

Sisters for Yah

January 2011



Volume 5, Issue 1

Inside this issue:

What could be hindering your prayers?	1
You can find contentment in your life!	2
Winter weight gain/ helpful hints	3
Recipes	4

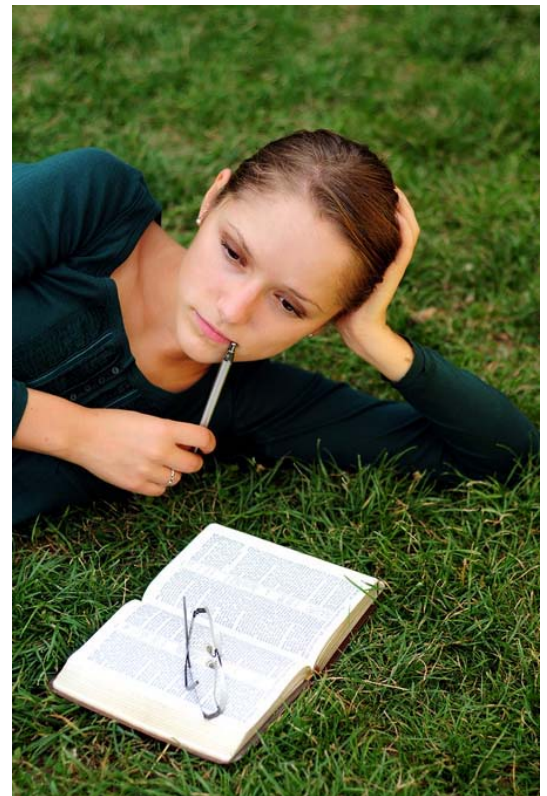
What could be hindering your prayers?

Prayer is one of the most important elements when it comes to your relationship with your Heavenly Father. Indeed, intimate communication with the Father can be a very fulfilling and satisfying part of individual and collective worship. But certain factors can cause our prayers to be hindered. Have you ever felt your prayers were being ignored? That Yahweh has turned His back on you?

In the many years that I have worshipped Yahweh, I have learned that the most important thing to remember is we need to pray according to Yahweh's will. It may surprise you that many people don't do this! Instead, they give Yahweh exact detailed instructions on how they want their prayers answered. This will never work. We need to remember that His ways are higher than our ways. We may think we know what is best for us, but we could be wrong. So always make it a habit to pray according to Yahweh's will.

Another thing that could hinder our prayers is "regarding iniquity in our hearts." Read carefully Psalm 66:18 and Proverbs 15:29. Now let's get one thing clear, no one is perfect. Everyone falls short. But the point is we need to repent of sin as soon as we are aware of it. Especially dangerous for a believer is an ongoing, persistent, habitual sin. Some sins are more difficult to overcome than others and may require fasting and prayer. Don't be discouraged. Yahweh wants to help us overcome the things that make us stumble. It is a good idea to pray to Yahweh to reveal to you the things He wants you to work on personally in your life. Don't pray this unless you really mean it. Yahweh's answers may surprise you.

This article is too short to get into all the facets of prayer, but use this as a springboard to do your own study on effective prayer. Most importantly, plan to spend some serious time praying. Yahweh is looking forward to hearing from you.



You can find contentment in your life!

Have you ever wished your life were different? Most people feel discontent with their lives occasionally, but constantly wishing things were different can lead to more serious conditions such as depression and anxiety. Indeed, the Bible has much to say about contentment.

Turn to 2 Corinthians 12:10, which reads, *“Since I know it is all for Messiah’s good, I am quite content with my weaknesses and with insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.”* (NLT)

Trials can serve a good purpose in our lives. They make us desire to seek Yahweh. If everything was perfect in our lives, how likely would it be that we would seek Him? Trials also make us stronger. In a way, the old saying has some truth to it: whatever doesn't kill us will make us stronger. Trials can also make us more compassionate to others who might be experiencing the same thing.

Let’s take a look at Philippians 4:11-13, which tells us, *“I have learned how to get along happily whether I have much or little. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything with the help of Messiah who gives me the strength I need.”*



The truth is that Yahweh does supply our needs, but not always our wants. There is a huge difference between needs and wants. Food is a need, but a fancy house is not. It is a good idea from time to time, to write down all the good things in your life. Even the most simple things, such as having clean water to drink. After you write your list, thank Yahweh for each thing on your list. You may actually begin to feel better about your life when you acknowledge the blessings you already have!

