

Sisters for Yah

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Lessons in Humility

What comes to your mind when you hear the word humility? One online dictionary defines humility as “a disposition to be humble, a lack of false pride.” Another source defines it as “not thinking too highly of one’s self.”

We can read in Matthew Yahshua’s famous statement of, “Therefore, anyone who becomes as humble as this little child is the greatest in the Kingdom of Heaven.”(NLT throughout). So in this Scripture, humility is equated with childlikeness.

In Zephaniah 3:12, we see: “Those who are left will be the lowly and humble, for it is they who trust in the Name of Yahweh.” Humility is also a willingness to confess that you have been wrong. A good example of this is found in Psalm 51:3-4. “I recognize my shameful deeds; they haunt me day and night. Against you, and you alone, have I sinned; I have done evil in your sight. You will be proved right in what you say, and your judgment against you is just.”

We also find that humility is gentleness. In Titus 3:2, we find, “They must not speak evil of anyone, and they must avoid quarreling. Instead, they should be gentle and show true humility to everyone.” Even our dear savior Yahshua showed humility even though He is the King of Kings. He washed



the disciples’ feet and we are to follow His example.

So what is promised to those who are humble? Take a look at what Yahshua says in Matthew 11:29, “Take my yoke upon you. Let me teach you, because I am humble and gentle, and you will find rest for your souls.” Also read Psalm 69:32, “The humble will see their Elohim at work and be glad. Let all who seek Yahweh’s help live in joy.” And finally, we find that Yahweh rescues the humble. See Psalm 18:27. Let us all develop a childlike humbleness, so that we may truly be the people that Yahweh intended!

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What can you learn from the past?

A wise individual once said, “Those who do not learn from the past are doomed to repeat it.” Let’s face it, we all have pasts that we may not be particularly proud of. Most people will readily admit that they would love to go back and relive their pasts so they could make better choices. Oftentimes, we bring baggage into the future from our childhoods. Not only are we affected by our own mistakes, but also the mistakes of those around us.

One of the most wonderful benefits of being immersed in Yahshua’s Name is that we get a fresh start in life. Nothing we did wrong in the past matters anymore to Yahweh. He forgives everything we did before and gives us a clean slate. Of course, we may still have to deal with the undesired consequences of our past actions, but our old selves die and Yahweh considers us new creatures.

As most believers know, not all bad habits are automatically eliminated when we are immersed. But we are to strive to overcome those nagging little things that are often formed early in our childhoods. Learning from the past is important to our future happiness. Reading the Old Testament, you will find that Israel repeated the same mistakes over and over again throughout their generations, mainly false worship. Take a look at Deuteronomy 32:7 which says, “Remember the days of long ago; think about the generations past. Ask your father and he will inform you. Inquire of your elders and they will tell you.” (NLT throughout article)

Many events in the Bible were recorded for our benefit. We can learn numerous lessons from the mistakes of the great (and not so great!) personalities of Scripture.



We can ask Yahweh to remove the past hurts and mistakes from our lives. Look at what King David requested of Yahweh. In Psalm 51:7, 9-10, we find, “Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow....Don’t keep looking at my sins. Remove the stain of my guilt. Create in me a clean heart, O Elohim. Renew a right spirit within me.” Regrets are like a dirty window that keeps us from seeing what’s clearly in front of us. Thankfully for us, Yahweh is in the cleaning business!

Isaiah gives a startling glimpse into the mind of Yahweh. We read in chapter 1, verse 18, “Come now, let us argue this out,” says Yahweh, “No matter how deep the stain of your sins, I can remove it. I can make you as clean as freshly fallen snow. Even if you are stained as red as crimson, I can make you as white as wool.” How deeply comforting!

As we walk forward as believers, let us continually ask that our minds be renewed daily. Let go of the past for you are a new creature. Show fruits worthy of repentance. You can trust Yahweh that He will fulfill everything that He said He would. Truly, He is our ultimate Healer!

Consider these...

Do not go where the path may lead, go instead where there is no path and leave a trail.

You must be the change you wish to see in the world.

You are never too old to set another goal or to dream a new dream.

You have to expect things of yourself before you can do them.

The starting point of all achievement is desire.

The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge.

Long range goals keep you from being frustrated by short term failures.

The journey of a thousand miles begins with a single step.

All glory comes from daring to begin.

The difference between the impossible and the possible lies in a person's determination.

If better is possible, good is not enough.

Excellence is to do a common thing in an uncommon way.

A person's dreams are an index to their greatness.

Hope sees the invisible, feels the intangible and achieves the impossible.



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Old-Fashioned Rhubarb Torte

- 1 cup flour, divided
- 5 T. confectioner's sugar (powdered)
- 1/2 cup butter
- 2 eggs
- 1 1/2 cups sugar
- 3/4 t. baking powder
- 4 cups sliced fresh or frozen rhubarb
- Whipped cream



In mixing bowl, combine 3/4 cup flour and confectioner's sugar. Cut in butter as for pastry. Pat into a 7" by 11" baking pan. Bake crust at 375 degrees for 10 minutes. Meanwhile, beat the eggs, sugar, remaining flour and baking powder. Fold in rhubarb and spread over baked crust. Return to oven and bake for 35 minutes. Cool and serve with a dollop of whipped cream. About 8 servings.

Kid-friendly Summer Snacks

Children can be picky when it comes to food! Try the following sure-fire snacks that will satisfy even the pickiest eaters:

1. Put out bowls of cut-up fruit (such as cantaloupe, pineapple, berries, etc.) and let your kids make their own fruit kabobs.
2. Cut sweet grapes in half and freeze. Makes a nice frozen treat that some children like better than sugary popsicles!
3. Kids love milkshakes and smoothies. Try this one: Blend some yogurt, a banana, other fruits of your choice, and a little milk.
4. Make your own trail mix. Simply mix granola, raisins, nuts sunflower seeds and some mini chocolate chips. Or let your children experiment with their favorite ingredients.
5. Peanut butter or honey on apple slices are always yummy.
6. Cut up celery stalks and fill with low fat flavored cream cheese. Refreshing on a hot summer day!

