

Sisters for Yah

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What would you like to change?

Have you ever given deep thought to your life? Perhaps you've wondered how your life would've turned out had you made different choices. Or maybe you'd like to overcome some deeply ingrained habit you are struggling with right now. So what would you change about your life if you could?

The good news is that bad habits can be broken. While Yahweh is, of course, in control of the universe, you do have control over most of your choices. You can choose what to eat, what to read, what to watch on television, etc. So start making good choices today!

Perhaps the very first step to changing your life is repenting of any sins that you are aware of. Read Acts 3:19, which says, "*Turn from your sins and turn to Yahweh, so you can be cleansed of your sins...*" (NLT throughout article). This is one of the greatest things you can do to get yourself on the right path. The next thing would be to ask Yahweh to reveal any sins you may not be aware of. Sins like to hide themselves. Check out Psalm 51: 10 also, which reads, "*Create in me a clean heart, O Yahweh. Renew a right spirit within me.*"

Turn to Romans 12:2, which tells us, "*Don't copy the behavior and customs of the world, but let Yahweh transform you into a new person by changing the way you think. Then you will know what Yahweh wants you to do, and you will know how good and pleasing and perfect His will really is.*"

Real and dynamic change occurs when we ask Yahweh for a new heart filled with truth and love. Yahweh can show us the proper way to live and give us a new way of thinking, along with a whole new attitude. Of course, we will all still struggle. But it is important to stay on the path even when we make mistakes. Yahweh forgives any shortcomings we may have. Make a list of all the things you'd like to work on in your life. Bring your list before Yahweh in prayer. Great things can happen when you fully surrender to Yahweh!



Women and their shoes!

I talked to someone recently and the topic of shoes came up—specifically, women and their shoes! Almost every woman we knew enjoyed getting new shoes. And every women we knew also had many more pairs in their closets than their husbands! Just out of curiosity, we looked in Scripture to see if shoes were mentioned, and indeed you can find quite a bit about shoes, not necessarily about women and shoes, but shoes in general. Just for fun, write the names of the people on the lines below concerning shoes. Scriptures are provided, but the surrounding story may need to be read to identify the person:

- During the forty years in the desert, their shoes never wore out. (Deut. 29:5) _____
- In Ruth 4:8, who closed a business transaction by taking off his shoe? _____
- Who was told to eat the Passover with shoes on, Exodus 12:11? _____
- This person said he would not take a thread or shoestring for fear that the king of Sodom would boast that, “I have made him rich.” (Genesis 14:24) _____
- Who killed two men and stained his shoes with their blood? (1 Kings 2:5) _____
- This person was commanded to put on his shoes and not eat when his wife died. (Ezekiel 24:17) _____
- Who was told to put his shoes on because he was leaving the jail? (Acts 12:5-8) _____
- Who said he was not worthy to loose the shoe of Yahshua? (John 1:27) _____
- In Joshua 5:15, this person was told to “Loose thy shoe, for you are on Holy ground.” _____
- In Matthew 10:5-10, who were sent out and told to take no shoes with them? _____
- In Luke 15:22, whose father gave him shoes and a ring when he came home? _____
- In Exodus 3:5, Yahweh told this person to remove his shoes for the ground was holy. _____
- In Joshua 9:3-6, who put on old clothes and shoes and pretended to be from a far country? _____
- Who said Yahweh would not hold judgment forever due to the people selling the poor for shoes? (Amos 2:6) _____
- In Isaiah 5: 25-27, this person said that Yahweh would not break the shoelaces of his people. _____



Too warm to cook? Try these main dish summer salads!

