

# Sisters for Yah

## THINK ON THESE THINGS

When I was a child, I remember elderly people saying, "An idle mind is the devil's workshop." Of course I didn't understand what that meant until I grew up. It's extremely important to fill our minds with good thoughts. Indeed, Philippians 4:8 comes to mind: "*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*"

Thoughts are powerful weapons in the daily battle of life. Thank Yahweh! How extremely important to fill our minds with good thoughts. It is a great waste of time to let ourselves think on things we are not even sure are true, such as rumors. We also should not allow deceptive, hateful, impure, and unjust thoughts to occupy our minds.

A pure mind does take quite a bit of effort because we are bombarded on every side by evil influences. Don't give up. It is completely possible to train our minds. We are also told in Scripture to take

every thought into captivity. Try to replace negative, hopeless thoughts with positive ones. I heard someone say recently, "I'm never going to lose weight! I'm going to be fat for the rest of life. I hate my body!" I told her, "That kind of thinking is only going to cause you to feel like there is no hope. Why don't you instead say, 'I can do all things through Messiah who strengthens me?'" In addition to positive thoughts try positive actions, too. For instance, if you are trying to lose weight, snack on an apple instead of a whole bag of greasy potato chips. Make sure your actions match whatever you desire to accomplish. Our thoughts do affect who we are, and they influence our relationships with those around us. So start choosing your thoughts wisely. Nothing bad can come from a clean mind and pure thoughts!



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## *Symptoms of Inner Shalom (Peace)*

1. A tendency to think and act spontaneously rather than acting on fears attached to past experiences.
2. An unmistakable ability to enjoy the moment.
3. A loss of interest in judging other people.
4. A loss of interest in judging ourselves.
5. A loss of interest in interpreting the actions of others.
6. An inability to worry (this is a very serious symptom!).
7. Frequent overwhelming episodes of appreciation.
8. Frequent acts of smiling.
9. An increasing tendency to let things happen rather than to make them happen.
10. An increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it. (Unknown author)



## *Five ways to boost energy*

Ever notice how much energy children have? There are simple proven ways that even adults can increase their energy levels.



1. The most obvious way is to drink coffee or tea, of course. Even decaf coffee or tea seems to work. Green tea in particular contains a naturally occurring amino acid called L-theanine, which is known to boost energy. Many people don't like the taste of green tea. Try it iced with lemon and honey. Very refreshing!
2. Drink more water. Researchers found that many people who complain of fatigue are actually dehydrated. Drink 2 whole glasses of ice water to see if your lack of energy is due to lack of hydration.
3. Stress can sap energy. Try deep breathing to calm down.
4. Walk with gratitude—take a ten minute stroll and focus on ten things you are thankful for.
5. Eat smaller meals, more frequently. Large meals can take a lot of energy to digest. Try to eat a small meal or snack every four hours to keep energy flow constant.

### **In addition, here's 5 ways to improve a bad mood.**

1. Soak up some sunshine. Vitamin D can enhance your mood.
2. For chocolate lovers only: snack on one ounce of dark chocolate. Studies show that subjects felt better after a bite.
3. Eat more fish, especially salmon. The omega-3's can boost mood.
4. Laugh more! Yes, laughter really is good medicine. Watch a funny movie or read a funny book.
5. Exercise might actually be the best answer. Even ten minutes make a huge difference.



## STAND IN THE GAP!

Make no mistake about it, our prayers really do make a difference. Intercessory prayers can often mean the difference between life and death for some people. We've all seen people get healed of various ailments after being prayed for by others. Praying for another person can be one of the most loving acts we can do. Going before Yahweh with our requests is a huge privilege. Make it a point to get to know your brethren.



Find out what they are praying for and join them in their efforts. We need to be united with one mind. Yahshua prayed for unity among the brethren. Selfish people only pray about their own needs. Make a list of what you'd like to pray for concerning the needs of others. Remember, prayer is spiritual warfare. We know that the devil is roaming around like a lion, seeking whom he may devour. You and I should be known in the spirit world as dangerous enemies of his satanic agenda because of our persistent prayers and intercession for others! In addition to prayer, fully expect answers to prayers of faith and trust. May Yahweh answer the desires of your heart.

## EASY BAKING SUBSTITUTIONS

Have you ever been excited to try a new recipe and then realize you don't have all the ingredients? Don't despair! Oftentimes you can find an acceptable substitution right in your kitchen.

1. When you need cake flour, you can use plain all-purpose flour and cornstarch. To every cup of all purpose flour, just add 2 T. of cornstarch.
2. If the recipe calls for buttermilk, you can substitute one cup of regular milk and add 1 T. lemon juice or vinegar.
3. When you need superfine sugar, just use plain granulated sugar. Throw it in the blender or food processor. Blend for 1 minute.
4. Confectioner's sugar is another item not often found in kitchens. To substitute, just grab a cup of the super fine sugar you made in your blender and add 2 T. of cornstarch.
5. For light or dark brown sugar, you can make your own by mixing a cup of granulated sugar with 1 T. light molasses or 2 T. dark molasses. Happy baking!

## The cute things that children say

A teacher was leading a Bible study class for five year olds. She began teaching them about the Ten Commandments and explained that we should "Honor our Parents." Then she asked, "Is there a commandment that teaches us how to treat our brothers and sisters?" Without missing a beat, a little boy piped up, "Thou shalt not kill!"



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## Grain-free dairy-free "cereal"

Experts say they are seeing more and more cases of both gluten and lactose intolerance. They're not sure why, but it may be due to all the chemicals found in modern food crops nowadays. Here's a quick and healthy "cereal."

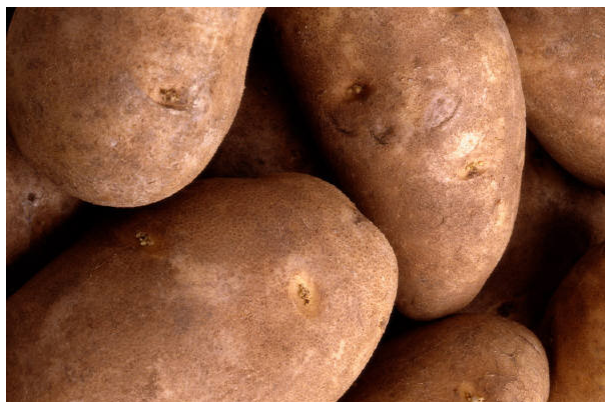
- 1/4 cup fresh blueberries
- 2 T. shredded coconut, sweetened or un-sweetened
- 1/4 cup chopped walnuts
- Almond or rice milk, or other substitute



## Easiest Banana Pancakes

- 1 cup flour, gluten-free or substitute is fine
- 1 T. sugar
- 2 t. baking powder
- 1/4 t. salt
- 1 egg, beaten
- 1 cup milk
- 2 T. vegetable oil
- 2 very ripe, soft bananas, mashed.

Cook in buttered skillet until brown on both side. Top with syrup, if desired. For an extra decadent breakfast, try topping them with additional sliced bananas, pecans, a dash of cinnamon, and a light drizzling of maple syrup. Makes 12.



## Skillet Breakfast Potatoes

In 2 T. oil, sauté the following; 6 **red potatoes**, cubed, 3 slices chopped **turkey bacon**, 1 chopped **green bell pepper**, 1 chopped **red pepper**, and 1 diced **onion** until potatoes are fork-tender. Then season with 1 t. **salt**, 1 t. **paprika**, and **black pepper**, to taste. Some like to eat theirs with either ketchup or salsa.