When we depend on circumstances for our contentment, we become unhappy when things don’t go our way. When we depend on Yahweh for our contentment, we are secure because He never fails. Yahweh is the ultimate source of contentment for us. We have a promise from Yahweh: *“He satisfies the thirsty and fills the hungry with good things.”* (Psalm 107:9)

In 2 Peter 1:3, you’ll find, *“As we know Yahshua better, His divine power gives us everything we need for living a righteous life. He called us to receive His own glory and goodness!”*

Read also Psalm 90:14, *“Satisfy us in the morning with your unfailing love, so we may sing for joy to the end of our lives.”*

Yes, a better world is coming for those who love Yahweh. Our physical lives are so short and filled with troubles. But take heart. Your reward is coming. In the meantime, make a habit of enjoying the little pleasantries that Yahweh provides. The birds singing, the warm cup of tea in your hand, a cheerful phone call from a dear friend. Yahweh has put eternity in the hearts of mankind. Soon Yahweh’s Kingdom will be a reality.

Winter weight gain? No way!

Many people gain weight during the colder months because of the tendency to want “comfort” foods which tends to translate into high fat and high calorie. Add to it the fact that no one wants to exercise when it’s cold either. But why not plan to have fun with your family this year and stay healthy together. Try the following ideas to get you started:

- Window shop at the mall! It won’t cost you a dime and you’ll burn lots of calories. Plus it’s warm.
- Have a snowball fight with the kids. Children love it and it helps them use up pent up energy.
- Shovel snow. Yes, we all hate this one, but you wouldn’t believe how much calories you can burn doing a mundane activity such as this.
- Take your kids sledding, skiing, or ice skating. Have fun!



Helpful Hints

1. Onions making you cry? Try cutting them in half, then chill in the freezer for ten minutes. The cold prevents irritating juices from vaporizing as quickly.
2. How to dry laundry faster:
 - put heavier clothes and towels through a second spin cycle to remove even more water.
 - when a load is done, add the next one immediately. A hot dryer is a more efficient one.
 - add a dry towel to a wet load. It will absorb dampness and get items toasty faster.
3. Before you pour sticky substances into measuring cups, fill with hot water. Dump out the hot water but don’t dry the cup. Next, add your ingredient, such as peanut butter, and watch how easily it comes right out.
4. You can reduce static cling by pinning a small safety pin to the seam of your slip and you will not have a clingy dress or skirt. Same thing works with slacks that cling when wearing nylons. Place pin in seams of slacks and the static is gone!
5. If you accidentally seal an envelope but forgot to include something, place envelope in freezer for an hour or two. The envelope will unseal easily.
6. Foggy windshield? Buy a chalkboard eraser and keep it in the glove box of your car. When the windows fog up, rub with the eraser. Works better than cloth.
7. Bought a hair conditioner that you don’t like when you tried it in your hair? Don’t throw it out! Simply re-purpose it by using it as shaving cream on your legs. Your legs will be really smooth.



Yahweh's Assembly in Yahshua
2963 County Road 233
Kingdom City, Missouri 65262

Main Line: 1-573-642-4100
Toll Free: 1-877-642-4101
Fax Line: 1-573-642-4104
Website: www.SistersForYah.org



Hot "Brewed" Cider

You can make spiced apple cider using your automatic coffee maker! This cider will warm your tummy and make your house smell nice while brewing:

1. Place filter in coffee maker basket. Fill filter with 1/4 cup packed brown sugar, 1/2 t. all spice, 1 t. whole cloves, 1 stick cinnamon, 1/4 t. salt, 1 pinch nutmeg, and one orange (quartered with peel left on).
2. Next, pour 2 quarts apple cider into the coffee maker where the water normally goes. Brew as usual and serve hot!
3. Remember to clean out your coffee maker before you make coffee.



HOMEMADE 2 MINUTE OATMEAL

Here's what you need:

3 cups quick-cooking oatmeal

Salt

Small sized zip baggies

Put 1/2 cup oatmeal in blender and blend on high until powdery. Set aside in a small bowl, and repeat procedure with an additional 1/2 cup oatmeal. If you have a food processor, you can do the 1 cup of oatmeal in one batch. Put 1/4 cup un-powdered oatmeal, 2 T. powdered oatmeal, and 1/8 t. salt in zip baggie. Store in airtight container.

To serve: Empty packet into bowl. Add 3/4 cup boiling water. Stir and let stand for 2 minutes. For thicker oatmeal, use less water and for thinner oatmeal use more water.



Add any of the following to the basic baggie:

Sweetened oatmeal—To each packet add 1 T. sugar.

Brown sugar and cinnamon oatmeal—To each packet add 1 T. packed brown sugar and 1/8 t. cinnamon.

Oatmeal with raisins and brown sugar—to each packet add 1 T. packed brown sugar and 1 T. raisins.

Fruit and cream oatmeal—to each packet add 1 T. non-dairy powdered coffee creamer and 2 T. dried fruit.

Other options:

Add 1 T. powdered milk to the ones above the fruit and cream oatmeal.

Add 1 T. Non-dairy powdered coffee creamer instead of powdered milk. Gives it more flavor.