Cool Chicken Salad with Cashews and Cranberries:

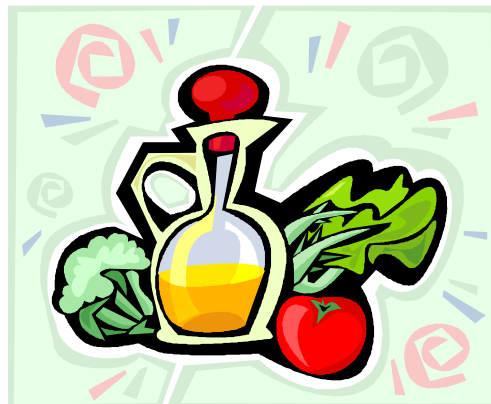
- 3 cups bow tie pasta, cooked and drained
- 1 bottle of cole slaw dressing (16 ounce)
- 1/2 cup mayonnaise
- 1/2 cup creamy salad dressing, such as Miracle Whip
- 4 cups cooked, cubed chicken
- 1 1/2 cups green grapes, halved
- 1 1/2 cups red grapes, halved
- 2 cans drained water chestnuts (5 ounces each)
- 2 cups thinly sliced celery
- 2 cups cashews
- 2 cups dried cranberries
- Lettuce, to serve



Blend well the first 11 ingredients. Serve on a bed of lettuce.

Lazy Day Taco Salad:

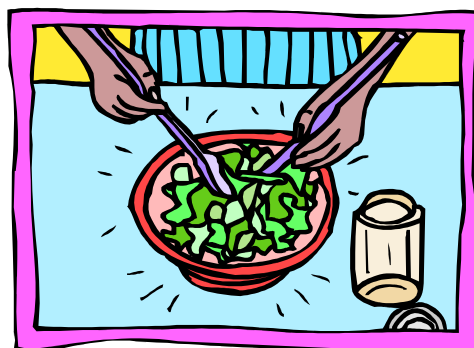
- 1 pound ground beef
- 1 bag of corn tortilla chips (8 ounces)
- 1/2 of a head of romaine lettuce
- 2 tomatoes
- 2 cups cheddar
- 1/2 cup onion
- 3/4 cup taco sauce



Brown and drain the beef. Divide the lettuce among 4 plates. Top with the beef, onion, cheese, tomatoes. Use the taco sauce as a dressing. Crush the chips and use as a topping.

Crisp Tuna Salad (4 servings):

- 2 cans tuna
- 1 cup finely shredded carrots
- 1 cup thinly sliced celery
- 2/3 cup mayonnaise
- 1 cup crunchy packaged potato sticks (found in the chip aisle)
- Lettuce, to serve



Mix well the first 4 ingredients. Serve on a bed of lettuce. Top with the crunchy potato sticks.

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CHOOSE YOUR SHOWS WISELY!

Television can be very destructive. Below are some disturbing things that regularly appear on even so-called "safe" television shows:

1. Violence.
2. Occultism, paganism, humanism, evolution, New Age teachings (think Disney cartoons).
3. Drunkenness and drug use.
4. Disrespect for authority.
5. All manner of sexual perversion, you name it. It's there.
6. Mockery of Biblical beliefs.
7. Compromising morals.
8. Teenagers and even pre-teens shown in romantic relationships that include kissing and wearing inappropriate clothing.

Little tips to make things easier!

Try some of these ideas:

1. If your fridge has a bad odor, try wadding up balls of newspaper pages. Place one on each shelf and each drawer. The paper will absorb odors. Leave overnight, and by morning your fridge should smell a lot better.
2. Losing dirt from your flowerpots? Try putting in a coffee filter first. This will allow the water to drain, yet keep the dirt inside.
3. You can sprout seeds in 10 days! Wet a couple of paper towels and place seeds in them. Fold once or twice. Place in plastic bag. Seal and place on water heater. Check to make sure the towels are still damp daily. In no time, you'll have ready-to-plant sprouts.
4. If you lose the back of your earring, you can use a pencil eraser as a temporary backing. Simply cut the eraser off a pencil.
5. Tape a recipe card or clipping to the outside of your cupboard at eye level, making cooking a little easier.
6. This trick really works! If you want to remove a price tag or other sticky label, try warming it first with a hair dryer.
7. To keep dark clothing from fading in the sun when hanging outside, hang them inside out.
8. This should be common knowledge, but some of us had to find out the hard way: don't set up a clothes line under a tree. Birds won't "respect" your laundry!

