

# Sisters for Yah

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## WHAT IS THE PURPOSE OF FASTING?



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### Inside this issue:

What is the purpose...	1
Why a U.S Family can't...	2
Teaching financial...	3
Recipes	4

Not surprisingly, fasting is one of those Biblical topics that no one really knows that much about. This article, of course, is not intended to have all the answers, but just to get us all started in studying this very important subject.

First of all, most of us are aware of the only commanded Fast day, known as the Day of Atonement. Many of us have been keeping this High Holy Day for many years. Yet, the Bible mentions that believers in Yahshua would be fasting at other times, too.

In many cases, fasting was done during times of national distress and deep grief. We see numerous examples of this in Scripture.

In 2 Chronicles 20:3, we read the following, "Jehoshaphat was alarmed by this news and sought Yahweh for guidance. He also gave orders that everyone throughout Judah should observe a fast." (NLT) So we see that seeking guidance from Yahweh is a good reason to fast. It is very true that fasting does make us focus on Yahweh.

In times of crisis, it is normal to fast as in 2 Samuel 1:2. It is natural to lose one's appetite during times of extreme trouble.

Please be aware, however, that certain individuals, due to extreme health conditions, may not be able to safely do a 24 hour fast. Keep also in mind that the importance of fasting is not the act or ritual but our motives before Yahweh. Read Isaiah 58: 3-5 (NLT), which says, "We have fasted before you! They say. Why aren't you impressed? We have done much penance and you have not noticed!" Then, of course, Yahweh tells them why: they were fasting in a wrong attitude! When we fast, we must remember that our only objective is to draw close to Yahweh. It is not to selfishly try to manipulate Him into giving us what we want. Fasting is between us and Yahweh alone. Make your next fast meaningful by praying first to be in the right attitude.



## Why a U.S Family can't make ends meet in 2012: What we didn't have in the 50's, but we MUST HAVE today!

(Author unknown)

### At home:

No microwaves, dishwashers, electric can openers, food processors and 100 other advertized gadgets. No dust busters, trash compactors, few clothes dryers, no computerized ovens, etc. No blow dryers, disposable razors, disposable diapers, no cable TV, VCR's, entertainment centers, computers, fax/printers, cell phones plus land phones, security systems, sprinkler systems, swimming pools. No \$1500 house payments. No \$200 water bills, \$600 electric bills, or \$100 phone bills. No \$500 satellite dishes.



### Money/Marriage/Kids:

Income tax was about 3%. Bank credit cards did not exist. No \$10,000 family credit card debt at 27% interest. No bank fees (free checks, no personalized checks). No ATM fees. No child support, no \$200 per hour marriage or financial counselors in the yellow pages. No drug rehabs. No "white flight" private schools, no day care, no little league sports activities with \$300 uniforms. No expensive school supplies—how about a paper tablet, pencils, crayons, ruler, scissors, paste, fountain pen and ink.

### Food and stuff:

No \$15 per pound packaged meat, no eating out 5 times a weeks, no pizza deliveries, no expensive "convenience" frozen dinners.

### Cars/Travel:

No \$4 gasoline (16 cents in 1956). No \$500 (or more) air travel tickets. In 1956 nobody went to 25 countries in their life, just to come home and brag about it. No \$400 per month car payments, no boat loans, no \$200 motel rooms. No yearly car inspections. No mandatory car insurance. No yearly car registration fee (One family, one car). No expensive car alarms.

### Medical:

No millionaire doctors. All family doctors made \$15 house calls, even on the weekend. No \$500-\$1000 a month health insurance, no \$300 prescriptions, no \$10,000 face lift surgeries.

### Pets:

No pet groomers. No millionaire pet vets. No pet insurance, pet cemeteries, or pet therapists. No \$200 bags of pet food (how about table scraps).

### Entertainment:

No \$100 tickets to sports/entertainment events. No \$35 theme park tickets. No \$10 movie tickets with \$4 popcorn and \$4 drinks.

...No wonder we're broke!

## TEACHING FINANCIAL RESPONSIBILITY TO CHILDREN

We live in a very materialistic world. One lesson of real value is teaching kids not to get everything they want. It seems that almost every television commercial targets children into getting their parents to buy some new cereal, fast food items, toy, or any new gadget that comes on the market. Limiting television time is a very good idea. If your child is in public school, you may have the added challenge of preventing your child from being influenced by his or her peers. Peer pressure is a powerful thing, for good or bad.

I witnessed a little boy at a park throwing a tantrum, while his frustrated mother attempted to “reason” with him. I thought to myself that my mother never would have put up with me doing that. She would have marched me right back to the car and took me straight home. That would have taught me not to have a repeat performance if I ever wanted to play at the park.

Some parents have offered some good advice that I thought I'd share with you.

1. Define your family's values. Every family does things a little differently. Sometimes, in older children, taking the time to explain things is often better than just saying, “No. Because I said so.” I remember when I was about ten years old, I went grocery shopping with my mother. In the cereal aisle, I asked permission to buy some “sweet” cereal with a cartoon character on the box. My mother said she didn't think it was a good idea. I asked her why, and she patiently explained that she believed that over-consumption of sugar destroyed a person's health, and that she loved me and wanted me to always be healthy. She also pointed out that the sweet cereals were often more expensive because the companies were making people pay for the colorful boxes and advertizing. Well, that made a world of sense to me as a ten year old! After that, I willingly ate the healthier options.
2. If your child really wants something, come up with a plan for him or her to earn money and save up for the item. Assign him or her some extra projects around the house. By earning small amounts of money over time, your child will probably appreciate the item more if he or she is forking over their own cash. It's been said that “people appreciate more the things they have to work for.”
3. Retain veto power. Remember that as a parent you ALWAYS have the right to say no. You don't have to justify a decision to not let your child get something that he or she really wants. Just like Yahweh, as our parent, does not give us everything we pray for, we must also do the same with our children.



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## Move More, Live Longer!

Inactivity is a huge health threat! Did you know there is actually a scientific name for it? Some would say it's called "laziness." But actually it's known as SeDs (Sedentary Death Syndrome), and some health providers say that within the next decade as many as 2.5 million people may die from it! Just when you thought you knew it all, right?

Exercise can help you prevent the top killers—cancer, diabetes, bone problems, and heart disease. It's easier than you think—just 15 minutes of brisk walking a day can do wonders for your body. Get moving today!



## Healthy side dishes

I had someone tell me recently that main dishes were so much easier to figure out than side dishes. This woman had the same tossed salad every single day with dinner, and wanted to try something different. So she started experimenting and came up with the following ideas:

### Mixed Greens with Garlic:

- 1 T. oil
- 3/4 cup sliced leek (white part only)
- 1/2 cup green onions (green and white parts)
- 1 T. minced garlic
- 3 cups kale
- 2 cups collard greens, cut in ribbons
- 1 cup chopped broccoli
- 5 cups fresh spinach
- 1 cup broth, chicken or vegetarian
- Salt and pepper



Heat oil. Add leek, green onions, and garlic. Sauté about 4 minutes. Add the kale, collards, and broccoli; cook till wilted. Mix in the spinach. Add the broth and simmer about 15 minutes. Season with the salt and pepper.

### Easy creamed spinach:

- 1 16 oz bag frozen spinach, thawed and drained well
- 1/2 T. butter
- 1/4 cup milk, cream, or substitute
- Salt, to taste
- Dash nutmeg.

Heat all the above in skillet until hot and creamy. Stir continuously.

