obesity crisis, but did you know that many Americans are also sugar and caffeine addicted? Many people simply do not have the energy to get through their days! They rely on sweet snacks and caffeinated beverages just to be able function at a normal level. An occasional sweet treat is not a problem, but one may overindulge and enjoy the temporary rush of energy, then feel even worse later. Therefore, more sweets and caffeine are needed to sustain the false sense of energy that one may be experiencing. The good news is that Yahweh created healthful foods that prevent health from deteriorating. Follow these tips to feel more energized:

1. Always eat a sensible breakfast! Avoid sweet cereals and breakfast pastries. Instead stick with whole grains. Eggs can also be a good healthy breakfast if used in moderation.
2. Never skip meals. Try to eat 5 small meals daily.
3. Drink water. Dehydration can zap your energy.
4. Snack on "real" foods. Avoid the chips, snack cakes, cookies, and soda. Try fruits, vegetables, whole grains, lean proteins, and low-fat dairy products instead.

Below are some natural energy boosting food combinations. The idea is to combine a lean protein with a complex carbohydrate. This prevents energy crashes and overeating.

- Sliced turkey and avocado with whole wheat bread
- Oatmeal with skim milk and berries
- Handful of mixed nuts and dried fruit
- Carrots and sliced bell peppers dipped in hummus
- Plain yogurt (low fat) with fresh fruit and walnuts
- Natural, unsweetened peanut butter and sliced apples on half a whole grain bagel
- Handful of almonds and a banana



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Peppermint Tea: A cup full of benefits!

In the winter months, a cup of peppermint tea can be soothing to the senses. But did you know that just one cup of tea also delivers some pretty impressive health benefits? For instance, peppermint tea can reduce nausea and vomiting and also aid in digestion! It also has antibacterial qualities and can eliminate bad breath, resulting in a much healthier mouth. So curl up this evening with a good book and a cup of peppermint tea!



Give Pomegranates a Try!

Let's face it, pomegranates can be intimidating. In the United States, we are so used to so-called "normal" fruits such as apples, pears, and plums, that a pomegranate can seem a bit rare and unusual. Yet pomegranates were quite common in the lands of the Bible! Pomegranates pack a powerful nutritional punch, so they are worth the effort. They are loaded with antioxidants, vitamins, potassium, folic acid, and iron. Buy one today and give it a try!



Here's how to prepare a pomegranate: With a sharp paring knife, cut off the top about 1/2" below the crown. Once you remove the top, four to six sections will be visible. Score the skin along each section with a sharp knife. Using both hands, carefully pull the pomegranate apart, breaking into smaller sections. Over a bowl of water, loosen the seeds (also known as arils). The seeds will drop to the bottom and the white membrane will float. Remove the membrane that has floated to the top and discard. Pour the seed and liquid through a strainer.

You can then enjoy the seeds in salads, yogurt, cereal, or even on their own! Pomegranate juice is now also widely available in most grocery stores.

Try the following super nutritious Pomegranate Pear Salad for two: Divide 3 cups of torn and rinsed green leaf lettuce, and one diced pear among two salad bowls. Prepare one pomegranate using above method, and set aside 2 T. of the seeds. Then make a warm dressing by blending 1 T. Olive oil, 1 T. lemon juice, 1 t. Dijon-style mustard, 1/2 t. honey, and the reserved 2 T. of pomegranate seeds in a small sauce pan. Bring to boil. Reduce heat and simmer about two minutes, stirring frequently until slightly thickened. Pour the warm dressing over both salads. Finally, sprinkle the remaining pomegranate seeds over the tops of each salad and enjoy!

