

Sisters for Yah

Whatever Happened to Simplicity?

And Peter got out of the boat, and walked on the water, and came toward Yahshua. But seeing the wind, he became afraid, and began to sink, he cried out, "Master save me!" (Matthew 14: 29-30)

Rare is the family that doesn't grapple with friction caused by the complexity of life in our modern world. Older people tell me that life seemed so much simpler in the "olden days." I marvel when I hear the elderly confirm that "back then, the whole family worked as a team, because survival was at stake!" Most people lived on farms. They made their own clothing and grew their own food. In modern times, a strong cultural storm has swept the family far from its moorings of commitment and stability. Even very young children are feeling anxiety nowadays, to the point that experts are encouraging parents to not keep their child's schedule too full of activities, but to give them time to simply be a child and have fun.

There is actually a growing movement called *Minimalism*. Many books have recently been published on the subject. The authors make some good points! For instance, instead of spending money on unneeded material possessions,

why not make pleasant memories with your children by spending time with them? What a novel idea, right?

The opening Scripture in this article reminds us that when Peter focused on the simplicity of Yahshua, he was able to walk on the water. Once he focused on the complexity of the storm, he sank. It seems that today the modern family doesn't have the same need to work as a team. We all seek individual careers, education, hobbies and entertainment. All this complexity captures our attention just as the storm distracted Peter. Sometimes our individual pursuits conflict with each other and can breed neglect and discontent. There is nothing wrong with individual pursuits, of course, but make family togetherness a priority. But most importantly, Yahweh must always be Number One on your list of priorities.

I once saw a large sign on the highway that read, "The family that prays together, stays together." How very insightful! May we all strengthen our families as Yahweh intended.



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THE FORGOTTEN COMMANDMENT

Honor your father and mother, that your days may be prolonged in the land which Yahweh your Elohim gives you. Exodus 20:12

Honor is very quickly disappearing in our modern world. This is evident in the behavior of children, both in real life and on TV shows. Respect needs to be taught at a very young age. According to Webster's dictionary, honor means "showing unusual merited respect."

In the Hebrew, the word for honor meant "heavy or weight." To honor someone literally meant, "I weigh you down with respect and prestige. I place upon you great worth and value." It is interesting to note that when Yahweh formed Israel into a nation, the concept of honoring parents was one of its foundational elements.

While it is difficult to honor parents who behave dishonorably, Yahweh expects us to do our best. There are no provisions made in this commandment. You do not find anything that says, "Honor your parents only if they are perfect. Or if they are believers. Or only if they are spiritually mature and insightful." Most of us are probably squirming in our seats at this point. None of us have perfect relationships with our parents.



One of the easiest ways to honor our parents is simply to pray for them. We can ask Yahweh to show us ways in which we can honor our parents. Honoring our parents means seeing them through the eyes of Messiah, with compassion. Even if your parents were extremely abusive, you can still pray that Yahweh will change their hearts. Many abusive parents are repeating what they themselves learned in childhood. It is a known fact that abused people will repeat the cycle of abuse with their own children. Praying that Yahweh will break the generation curse of abuse can produce miracles in relationships.

Harboring bitterness and grudges will only hurt the one harboring them. Pray that Yahweh will help you forgive those who have hurt you, whether or not they deserve it. Forgiveness is expected by Yahweh, since we have been forgiven by Him, even though we didn't deserve it.

For adult children, honoring your parents will not place you back under their authority. It does not give them access to manipulate you. It also does not mean supporting their irresponsible choices or sins. It does mean respectfully encouraging them to choose life. Sharing your faith by example can work wonders. Do not argue back if they ridicule you. In some cases, it may be necessary to walk away from the relationship altogether. But still honor them by praying for restoration.

Even if your parents are no longer alive, you have Yahweh as your ultimate Parent. He is the Father of us all. Let us give Him all the honor He is due!

Helping Children Cope with a New Sibling

Most children welcome the idea of having a new baby brother or sister. But sometimes the news that mommy is expecting can be met with jealousy and anxiety. Experts say there are ways to ease the transition. The following information was contributed by parents who have experienced this firsthand!

1. Involve your child. Show them pictures of age-appropriate development of a baby in mommy's tummy. Allow them to feel your growing tummy while the baby is kicking. You can even encourage them to talk to the baby.
2. Show your child pictures of when they were infants. This will help them be prepared for a new tiny person coming into the home.
3. Include them in celebrating the new baby. Allow them to help you pick out baby clothes and supplies. Children love being involved in little details.
4. Don't forget to keep a few small "surprise" gifts for your older children too! That way they won't feel so left out when the new baby receives presents from others.
5. Many children feel worried that mommy and daddy will be so preoccupied with the new baby, that they won't have time for them anymore. It's true that a new baby will require a lot of your attention, but try to set aside some special time for your older children, even if you have to put housework and chores on hold for a little while.
6. Try playtime for two. Once the baby gets a bit older, encourage older children to entertain them. Children love making funny faces and noises, and babies love it.
7. Consider giving your child a job as "mom's assistant."
8. Always let your older children know that they are important and that you love them.
9. Perhaps most importantly, continue to pray and have bible study time with your children. Make Yahweh your priority!



Train up a child in the way he should go: and when he is old, he will not depart from it, Proverbs 22:6.

*I have no greater joy than to hear my children are walking in the truth,
3 John 1:4*



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Delightful Nutella Hot Chocolate

This will warm you right up!

4 cups milk (regular or vegan)
2 T. Nutella (chocolate hazelnut spread, found in peanut butter aisle)
2 T. unsweetened cocoa powder
2 T. your choice of sweetener (such as honey)
Optional toppings: kosher marshmallows, crushed hazelnuts, chocolate chips, extra Nutella.



Heat the first four ingredients in a saucepan. Pour into four mugs. Top with your favorite toppings.

Healthier Cranberry Oatmeal Cookies

3/4 cup white whole wheat flour
1/4 t. allspice
1/4 t. baking soda
1/2 t. cinnamon
1/4 t. sea salt
1 t. vanilla extract
1 cup rolled oats
1 cup dried cranberries
1 banana, cut up
1/2 cup walnuts, chopped
1/4 cup chia seeds (great for adding fiber to your diet!)
1/4 cup plus 1 T. coconut oil, melted (can substitute butter, softened)
1/4 cup sugar (or substitute)



Heat oven to 350 degrees. Lightly coat a baking sheet with coconut oil or whatever oil you prefer. In a bowl, mix the flour, salt, baking soda, cinnamon, and all spice. Add the oats, cranberries, walnuts and chia seeds. In a blender, mix the coconut oil or butter, sugar, and vanilla until smooth. Stir the dry ingredients into the moist ingredients. Drop on baking sheet an inch apart. Bake 15 to 20 minutes until brown and firm. Cool 5 minutes. Makes 24 cookies.