

# Sisters for Yah

February 2011



Volume 5, Issue 2

## Take a Stand

We all know the story about Daniel. He took a stand against the most powerful earthly ruler in his day. Turn to Daniel 1:8 which says, “But Daniel purposed in his heart that he would not defile himself with the portion of the king’s meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.”

Inevitably, there comes a time in every believers life when he or she must take a stand against some worldly practice. Daniel gave us a striking example of how to do this not only courageously, but graciously, and effectively.

One of the most important things we see is that Daniel was not belligerent or disrespectful when he made his stand. He always remained courteous and reasonable. Far too often, believers make a spectacle of themselves when trying to stand up for what is right. Getting into arguments will not solve anything. Yahweh honored Daniel’s faithfulness and He will do the same for us. We must always be ready to “give an answer.” But let’s do it with meekness and not arrogance.



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We will not win any converts if we show ourselves in a negative light. I witnessed more than one incident where well-meaning believers lost family members and friends because of the bad way they conducted themselves all for the “glory of Messiah.” Showing ourselves as righteous examples can go a long way toward leading an interested individual into the faith. It is Yahweh, of course, that does the calling, but He uses you and me to witness to others. It is an incredible responsibility that believers are given.

Those of us who have been in the faith for many years have learned that it is pointless to demand that others do what we do if they are not being called. However, we have also seen others change for the better when they see our good example! May we all learn something from Daniel.

(anonymous)

## Yahshua's Return

Lately, I've been noticing more and more religious organizations setting dates for Yahshua's return. This is quite alarming to me because we are told in Scripture that no one knows the day or the hour. It seems natural that people want to know when the Messiah is coming back, but they can put



way too much focus on this. Many years ago, I was a member of a certain religious group that preached that the Messiah would return in 1972. I was shocked to learn that many of the members began selling their houses and land in anticipation of the ushering in of the Kingdom! It was a huge disappointment for those people when the Messiah did not return and many disillusioned individuals lost their faith and left that organization.

Even some in Peter's time were wondering. In 2 Peter 3:4, we read, "And saying, Where is the promise of His coming? For since the fathers fell asleep, all things continue as they were from the beginning of creation." Yes, centuries have come and gone, and the world continues to decay, growing worse and worse. Has Yahshua forgotten His promise to return? Of course not!

We all want Yahshua to return, of course. We look at all the sickness, wars, disease, and suffering in the world and we long for the Kingdom. On a more personal level, we look at our own suffering and want relief even more so! But Yahweh knows exactly when He needs to send Yahshua back to this earth. We need not concern ourselves with dates and times. We need to focus on seeking first the Kingdom. There is much we can do to prepare for Yahshua's return. First and foremost, we must pray and study the Word on a daily basis. We must develop a set apart, righteous character. In many ways, it is good that Yahshua did not return yesterday—most of us would not have been ready for Him! We still have so much to work on in our lives.

Ask yourself, will I be ready for His return? What kinds of things should I be working on in my own life to prepare for His coming? Be honest with yourself. We all have things we need to change in our lives. Preparing our hearts is a much bigger task than setting dates. Perhaps that is why many seem to focus on date-setting in Scripture, because it is much easier than seeing the reality of what needs to be changed in our own lives. Let us prepare our hearts and minds for the return of Messiah so that we may be presented to Him as a pure Bride!





## Think of Spring

Even though spring still seems far away right now with the snow on the ground, time can fly by when we're not thinking about it. With springtime, comes Passover and the Feast of Unleavened Bread.

At Yahweh's Assembly in Yahshua, this is usually the busiest time of the year. We add new people to our mailing list daily, and every year during Passover we have many sincere, new believers requesting information and suitable recipes for the Feast of Unleavened Bread. In upcoming issues of Sisters for Yah, we will be focusing on the spring holy days, and providing many recipes for our new members and truth-seekers.

If this will be your first time keeping the spring holy days, you'll find this to be a very uplifting, exciting time of the year. For many, it will be a time of renewing their commitments to Yahshua. We know that Yahweh's new year begins in the spring, not the dead of winter. The new moon of April will truly be the start of a "Happy New Year!" It is a great idea to start preparing early. You might want to go through your kitchen cabinets and begin reading labels. Yeast, baking powder, and baking soda are the three most common leavening agents. Some ladies put all their leavening agents and products containing leavening on one shelf so that they can see exactly what needs to be used up before Passover. Don't forget to search the freezer, too. One lady didn't realize that she had several brand new frozen loaves of bread hiding way in the back! The worst thing to do is wait till the last minute. Feel free to contact us for further information or any questions you may have. Hope to see you for Passover and the Feast of Unleavened Bread!



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## Get your ZZZZ's

Sleep is good for you. Research shows that a good nights sleep helps the brain remember what has been learned during the day. Tips to get a good night sleep:

1. Establish a regular bedtime and stick to it.
2. Try to aim for 7 to 8 hours.
3. Avoid caffeine in the afternoon.
4. Relax before going to bed.
5. Keep the room dark. Flashing lights from electronic devices can keep you awake.
6. Keep the temperature comfortable. Too hot or too cold can cause interrupted sleep.

## Super Foods

**Apple**—high in antioxidants  
**Avocado**—healthful unsaturated fatty acids  
**Beans**—low fat protein  
**Blueberry**—fruit with the most antioxidants!  
**Broccoli**—best anti-cancer food  
**Cinnamon**—balances blood sugar  
**Dark chocolate**—good for heart disease  
**Dates**—good source of iron, potassium, folate  
**Honey**—fights bacteria and certain viruses  
**Kiwi**—high in vitamin C  
**Oats**—fiber and proteins  
**Olive oil**—vitamin E rich  
**Onion, Garlic**—anti-inflammatory  
**Orange**—Vitamin C  
**Pomegranate**—antioxidants  
**Pumpkin**—high in carotene  
**Spinach**—fights heart-related conditions  
**Tomato**—fights prostate cancer  
**Turkey**—vitamin B, niacin, selenium  
**Walnut**—omega 3  
**Wild salmon**—vitamin D  
**Yogurt**—good for digestive system

