

Sisters for Yah

Yahweh Hears

Read Malachi 3:16, which tells us, *Then those who feared Yahweh spoke to one another, And Yahweh listened and heard them; So a book of remembrance was written before Him. For those who fear Yahweh and meditate on His Name.*

Yahweh intended His people to be a community. Even though believers may be isolated and alone, they are still part of the Body. In our modern world of internet and social media, the world has gotten smaller, allowing isolated believers to form friendships with other like-minded people all over the world. It is exciting when you find another believer who shares the same concerns and burdens that you do! In many cases, Yahweh will graciously bring another believer alongside you who will undergird you in the work and concerns that Yahweh has placed on your heart.



It is a beautiful thing when Yahweh's people unite. Scripture says that when two or more are gathered, there He is among them. Even prayers are more powerful when two or three believers agree. We are to pray for one another. It is perfectly okay to ask other believers to join you in your prayer requests. Don't attempt to bear your loads of care on your own. As you face your concerns, deliberately seek out other believers with whom you can stand and share your load. And do the same when people come to you asking for prayer. Read Matthew 18:19-20. Yahweh chooses to respond to unity by making His powerful presence known. In Luke 24: 13-32, when two people walked together discussing the confusing events of Yahshua's impalement, Yahshua joined them and helped them understand the events of their day. He was there for them when they needed Him most.

Yahweh may feel far away, but He is actually just a prayer away. In Genesis 16:13, Hagar says that Yahweh is the "El (Mighty One) Who sees." This is important because to "see" someone is more than just visibly noticing them with the eyes. To "see" means to acknowledge. Yahweh was not blind to Hagar's suffering. And He is not blind to our suffering either. We have a very present and available Father. That's very good news indeed!

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Pride, our common enemy

Proverbs 29:23 tells us that, *A man's [or woman's] pride will bring him low. But the humble in spirit will retain honor.*

As Yahweh's people, we recognize that pride is a great enemy. Pride is an overly high opinion of yourself. It motivates you to do things that you know are against Yahweh, and it hinders you from bringing glory to Him. Pride influenced our first parents, Adam and Eve, to fall in the garden of Eden. Pride motivated Cain to murder his brother Abel. Pride provoked Joseph's brothers to sell him into slavery. Pride caused King Saul to resent David so deeply that he tried to murder him. Pride led King Hezekiah to foolishly reveal his wealth to his enemies. Pride was at the root of the Pharisees' anger toward Yahshua. Pride even caused the disciples to argue over rank in the coming Kingdom.

None of us have escaped this relentless opponent. Even those who consider themselves humble have succumbed to pride. I remember hearing about an elderly woman who had been in the faith for decades. She had proudly declared, "I NEVER sin." It may be true that she wasn't a practicing commandment-breaker, but her proud countenance spoke volumes when it came to the heart. Human hearts are desperately wicked. Even those with low self-esteem suffer from pride. Another individual had confidently stated that Yahweh obviously loved him more because he suffered more trials than his brethren. In his eyes, the persecution he went through was "proof" that his relationship with Yahweh was more special than the others' relationships' with Yahweh.



It is a good idea to ask Yahweh reveal any prideful attitudes in you. We are told that "pride goes before destruction." (Proverbs 16:18). Never forget King Nebuchadnezzar's struggle with pride. It got so bad that Yahweh had to humble him, by causing him to lose his mind so strongly, that he ate grass for seven years like an animal! May we all be humble and follow Yahshua's example. He came as a Servant, and likewise, let us be Yahweh's servants.

When it's hard to pray

All believer's go through "dry spells" now and then. Don't despair; help is just a prayer away (pun intended).

1. Confess your difficulty in praying to Yahweh. He completely understands that humans are frail.
2. Read other prayers by people in Scripture.
3. When you can't think of anything to pray about, try expressing thanks to Yahweh for the good things He gives us.
4. Take the focus off yourself. Pray for other brethren whom you are aware of having needs that need to be lifted up on their behalf.
5. Pray for wisdom like Solomon.
6. Consider recording your prayers in a journal. You can easily look back and see the answers Yahweh gave you.

Fighting inflammation

According to current research, inflammation in the body may be a root cause of many chronic diseases. Inflammation can be caused by many factors such as chronic stress, inadequate sleep, exposure to everyday chemicals, and poor food choices. The bad news is we can't avoid everything that may cause inflammation. The good news is that making wise food and lifestyle choices can improve our bodies response to inflammation.

Eat these to reduce inflammation:

1. Leafy greens, such as lettuce, arugula, spinach, and kale
2. Extra virgin olive oil
3. Berries
4. Cruciferous vegetables such as cauliflower, broccoli, brussels sprouts
5. Fatty fish (salmon)
6. Green tea
7. Fermented foods like yogurt, sauerkraut, and kefir
8. Nuts and seeds, particularly walnuts

Avoid these to reduce inflammation:

1. Saturated and trans fats
2. Foods high in sugar
3. Artificial ingredients
4. Fried foods
5. Processed foods
6. Cured and processed meats such as hotdogs and deli meats
7. Excess alcohol
8. Excess caffeine



Is it better raw?

Did you know that some produce is more nutritious when cooked? For years, it was believed that cooking destroyed nutrients, and that raw food was always better. Modern studies dispute that on some items. For instance, cooked tomatoes are more nutritious than raw! Studies showed that your body can absorb more lycopene when the tomatoes are cooked! Likewise, steamed asparagus has more cancer-fighting potential than raw. Even certain greens, such as cooked spinach allows your body to absorb more calcium, iron and magnesium.

But it's still true that certain produce is best consumed raw. Beets, broccoli, onions, and red pepper do lose some of their nutrients when cooked. Consider putting them raw in salads. If you must cook them, don't overdo it. Just sauté them in a little bit of water to preserve their health-enhancing qualities. Also cooking them in soups are a good idea, as their nutrients will leach into the soup water.



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Nutella Crescent Rolls

1 can (8 oz.) crescent rolls

Nutella hazelnut spread

Powdered sugar, optional

Heat oven to 350 degrees. On a cookie sheet, place a layer of parchment paper. Unroll crescent rolls. Spread a thin layer of Nutella on each one, stopping within an inch of the shorter point. Roll up and make sure they are sealed. Bake about 12 to 15 minutes. Sprinkle with powdered sugar if desired.



Frito Bars (Sister Jan Meyer)

1 bag of Fritos corn chips (14.5 oz bag), slightly crushed

1 cup sugar

1 cup light corn syrup

1 cup creamy peanut butter

1 1/2 packages of milk chocolate chips (11.5 oz size bags)

Place the slightly crushed corn chips into a greased 9 by 13 pan, lined with parchment paper for easy removal. In a medium saucepan over medium heat, bring the sugar and light corn syrup to a boil. Remove from heat



and stir in the peanut butter until smooth. Pour the mixture over the corn chips and spread evenly. Place the chocolate chips in a single layer over the hot mixture and allow several minutes to melt.

Once the chips have melted, smooth out the chocolate to a thin layer. Let cook before breaking into pieces (I cut mine in bars).

Note: The bag of corn chips I used was a smaller size than suggested. I also used just one bag of chocolate chips instead of one and a half.