

# Sisters for Yah

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## Yahweh's Ways Are Best

In 1 Kings 17: 8-9 we read, “And the word of Yahweh came to EliYah, saying, Arise, get thee to Zarephath, which belongeth to Zidon, and dwell there: behold, I have commanded a widow woman to sustain thee.”



Many times it is not clear why Yahweh allows certain things to happen to us. But it is always for our own good. EliYah had been fed by ravens until the brook of Cherith dried up due to the very drought that EliYah had prophesied. Then, instead of providing water, Yahweh told EliYah to move to a village in Zidon to stay with a poor widow who would feed him.

In Zidon, lived the wicked queen Jezebel and she was soon to become EliYah's fierce enemy! Furthermore, poor EliYah would have to humble himself and ask the poor widow to share what she thought was her last meal with him—a total stranger and prophet she didn't even know! EliYah must've wondered why Yahweh was doing this.

Nevertheless, EliYah obeyed Yahweh without question, and so did the poor widow. So Yahweh was able to perform two mighty miracles. He met the physical and spiritual needs of this unlikely duo—the greatest prophet of that time and an insignificant widow. The daily miracle of the oil and meal took place as long as the drought continued, and an even greater miracle—the widow's son was restored to life (1 Kings 17: 20-24). The poor widow's faith in Yahweh must have increased tremendously.

What about you? Do you often feel confused when strange trials befall you? Yahweh's ways may not be our ways, but they truly are best. It is not for us to understand every little thing that Yahweh does in our lives. They all serve a purpose to His glory. Trials can happen for any number of reasons. Yes, sin does play a part in some trials (whether they be our own sins, or the sins of other people), but most trials serve a purpose in developing righteous character. May He always give us the grace to obey His word, whether or not we fully understand.

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## Oatmeal Recipes

Recent studies have shown what your grandmother always said was true, “Eat your oatmeal; it’s good for you!” Trouble is, most of us hate the taste of it. But a good recipe can solve that! Consider the following reasons to eat more oatmeal:

1. Oatmeal is high in fiber. Fiber can prevent certain kinds of cancer.
2. Oatmeal may reduce bad cholesterol.
3. Fiber can slow digestion of starches, which is great for diabetics!
4. Studies show that people who eat oats are less likely to develop heart disease.
5. Oatmeal contains phyto-chemicals, which have cancer-fighting properties.
6. Oatmeal contains many nutrients like vitamin E, zinc, selenium, copper, iron, manganese, and magnesium.



Try these yummy recipes, and you won’t even know you’re eating oatmeal!

### **Crunchy Nutty Granola:**

- 2 cups quick oats
- 3/4 cup flaked coconut
- 3/4 cup slivered almonds or peanuts
- 1/2 cup honey
- 1/3 cup vegetable oil

Combine all ingredients in a large bowl. Toss to coat. Spread mixture in a 9 x 13 pan and bake at 350 degrees for 30-35 minutes until golden brown. Spread mixture on a large sheet of foil and let cool. Break into smaller clumps. Store in plastic bag or container and seal tightly. Can be used as a topping for salads, ice cream, or yogurt.

### **Cinnamon Oats Pancakes:**

- 1 pkg. Pancake or biscuit mix (6 oz.)
- 1/2 cup quick oats
- 1 egg, beaten
- 2 T. vegetable oil
- 1 1/2 cups milk
- 1/2 t. cinnamon

Lightly oil griddle. Heat pancake griddle to 400 degrees. Combine all ingredients and pour 1/4 cup for each pancake on hot griddle. Cook 1 to 2 minutes each side. Turn only once. Serve with syrup or your favorite topping.



## What's in a Name?

Many people, upon finding out about Yahweh and Yahshua's true Names, have wondered if they should change their own names, since paganism is saturated throughout our modern languages. Some feel they need to change their names or Yahweh won't accept them. But consider the following: *"Unto whom the prince of the eunuchs gave names: for he gave unto Daniel the name Belteshazzar, and to Hanaiah, of Shadrach; and to Mishael, of Meshach; and to Azariah, of Abednego."* (Daniel 1: 7)

In ancient times, a name was very important, not just among Yahweh's people, but even among Israel's enemies, including the Babylonians. Parents named their children according to their convictions, and according to what character traits they wanted their children to possess.

Now consider the names of Daniel and his friends. The meaning of all their names were very significant. Daniel meant "El is my Judge." His name was changed to Belteshazar which meant "Favored by Bel" (a pagan deity!). Hananiah ("Beloved of Yah") became Shadrach ("illuminated by Rak," the sun deity). Mishael ("Who is as El?") was renamed Meshach ("who is like Shak," the Babylonian equivalent of the deity ,Venus"), and Azariah ("Yah is my help") became Abednego ("servant of Nego," the deity of fire).

I'm sure these righteous young men resented these new names. But they never attempted to change them. They did not make an issue over the matter, knowing they would forfeit their opportunity for a substantive spiritual witness if they took a belligerent stand on superficialities.

Eventually a real opportunity came for them to make a stand against the false deities of Babylon, as in the case of Nebuchadnezzar's image and the fiery furnace for Daniel's three friends. And let's not forget the decree of Darius and the lion's den for Daniel. In these cases, Daniel and his three friends gave an uncompromising witness and Yahweh honored them for it. We must remember that in our own witness against modern paganism, form is secondary, but substance is vital. Our personal names are of less importance. But it is vital that our stand and conduct honor the name of Yahweh! Only Yahweh and Yahshua's Names must not be blended with pagan deities. We must not bring dishonor to Their Names by living our lives unrighteously. One day Yahweh will give us new names. He will choose a better name for you than you can for yourself. We are commanded by Yahweh to call on Him by His correct Name, but we are not commanded to change our own names. While there is nothing wrong with changing your own name, Yahweh will still accept you even if you keep the name your parents gave you—even if it might be of pagan origin. Yahweh did change certain people's names in Scripture but they did not choose their own names—Yahweh chose them.

*To him who overcomes...I will give him a white stone, and on the stone a new name written which no one knows except him who receives it,*

*— Revelation 2:17*



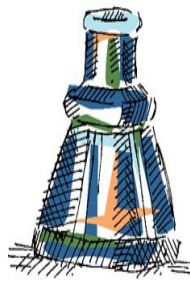
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*Do not let  
loyalty &  
faithfulness  
forsake  
you...*

*write them  
on the tablet  
of your  
heart.*



*Proverbs 3:3*

## Did you remember to pray for...?

1. **Perseverance.** Pray that you can run the race marked out for you.
2. **Contentment.** Are you content with food and raiment as mentioned by scripture?
3. **Faith.** Do you truly trust Yahweh with your life even when things go bad?
4. **A servant's heart.** Do you have a humble spirit? Do you seek what's best for others or do you selfishly consider your own needs?
5. **A passion for Yahweh.** Don't become lukewarm!
6. **Becoming peace-loving.** Do you try to keep the peace or are you argumentative?
7. **Joy.** Find ways to be happy.
8. **Gratitude.** Make a list of all your blessings and post it where you can see it every day. Add to it constantly.
9. **Growth.** Are you growing in grace and knowledge? Are you trying to develop righteous character.
10. **Honesty and integrity.** Teach these to your children by example. Let them see you in practicing your beliefs in action.
11. **Purity.** Are you willing to remove anything in your life that is causing you spiritual and physical uncleanness? Choose uplifting music, films, and get new friends if you have to.
12. **Love for Yahweh's Word.** Make bible study a priority. Take notes as you read and pray for understanding and discernment.
13. **Respect** (for self, others, authority). If we don't have respect in all areas of our lives, how can we truly respect Yahweh?

