

# Sisters for Yah

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## Don't Drown in a Mud Puddle!

Have you ever heard the old saying, “If you’re going to drown, don’t do it in a mud puddle”? This saying can have various meanings, but to a Believer, it means don’t let something unimportant destroy your faith. You might ask yourself, “What little things bother me?” “How can I keep these little annoyances from turning into major problems?” And, “How does Yahweh want me to deal with them?”

It’s one thing to struggle with larger issues such as chronic illness, marriage problems, or power struggles between you and your rebellious teenagers, but what about the little things that cause you to “snap.” You know, like when the car won’t start or your child accidentally spills milk all over your just-mopped floor? Little situations can cause major troubles. Marriages have dissolved over petty things, and even some religious groups have split because two of the members had minor personality conflicts.

We can learn a lesson from King Uzziah in the Bible. For fifty years he was a faithful king of Judah. But then he “drowned in a mud puddle.” His downfall came not because of a life-shattering trial, but because of a simple pride problem. He didn’t understand why he should be denied performing the tasks Yahweh had given to the priests. Read 2 Chronicles 26: 16-21 to see how Yahweh dealt with King Uzziah. Leprosy is not a nice disease!

You can probably think of many ways that you yourself may have stumbled into a muddy quagmire. Perhaps you felt that someone at Sabbath services ignored you or treated you badly. Without even going to the person who might have offended you, you allowed yourself to stew in anger. You do have a choice. Ask for Yahweh’s help. You can either deal with it properly or you can allow yourself to sink deeper into the mud.

If need be, make a list of all the little things that bug you. Be honest with yourself—are these things mole hills that you are making mountains out of? Once you identify your sore points, you can then create a battle plan to defeat them with Yahweh’s help. You never want to one day hear, “This Believer drowned in a mud puddle.” Instead, you want to hear the comforting words, “Well done, good and faithful servant.”



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## ANGRY AT YAHWEH?

In 1 Kings 19: 1-8, we read about the wicked Jezebel threatening EliYah's life. So EliYah ran into the desert to hide out. He was at his wit's end. So much so that he even asked Yahweh to take his life. Have you ever felt that life is too difficult and you just can't go on? Consider Psalm 43:5, which reads, "Why are you downcast, O my soul? Why are you so disturbed within me? Put your hope in Yahweh, for I will yet praise Him, my Savior and my Elohim."

Let's face it, sometimes life stinks! Everyone feels it—there is not one single human being on this earth who has not at some point gone through trials. Everyone feels the darkness of despair at one time or another. Trials know no boundaries; they happen to people of every race, religion, and financial status. In fact, suicide rates have even gone up among young people, who have their whole lives ahead of them! And sadly, many people blame Yahweh for the pain they are feeling. Ask yourself the following questions: What problem in my life has caused me to feel like giving up? What has happened that makes me angry at Yahweh? What has Yahweh brought into my life that I need to accept rather than fight?

Most Believers realize that trials can serve a good purpose. For instance, they do make us stronger in the long run. Trials also teach us compassion for others who are struggling with the same issues we are dealing with. And we all know that sometimes Yahweh has to test our faith the way he did with Abraham and his dear son Isaac.

But trials can also defeat us if we let them. We can allow bitter feelings to fester in our hearts and get angry at Yahweh. So what are the most common reasons given that cause people to give up? The

top three reasons are relationship problems, financial problems, and death or life-threatening illness of someone close to you. Indeed, relationship problems are the number one reason behind teenage suicides.

The one thing every Believer must come to grips with is this: Nowhere in Scripture will you ever find Yahweh promising to give you a perfect life. When people get angry and turn from Yahweh, they are casting aside the only One who can provide lasting solutions to their problems. Put your hope in Yahweh and put your trust in His love for you. He can heal broken hearts and mend struggling relationships.

