

Sisters for Yah

Iron Sharpens Iron

In Proverbs 27:17, we read, “As iron sharpens iron, so a man sharpens the countenance of his friend. We are on a pilgrimage. At times, the road is difficult, and we get lonely. Sometimes we get discouraged and consider abandoning the journey. It helps if we have a friend alongside us. Friendship is one of Yahweh’s greatest gifts to us. We all know the story of the famous friendship between David and Jonathan in the Bible. Jonathan could have succeeded his father to become the next king of Israel. But he loved his friend David, and put David’s interests above his own. Even though Jonathan knew he would forfeit the throne, he encouraged David to follow Yahweh’s will. Oh, if only we all had a friend like that!



Choose your friends wisely. The mark of a Biblical friend is that their friendship draws you closer to Messiah. They “sharpen” you and motivate you to do what’s right. True friends tell you the truth, and even risk hurting your feelings because they care about you and always have your

best interests at heart. See Proverbs 27:6. Even Yahshua chose His friends wisely. He did not look for perfect people, but people who had their hearts set to follow Yahweh. He did not choose rich or elite people to benefit from their money.

It is equally important to examine what kind of friend you are. Do you avoid certain people because they are poor or unattractive, because you’d be ashamed to be seen with them? Yahweh looks at the heart, not the outward appearance. We would do well to avoid only looking at the “outer” person. Beauty will perish (and quickly!).

When searching for friends, it’s important to realize that it’s best not to be unequally yoked with unbelievers. This does not mean we can’t be friendly with those of other faiths. It just means that we should strive to develop closer friendships with those of the “household of faith.” Can two walk together, unless they agree? See Amos 3:3. Yahshua did not shun anyone, including the tax collectors and prostitutes of His day. He reached out to them in concern. Be nice to everyone, even your enemies. Be the kind of friend that you would like to have. Most importantly, remember Who your best Friend is!

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Yahweh's Forgiveness

What is required for Yahweh to forgive us? Repentance. Sounds simple enough, right? It is, in a way, but we must also remember that repentance cannot always remove the consequences of sin. Regrettably the consequences of sin will remain as a terrible reminder of the terrible, destructive nature of sin.

King David was forgiven for his terrible sins of lust, adultery, and murder. Yet he still suffered the death of his child, resulting from committing adultery with Bathsheba. Make no mistake, Yahweh had forgiven him absolutely and removed his sin completely, but He did not spare him from the pain that was the natural result of his transgressions. For the rest of David's reign, violence and suffering filled his kingdom. Peace fled from him.

Some people assume that Yahweh removes every bad consequence the moment they repent of their sins. Showing remorse does not guarantee restoration. It may be that Yahweh needs to strengthen your character.

Because we know the devastating consequences of disobedience, let us diligently avoid every sin and "run with endurance the race that is set before us." (Hebrews 12:1b.)



Ritual or Relationship?

Think for a moment: how deep (or shallow) is your relationship with Yahweh? Many people go through the motions of Sabbath and Holy Day keeping, eating kosher, avoiding sin, etc. but never go past the "motions" into a real intimate relationship with Yahweh.

A story was related to me recently about a person who was angry with Yahweh. A sympathetic minister asked the young man to explain what was troubling him. "Well," the young man began, "I pray and pray and nothing happens. I never get any answers from Yahweh. He never speaks to me." The minister was quiet for a time, then asked, "How often do you pray?" "All the time!" insisted the young man. "And how often do you read the Bible?" prodded the minister. The young man's face fell as he admitted, "Never." The minister smiled gently, "There's your problem. Yahweh speaks to us through the Bible. Start reading for the answers you seek today!"

In the prophet Jeremiah's day, the people were satisfied to have the ritual without the manifest presence of Yahweh. They became so comfortable with their "religion" that they didn't notice Yahweh's absence. Sadly, it's completely possible to pray, sing worship songs, and attend a worship service, and yet miss Yahweh's presence.

