

Sisters for Yah

Abba, Father

In Galatians 4:6 we read, “And because you are sons, Yahweh has sent forth the Spirit of His Son into your hearts, crying out, “Abba, Father!”

The word *father* brings up different images for everyone. To some, it brings up a picture of love, laughter, respect, and acceptance. Regrettably, for others, the term *father* is associated with fear, rejection, abandonment, and disappointment. This is why it's very important not to take our understanding of our heavenly Father from our earthly experience. We must take it from Scripture alone.

Even if we had wonderful earthly fathers, they were certainly not perfect. The key to understanding the Bible should not be based on our experiences.

The sad truth is that people will always disappoint us at some point. Yahweh is the ultimate model Father in the truest sense of the word. Your heavenly Father was willing to pay any price in order to save you. Read Romans 8:32. In addition, your heavenly Father is always ready to meet your needs as we see in Luke 11: 11-13.

A loving father must discipline his children for their own good. Yahweh loves us so much that He is willing to discipline us and bring us into maturity. We can read about this in Proverbs 3:11-12 and Hebrews 12:5-10. Even when we rebel against Him and reject His love, our heavenly Father still continues to try to bring us back to Him. We may

feel this as a guilty conscience when we sin. This guilt causes us to repent and cry out Yahweh. He has made us His heirs as we read in Romans 8:15-17.

This is what a real Father is like. If this has not been your experience, it can be now. There is One who loves you as His child. Take comfort in Him as your loving Father! You may find this difficult if you've had a bad childhood. But Yahweh is aware of your past, and don't let it stop you from reaching out to Him. Spend time in prayer and pour your heart out. Ask Yahweh to help you have a right relationship with Him. He never denies a sincere heartfelt prayer.

And if you're a father (or mother, for that matter), strive to be the best one you can possibly be with Yahweh's help. You don't have to repeat your childhood with your own children. Destructive cycles can be broken. Tender hearts can be healed. It's not too late.



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Fun summer sewing project!

Summer is the time for wearing sunglasses! Most people like to protect their glasses in a case, but don't go out and purchase one. Why not make one? It's super simple, and you don't even need a sewing machine if you don't have one. Follow these instructions:

1. Cut two pieces of your favorite printed fabric (or solid), and two pieces of lining fabric, each 8 inches by 4 1/2 inches.
2. Use a bowl to trace a rounded edge on each fabric pieces top edges and then cut.
3. Place one lining piece on top of one printed piece, right sides together.
4. Sew around the curved edge only. Repeat with the other pieces.
5. Cut the edge of the unsewn fabric with pinking shears.
6. Turn right side out and press.
7. Place the printed sides of each piece together and sew around the straight edges of the pouch.
8. Turn the pouch right side out and press.



TAKE THE ITCH OUT OF MOSQUITO BITES

1. Try a dab of honey! Honey, in particular manuka honey, has strong anti-inflammatory properties.
2. A chilled spoon can also help. The cool sensation can reduce swelling. Ice can do the same, but a metal spoon that has been frozen for 20 minutes will stay cold longer.
3. Make a paste of oatmeal. Just mix a spoonful of crushed oats with a little water. Apply to your bite. Oats are known to have a natural soothing ability to calm itchy irritated skin. Oatmeal pastes also can help ease the itch of chicken pox or other skin irritations, such as rashes.



Food cures in your kitchen

1. Sore joints? Eat apricots. They contain high levels of magnesium, and beta-cryptoxanthin. Both of these may prevent osteoarthritis.
2. If you suffer from hand pain, try hand exercises, specifically the "Cat's Claw." Open hand wide, fingers straight. Slowly bend fingertips and thumb toward the base of your fingers. Hold six seconds. Open hand and repeat a few more times. Many arthritis sufferers say this really improves their ability to use their hands more.
3. Feeling stressed? Eat about an ounce of walnuts every day. Walnuts are very high in omega-3 fatty acids, which can keep you feeling calmer.
4. Lift "brain fog" by sniffing peppermint. Amazingly, researchers found that peppermint stimulates the part of the brain responsible for attention and energy

Crouching at the door

In Genesis 4:7 we read, “If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire is for you, but you shall rule over it.”