Another comforting thing to realize is that this life is not all there is. Happiness will be poured out in abundance in the coming Kingdom. Why waste your time trying to have a perfect life now, when you can spend more energy preparing for the Kingdom which will last forever? Of course there is nothing wrong with trying your hardest to make relationships work and pursuing careers and hobbies. Just spend more of your time seeking the Kingdom, and "all these things will be added unto you."



## Your Health in the News

### Less Stress, Happy Heart

According to a recent study, minimizing stress may actually help keep your cholesterol in check. 716 older men were studied and the ones with better stress management had higher levels of “good” cholesterol (HDL). The ones who were more hostile and stressed had higher levels of bad cholesterol (LDL). Doctors recommend taking time daily to engage in a relaxing activity such as taking a walk or curling up with a good book.

### Hello, Sunshine?

A recent study done by the American Journal of Epidemiology suggests that soaking up more sunshine can reduce the risk of certain types of cancer. The reduced risk is most likely due to increased levels of vitamin D. This does not mean that people should spend countless hours “soaking up the sun” as it appears that even small increments of daily exposure can help. Those in less sunny climates might want to consider taking vitamin D supplements.

### Goodbye Guilt

Medical research shows that harboring guilt taxes the immune system, leading to a host of health problems, including depression, auto-immune disorders, and chronic fatigue. Sure, we all have our guilty moments, but don’t allow those feelings to flourish unchecked. You literally could be putting your health at risk! Instead, deal with guilt by facing problems and turning to Yahweh.

### Super Foods

Consider adding the following foods to your diet:

Berries—contain lots of fiber, vitamins, and antioxidants

Citrus—loaded with vitamin C, flavanoids and fiber

Veggies—can promote healthy skin and hair, good vision, and protect against some diseases

Whole grains—lots of vitamin B and fiber

Salmon—high in Omega 3

Legumes—loaded with folic acid, calcium, potassium, zinc, antioxidants, and fiber

Nuts and seeds—some types contain phytosterols which are known to lower cholesterol

Lean protein—high in iron, selenium, and zinc

Tea—lots of antioxidants, which may help prevent heart disease

Olive oil—may lower bad (LDL) cholesterol

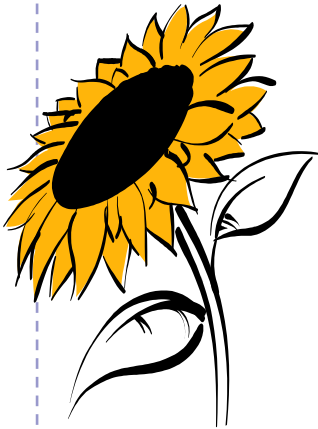




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## Wall Overhaul

Most of us know that walls can sometimes be the most difficult to clean! If your painted surfaces have seen better days, don't assume they need a fresh coat. Try the following ideas—no roller required.



**Removing Crayon marks**—try a citrus-based cleaner like Goo Gone. Apply it with a soft cloth. Once the stain is gone, wash the area with soap and water. Allow to dry.

**Candle Soot**—black marks that can make more of a mess if you try to scrub them. Instead try whisking off any loose bits with your vacuum's dusting-brush attachment. Next, soak a cotton ball in rubbing alcohol and go over stain in circular motion. Repeat with clean alcohol-dipped pads until stain is gone.

**Fingerprints**—found on light switches, door frames, and stairway walls. Try spraying a cloth or sponge with an all-purpose cleaner. Never spray wall directly, or you might end up with a bigger problem. Once it is clean, go over with a water-dampened sponge even if your cleaner says no rinsing is required.

**Scuffs and Scrapes**—try a Mr. Clean Magic Eraser. Wet the pad and only press as hard as necessary.

**Stickers**—soften them with heat from a blow dryer (for 10 seconds or so), then peel. Keep repeating procedure if need be. For any gunk left behind, saturate a cotton swab with laundry prewash stain remover and rub until it penetrates the residue. Then carefully scrape with a credit card or spatula. Blot with a damp cloth and allow to dry.