Concerning prayer, we know it's a vital aspect of staying close to Yahweh. However, many people just give Yahweh a list of things they want, or only call on him when they are in dire need. Our most important relationship is with Yahweh. What happens when a husband and wife stop communicating? It doesn't take long before the relationship deteriorates. The same thing can happen if we stop communicating with Yahweh. Go beyond "going through the motions" and do whatever it takes to build your relationship with Yahweh!

Decorative Mosquito Repellent

Ah, the challenges of summer. Bothered by mosquitoes at your outdoor party? Try this pretty table-decorating idea:

Place a few slices of lemon and lime in a pint glass jar. Throw in several sprigs of rosemary, and then add 20 drops of essential oil. Choose from the following: Thyme, peppermint, cedar, or clove oil. Fill the jar with water and top it with a floating votive candle.

Trouble Sleeping?

Before you grab sleeping pills, try these natural and less harmful ideas:

1. Lavender has been shown to help relaxation. Try placing a lavender sachet under your pillow.
2. Take a hot bath before bed. Your body cools during sleep, so the after effects of a bath can mimic the way your body works naturally.
3. This one has been shown to work brilliantly! Remember counting sheep? Do this instead: Count backwards slowly starting at 100. Most people fall asleep way before they reach zero.
4. Deep breathing can relax you. Inhale slowly through your nose. Hold for a few seconds, then exhale slowly through your mouth.
5. A cluttered mind and home can cause chaos in our minds, therefore preventing sleep. Put away any items in your home that are out of place. If you're worried about anything or afraid you'll forget something, jot it down in a small notebook. Some people keep one on their nightstands.
6. Most importantly, pray to Yahweh! He can give you the peace that passes all understanding.



Just for Kids!

Summer is the time for flying kites on a windy day! But many children have been injured due to kites getting caught in power lines, etc. Here are some tips to stay safe:

1. Always fly your kite in an open field away from power lines. If your kite gets dangerously close to a power line, just let go of the string! Kites are cheap, but you are irreplaceable.
2. It's fun to fly a kite on a windy day, but never try to fly one on a stormy day. If the kite string becomes wet, the kite can become dangerous as the wet string can conduct electricity from lightning. Stay inside the house during a thunderstorm.
3. Never fly your kite near roads and highways. Drivers might get distracted and cause an accident.

Keep Bananas Fresh Longer

Can't use the whole bunch yet? Wait till they start to soften, then toss them in the fridge. The cold will make them last another week. But never place unripe bananas in the fridge. It will stop the ripening process

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Strawberry Milkshake

- 2/3 cup milk
- 3 cups strawberry ice cream
- 1 cup fresh strawberries
- 2 T. strawberry syrup
- Whipped cream, to top, optional

Combine all ingredients, except whip cream, in a blender. Cover and process till smooth, pour into chilled glasses. Serve immediately. Serves 4.



Banana Split No-bake Cake

- 1 carton (16 oz) frozen whipped topping, thawed
- 1 cup sour cream
- 1 pkg. (3.4 oz) instant vanilla pudding mix
- 1 can (8 oz) crushed pineapple, drained
- 24 whole graham crackers
- 2 medium bananas, sliced
- Chocolate syrup, to drizzle
- Halved fresh strawberries, to garnish
- Additional banana slices, to garnish



In a large bowl, mix the whipped topping, sour cream, and pudding mix. Fold in the pineapple. Cut a small hole in the corner of a food safe bag and pour in the pudding mix. On a serving plate, Arrange four graham crackers in a rectangle. Pipe about 1 cup of pudding mixture over crackers. top with 1/4 cup banana slices. Repeat layers five times. Refrigerate overnight.

Just before serving, top with the strawberries, additional banana slices, and chocolate syrup.

Easiest Chicken Quesadillas

- 4 (8 inch) flour tortillas
- 1 cup cheddar
- 1/3 cup finely chopped onion
- 1 medium tomato, chopped
- 1 pkg. (9 oz) frozen grilled chicken slices, thawed
(or leftover chicken or beef)
- Sour cream and salsa, to serve, optional



Divide the cheese, onion, tomato, and chicken evenly among the tortillas. Fold in half and cook one side at a time in a nonstick pan on medium heat until cheese is melted and outside of tortilla is light brown.