When temptation enters our hearts and minds, we either deal with it and gain mastery over it, or it eventually leads to sinful actions. The time between the initial temptation and the chosen response is critical. Much hangs in the balance.

Cain knew that Yahweh was displeased with him but pleased with Abel. Feelings of anger and jealousy crept into Cain’s heart, which led to him murdering his brother. Yahweh had warned Cain that sin was waiting at the door of his life, looking for an opportunity to enter. Now was not the time to treat temptation lightly, nor the time to assume that sin would never cause any harm. Now was the time to “nip temptation in the bud.” Tragically, Cain did not master his sin. Instead he allowed it to overtake and destroy his life.

This doesn’t have to be our story. We can learn from Cain and decide to choose life instead of death. Be aware that temptation can come at unexpected moments. A sinful thought may creep into your mind, or selfish feelings may invade your heart. The promptings of the Set-apart Spirit will warn you that Yahweh is not pleased with the direction your mind and heart are taking you. At that moment of conviction, you must master the sin that crouches at the door of your life. Sin destroys and brings death. Never toy with sin or take it lightly. Far too many believers are also over-confident in their ability to reject sin. And many have fallen to temptation. Yahweh’s warning to Cain is the same to us. Master the sin at the door of your life before it brings inevitable and disastrous consequences. If we overcome to the end, we are promised eternal life!



Every careless word

Let’s read Matthew 12:36, which tells us, “But I say to you that every idle word men speak, they will give account of it in the day of judgment.”

Yahshua spoke plainly about our idle words, yet His warning often goes unheeded. Idle words are things we say carelessly with no regard for the impact on others. Our words can have a devastating effect on people if we are not careful. The book of Proverbs encourages us to speak less rather than risk saying something offensive. See Proverbs 17:28. Idle words can give a lucid picture of the condition of our hearts as we see in Matthew 15:17-20. In addition we are told in James 1:19 to be, “swift to hear, slow to speak, slow to wrath.” We are much less in danger of saying something offensive when we are listening than when we are speaking!

Think very carefully about the words that come from your mouth. We should only speak words that uplift and bring grace to others (Eph. 4:29). Do you need to speak less? Do you need to be more careful about the kind of humor you use? Ask Yahweh to help you evaluate whether your words build up or tear down.

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Honey Garlic Salad Dressing

- 1 cup vegetable or olive oil
- 1/3 cup apple cider vinegar
- 3 T. honey
- 2 cloves garlic, finely minced

Blend all ingredients. Set aside for 45 minutes to allow flavors to meld together. Shake it up and it's ready to drizzle over a nice green salad!



Easy Spicy Beans and Rice

- 2 cups dry brown rice, cooked according to package directions
- 2 t. oil
- 2 small red onions, chopped
- 6 garlic cloves, minced
- 1 red bell pepper, chopped
- 2 small jalapeno peppers, seeded and minced
- 2 t. dried cumin
- 1/2 t. cayenne pepper
- 2 t. salt
- Juice of 1/2 a lime
- 2 cans black beans, drained and rinsed

Heat the oil in a large skillet and saute the onions, garlic, bell pepper, and jalapeno peppers, about ten minutes, stirring frequently. Add the rest of the ingredients and heat through. Makes a good side dish or main dish.



Granny's Peach Cobbler

- 1 can peaches (29 ounces), drained and juices reserved
- 1 cup self rising flour
- 1 egg, beaten
- 1 cup sugar
- 1/2 cup melted butter
- Vanilla ice cream, to serve, optional

Arrange peaches in a nine inch round baking pan. Pour half the juice over and discard the rest. Mix egg, flour, sugar. Pour over the peaches. Pour the melted butter over the flour mixture. Bake at 350 degrees about 45 minutes until center is completely cooked through. Enjoy with a scoop of vanilla ice cream on top.

