

# Sisters for Yah

## Using your knowledge wisely

It's always exciting to learn more about the Bible! But with much learning comes much responsibility. Years ago, a Bible study was started among believers in someone's home. The attendees were at many different levels of Bible knowledge. Some were so new, that they never had even previously picked up a Bible. But there was one individual there that had extensive Bible knowledge. But she didn't know how to use her knowledge well. When the less savvy attendees would ask a question that she already knew the answer to, she would roll her eyes and sigh loudly. Then she would give the answer to the question with a tone of impatient superiority. This would happen at every Bible study.

You can guess what happened. One by one, people began dropping out. No one felt comfortable anymore around this person. In fact, some of the others began a Bible study in someone else's home, but did not invite the person who had behaved so badly with her knowledge!

We've all probably had experiences like this. Ask yourself, "Have I been humiliated by someone who knows more about the Bible than I do?" And also ask, "In what situations am I tempted to misuse my knowledge?" It can be difficult, especially if you are married and your spouse is not interested in studying with you. Here's a humbling thought: no matter how much we know, it really isn't very much! Famous scientist, Robert Oppenheimer, once said, "What we know is really like a cup of water in the ocean. What we know is the cup and what we don't know is the ocean."

There's never a need to flaunt our Bible knowledge or use it as a weapon. In fact, Solomon said, "A wise man keeps his knowledge to himself," Prov. 12:23. The point of this Scripture is to not feel superior if we know more than others. We should use our knowledge to help others. Be gentle when discussing Scripture with other people. Believe me, you'll see more people accept the truth if you don't behave as a know-it-all. Know what I mean?



### Inside this issue:

Using your knowledge...	1
Poems	2
Helpful articles and tips	3
Recipes	4



## DOUBT VERSUS FAITH

Doubt sees the obstacles, faith sees the way.  
 Doubt sees the darkest night, faith sees the day.  
 Doubt dreads to take a step, faith soars on high.  
 Doubt questions, "Who believes?"  
 Faith answers, "I."

## DON'T QUIT

When things go wrong, as they sometimes will,  
 When the road you're trudging seems all uphill,  
 When the funds are low, and the debts are high,  
 And you want to smile, but you have to sigh,  
 When care is pressing you down a bit,  
 Rest if you must, but don't quit.

Life is odd with its twists and turns,  
 As every one of us sometimes learns,  
 And many a failure turns about,  
 When he might have won had he stuck it out;  
 Don't give up though the pace seems slow,  
 You may succeed with another blow.

Success is failure turned inside out,  
 The silver tint of the clouds of doubt,  
 It may be near when it seems so far,  
 So stick to the fight when you're hardest hit,  
 It's when things seem worse that you must not quit.



## One

One song can spark a moment, one flower can wake the dream  
 One tree can start a forest, one bird can herald spring  
 One smile begins a friendship, one hand clasp lifts a soul  
 One star can guide a ship at sea, one word can frame the goal  
 One vote can change a nation, one sunbeam lights the room  
 One candle wipes out darkness, one laugh will conquer doom  
 One step must start each journey, one word must start each prayer  
 One hope will raise our joy, one touch can show you care  
 One voice can speak with wisdom, one heart can know what's true  
 One life can make a difference, You see it's up to YOU!



....All submitted above are anonymous.

## The junk drawer

Do you have a junk drawer? Almost everyone does. You know—a place where everything from dead batteries to old ticket stubs, to expired coupons ends up. I often turn to my junk drawer as a last ditch effort to locate a missing something. But it's frustrating. I sort and sift, rifle and toss, but the stuff just multiplies. And often the time spent looking through a junk drawer is wasted. What I really should do is get rid of the unneeded stuff so that the good stuff is readily accessible.

Our minds and hearts can be like a junk drawer. If we don't remove the clutter that accumulates in them, we'll have difficulty functioning effectively. In Luke 21:34, we see that Yahshua asked us to "be careful, or your hearts will be weighed down with...the anxieties of life." Of course, the anxieties of life are different for each of us. They may be in the form of bitter memories, grudges, overcommitted schedules, or whatever else. Have you ever tried sorting the items on your mind. You might find that most of what's in your mind is no longer useful and only taking up valuable space. It's time to clear away what is not important and concentrate on what is. Also, as an added benefit, if we remove the junk from our minds, we'll be more useful to Yahweh. So fill your mind with things that have eternal consequences.



## Health-boosting fruits

Put blueberries, grapes, pears, and apples on your next shopping list! According to an amazing study, adults who ate plenty of those fruits were less likely to be diagnosed with diabetes, compared with those who didn't eat fruit. But go easy on fruit juice, as it seems to actually raise your risk.

## Test your germ IQ

1. Your office keyboard has more germs than your work phone. True or false?
2. Which has more germs—the average toilet seat or the average handbag?
3. Once opened, how long does spaghetti sauce last in the fridge? 4 days or 2 weeks?
4. Should you disinfect household sponges?

(Answers: 1. False, 2. handbag, 3. 4 days, 4. yes, disinfect sponges in microwave for one minute every other day.)



## HOW TO LISTEN TO A SERMON

1. Be in the right frame of mind. You are there to be taught and challenged, not entertained.
2. Read the scriptures mentioned in the sermon. Take notes. There might be something you want to study later.
3. Test what you hear. Instead of turning off your mind, ask: Is this true? How did he come to that conclusion? Make applications.
4. Decide what you need to do to apply it to daily life.

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## Gluten-free flours

Those who are sensitive to wheat  
now have many choices.



**Amaranth**

**Arrowroot**

**Rice**

**Buckwheat** (does not actually contain wheat, related to rhubarb plant)

**Chia**

**Chickpea**

**Cornflour** (maize flour, cornmeal)

**Millet**

**Oat**

**Quinoa**

**Rye**



## Gluten free cookie recipes

I recently learned that millions of people are sensitive to gluten. Here are a couple easy recipes that everyone can enjoy without worry.

### Peanut Butter Cookies

- 1 egg
- 1 cup sugar
- 1 cup peanut butter
- 1 t. vanilla extract
- 1/2 t. Baking soda

Blend the above. Drop tablespoon sized balls on parchment paper on a cookie sheet. Bake 11 minutes. Makes 32 cookies.

### Pecan Clouds

- 2 egg whites
- 1 t. vanilla extract
- 3/4 cup packed light brown sugar
- 2 cups pecan halves.

Preheat oven to 250 degrees. Lightly grease a cookie sheet. Beat egg whites to form stiff peaks. Gradually add sugar. Add vanilla and pecans. Drop mounded spoonfuls onto the cookie sheet. Bake 1 hour. Turn off heat. Leave in closed oven another 30 minutes or until centers are dry.

