

# Sisters for Yah

JUNE 2017

## FEARING YAHWEH

In Jeremiah 32:38-40, we read, *And they shall be My people and I shall be their Elohim; and I will give them one heart and one way, that they may fear Me always, for their own good, and for the good of their children after them. And I will make an everlasting covenant with them that I will not turn away from them, to do them good; and I will put the fear of Me in their hearts so that they will not turn away from Me.*



Have you ever wondered why Yahweh wants us to fear Him? What would happen if the whole world feared Yahweh? In Proverbs 14:27, we read that, *The fear of Yahweh is the fountain of life, turning a man from the snares of death.* America used to be a very Elohim-fearing nation. Not so

anymore. We can easily see that our nation is being punished for not fearing Him. Just look at the headlines in our newspapers. Crime, disease, poverty, divorce, and one tragedy after the other.

We lament that our nation (and world) has lost its fear of Yahweh, and we can only expect things to get worse. This world truly needs to repent and turn back to their Creator. Certain judgment fell upon Yahweh's own people in the Bible when they turned from Him. Can we expect anything less?

The fear of Yahweh should be a powerful motivating factor in our lives. It should affect our choices every day. Have you ever noticed how drivers slow down only when they spot a policeman? Then they speed up again when the officer is no longer in sight. Yahweh is much bigger and has more authority than any police officer with a radar gun. We should obey even when no one is looking! Yahweh knows our very thoughts. We can hide nothing from Him. Practice righteousness in His presence, moment by moment in your life!



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## Things that weaken Believers spiritually

Satan is out to destroy believers in Yahweh. He has many methods, and today we're going to examine some of the most common ways he weakens true believers. This list is not exhaustive, but please read this list carefully, so that you may better recognize the sneaky tactics of our enemy.

1. **Not taking care of yourself.** It's been said that an unhealthy body can weaken our minds. Start today to make wise food and beverage choices. Get plenty of exercise and sleep. Always remember, that just because an item is "kosher" does not automatically make it healthy. For instance, a bag of potato chips is technically "kosher" (meaning it does not violate any Biblical clean and unclean laws), but everyone knows if you eat too much, you'll get sick. Aim for "real" foods that have not undergone a lot of processing. If possible, get outdoors when you can. Moderate sunshine can provide your body with Vitamin D (also called the feel-good vitamin!).
2. **Choosing the wrong entertainment.** Your entertainment choices can have a huge impact on your spiritual life. Avoid listening to worldly music that promotes evil lifestyle choices. Movies are of special concern. There is now ample evidence that movies containing gratuitous violence can cause children to behave violently. Know what you are getting into before you turn on the radio or buy a popular new novel. Fill your mind with the things that Yahweh loves.
3. **Negative thinking.** This one is bigger than we ever thought. Science has ample proof that constant negative thinking can actually change your brain structure for the worse, possibly leading to permanent mental illness! This shocked even the scientists who conducted the studies. Likewise, positive thinking has an incredible effect on the mind and body. We understand that life is hard, and we can't be happy every single moment, but it makes sense to try to stay cheerful and praise Yahweh even in hard times.
4. **Worshipping Yahweh for the wrong reasons.** This is very common. People automatically assume that once they start following Yahweh, their lives will be perfect, and He will give them everything they ever wanted. Sorry, this is very far from the truth! There is only one reason to worship Yahweh: He is the Creator of the Universe and He deserves our worship.
5. **Harboring un-forgiveness.** If there is anyone who has hurt you in the past, and you are still holding on to resentment and bitterness, now is the time to ask Yahweh to help you let go of these negative feelings.
6. **Wanting an evidence-based religion instead of a faith-based one.** There are people who want to see miracles and physical evidence, but the Bible warns that a wicked generation seeks after signs! Make no mistake, there is ample evidence for what we believe, but we must walk by faith, not by sight.



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7. **Depending on your own personal feelings.** Please be aware that this can be very dangerous. Feelings are very subjective and deceptive. I cringe when I hear people say, "I just don't feel like worshipping Yahweh today!" I say, "Do it anyway!"
8. **Being unequally yoked.** Be very careful with this one. We realize that many in the faith have spouses who don't share their beliefs, and that's okay. And obviously, we should be a good example to everyone, but it is safer to limit or avoid having deep friendships with those who don't believe like you do, especially if you recognize that you have an easily influenced personality. This is especially true with children. Many children raised in good moral homes, have turned to crime and immorality after forming friendships with a bad crowd. This happens to adults too, and more often than we care to admit.
9. **Not doing your part in your spiritual growth.** If you are not regularly studying the Bible, praying, and meditating on Yahweh's Word, it's time to start now!
10. **Practicing a "cafeteria" style religion.** We are NOT allowed to pick and choose what we obey. If Yahweh says to do it, we are to obey Him. Likewise, we also obey Him when He tells us not to do something. We've heard people say, "I accept the Sabbath, but I can't do the Holy Days, as my life would become too burdened." This is not acceptable. Don't have one foot in the Word, and the other in the world.
11. **Allowing the cares of the world to take you away.** There's nothing wrong with working towards a good career or enjoying your favorite hobby. But be sure to put healthy limits on these things. Make Yahweh your first priority.

12. **Not actively overcoming sin.** Repeated sin can have dire consequences. Actively pray and fast if you are struggling to overcome a particularly difficult sin. There are many good books on the subject. Visit your local library. Most of these books agree that you need to be aware of exactly when the besetting sin grips you in its clutches. Is it when you are overly tired? Stressed out from work? When you are aware of what situations weaken your resolve to avoid sin, a battle plan can then be formed. You can make it a point to recognize "red flags" and then perhaps pray or distract yourself. One man, for instance, had trouble overcoming his drug addiction. He noticed the urge to use drugs was most strong when he had a rough day at work. So he armed himself with some strategies. Whenever he knew he was struggling at work, he decided he would



13. **Here's what strengthens you: Praise Yahweh every single day!** Make this a habit. It can change your life. You cannot focus on the negative while praising Him!

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



## Cold and Flu fighting soup

- 1 red onion, chopped
- 2 or 3 red chilies, seeded and minced
- 6 cups broth, homemade or store-bought
- 2 t. dried thyme
- 2 t. dried oregano
- 2 t. dried turmeric
- 4 cups chopped chicken

...Simmer all for about  
30 minutes.



## Halting Summer Colds

You'd think that with winter a distant memory, lingering colds wouldn't be on the radar. Not true! Summer colds are very common. According to physicians, here's how to feel better fast:

1. If your sinuses are stuffed up, use an extra pillow to elevate your head. Gravity will help move mucous out of your sinus cavities.
2. Eat kiwi fruit and strawberries. Both were shown to reduce the severity of a cold.
3. Get steamy in the shower! This worked as well as oral decongestants in some studies.
4. Chicken soup works. It actually contains antiviral enzymes.
5. Vitamin C can help with its mild "antihistamine" effects. It may not cure or shorten a cold, but research showed that it reduce sneezing attacks. Aim for 1000 mg of Vitamin C along with 10 mg. of zinc a day, a winning combo.
6. Be aware that if your fever is over 101 degrees, you may have something more serious than a cold.



Colds normally don't come with high fevers.

7. Avoid coffee as caffeine may make you feel worse by irritating your throat. Have a cup of warm apple cider instead.

8. Once you start feeling better, start moving. Exercise such as walking can help loosen and clear residual mucous congestion.

9. If you have a cough, swallow a teaspoon of honey before bed. Honey has mild cough suppressing benefits. This is for adults only. Do not give honey to babies and small children.