

Sisters for Yah

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Yahshua's Prayer

Yahshua presented some basic concepts to His disciples in the following prayer. We are not to use vain repetitions in our prayers, but consider what the following sections mean to you personally.

“Our Father Which art in Heaven.”

Yahshua is acknowledging that Yahweh is a Father to His creation who are obedient to Him. Yahweh is always present and able to help those who cry out to Him.

“Hallowed Be Thy Name.”

This says that Yahweh's Name is set apart and holy. Yahweh is His personal memorial Name and He wants us to use it. We cannot keep His Name Holy if we are not using it!

“Thy Kingdom come, Thy will be done on earth as it is in heaven.”

One day Yahshua will return to earth and establish his perfect government. He will rule with a rod of iron and enforce His righteous laws. This includes the institution of the Sabbath and Holy Days.

“Give us this day our daily bread.”

This is a simple request that our daily needs will be met. It does not necessarily say our wants will be met. Needs and wants are often two very different things.

“**Forgive us our trespasses as we forgive those who trespass against us.**” Forgiveness is crucial in our lives. If we don't forgive others, Yahweh won't forgive us. Are you harboring grudges?

“For Thine is the Kingdom and the power and the glory forever.”

Yahweh is omnipotent and is ever-living. He is our ultimate Helper. Let us make daily, heartfelt prayer a habit to last a lifetime.



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Teach Your Children about Yahweh!

There's a very destructive idea circulating out in the world that says that parents should allow their children to find their own way spiritually. Even many "religious" people have bought into this evil idea and have stopped instructing their children about spiritual matters at home. We, as Yahweh's people, must whole-heartedly reject this new philosophy and take our calling to teach our children seriously! In Proverbs 22:6, we find, "Train up a child in the way he should go, even when he is old he will not depart from it." Notice that the Bible does not say, "Let your children decide for themselves how they want to worship."

Not teaching our children is like setting a boat out to sea without a rudder. If children don't have a spiritual anchor they will end up adrift in a toxic society that can destroy them in many ways. Having a personal relationship with Yahweh is the key to spiritual survival. The earlier you teach your children the better. Research shows that it becomes more difficult to shape your children's thinking the older they get. But it really is never too late to start. The following ideas can help.

1. Pray and read the Bible together.
2. Set the right example. Your actions speak louder than words. Children easily recognize hypocritical behavior.
3. Talk about Yahweh to your children constantly in every situation. While taking a walk, you can mention Yahweh's lovely creation. Or during conflict, you can ask your children how Yahweh would want them to behave. Always guide every conversation toward Yahweh.
4. Create fun Sabbath Day memories. Sing joyful songs together or have special treats ready to be enjoyed just on Sabbath.

"How blessed are those whose way is blameless, who walk in the law of Yahweh. How blessed are those who observe His testimonies, who seek Him with all their heart. They also do no unrighteousness; They walk in his ways. You have ordained Your precepts, that we should keep them diligently. Oh that my ways may be established to keep Your statutes! Then I shall not be ashamed when I look upon all Your commandments. I shall give thanks to You with uprightness of heart, when I learn Your righteous judgments." (Psalm 119:1-7)



How can I Cook with Herbs and Spices?

Many herbs and spices have Bible roots! But most modern people find cooking with herbs and spices difficult. It is all too easy to turn to more familiar salt and pepper when cooking. It is easy to get confused in the spice aisle at your supermarket. The health benefits of herbs and spices are numerous! Use this handy guide the next time you go shopping.



BASIL: Great in Italian dishes! Dried form is more pungent. Has hints of pepper, cloves, anise and mint. Wonderful in pesto, tomato-mozzarella salad, or vegetable soup.

CHIVES: Mild and delicate member of the onion family. Can be used in egg dishes, salads sauces, and sprinkled on baked potatoes. Cooking diminishes flavor so add at the end.

CILANTRO: Tangy, grassy scent with a citrus suggestion. Great in Tex-Mex dishes.

DILL: Faint anise flavor, fresh smelling, lemony. Wonderful on fish, boiled potatoes, and mayonnaise-based salads. Use fresh when possible, as dried is not very flavorful.

MINT: Refreshing, cool and sweet. Flavors lamb dishes, iced tea, green peas, fruit salads and other desserts. Also very easy to grow yourself! Has health benefits such as soothing an upset stomach.

OREGANO: Peppery, marigold-like. Great on pizza, tomato sauce, grilled fish, Greek dishes. Can be substituted for marjoram; dried has a stronger flavor than fresh. Oregano has been known to ease mild headaches when made into tea.

PARSLEY: Try in boiled potatoes, eggs, rice, and pasta dishes. Looks pretty as a garnish.

ROSEMARY: Has a piney, bittersweet, tea-like flavor. Wonderful in lamb or poultry dishes, and beans soups. Be sure to crush the needles finely to release scent before using. Dried is as good as fresh.

TARRAGON: Use sparingly since flavor can overwhelm. Good in mayonnaise-based dressings and sauces. Also nice in sautéed poultry or fish.

THYME: use in soups, or stuffing, bean dishes, and roasted or braised meat. Flavor stands up well to long cooking.

CINNAMON: Wonderful in deserts. Can also add to tea or coffee and Middle-Eastern recipes. Has numerous health benefits such as soothing a sore throat when added to honey.

GINGER: Adds a nice touch to Asian dishes. Known to help motion sickness and nausea.

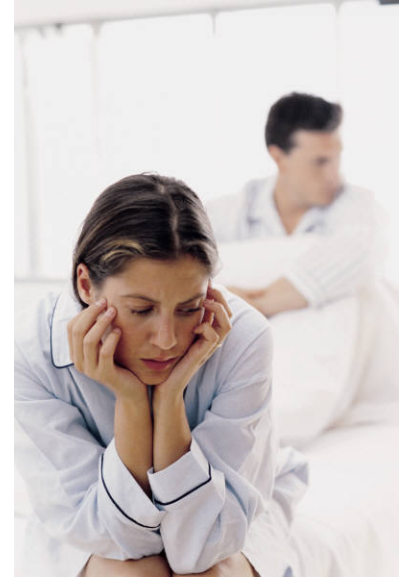
CUMIN: Used often in Middle-Eastern dishes, such as hummus.

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Learn to Fight Fair

We all know that every marriage will experience conflict sooner or later. Arguments are a part of life. But did you also know that regular bickering can lead to coronary disease and depression. Stressful marriages are unhealthy. But don't despair! There are ways you can learn to fight fair.



Try Focusing on the Present

Never dredge up old history. Whenever people bring up the past, it is usually to criticize. Harboring negative feelings from arguments of long ago can do nothing positive for your marriage. Pray to Yahweh to help you forgive your spouse completely for past conflicts. Only then can you learn to make better future choices. Explore ways on how things can be done differently. And stop dwelling on why they weren't done that way before.

Skip the "You always" and "You never"

Try to avoid pointing out your spouses faults. That's a classic mistake and can only add ammunition to the argument. It may also cause your spouse to start pointing out your faults and add more heat to the conflict. Instead simply state what you like and don't like without dragging each other's character into it. For instance, instead of saying, "You're so inconsiderate when you don't call me if you're going to be late!", try saying, "I really worry when you don't call me." A soft approach can do wonders.

Take a Break and Save it for Later

While storming off in a huff won't solve anything, calmly agreeing to take a break can help. A brief break can calm you down and give you time to think things through. Come back and discuss things rationally when you both are calm. The worst time to argue is right after work. Most people need some quiet time after a hard day. With practice, fighting fair can become a positive habit in any marriage!

