

# Sisters for Yah

## When Reality Hits Home

Take a look at Luke 8:15, which tells us, *And the seed in the good soil, these are the ones who have heard the Word in an honest and good heart, and hold it fast, and bear fruit with perseverance.*

Many new believers begin their new lives on an emotional high. They are overwhelmed by the reality of Yahweh's truth, grace, and love. For some, the idea of eternal life in Yahweh's glorious kingdom, is too spectacular to even fathom, and they struggle to comprehend our amazing Father Who even offers us such an incredible reward. Indeed, none of us even deserve such a thing. Yet, it is our Father's good pleasure to give it to us.

But reality hits a new believer extremely quickly. Life is not a bed of roses. Inevitably, "babes in Messiah" must come to grips with real life.

They quickly become disappointed with people and ordinary life. They must realize that people, even other believers, are full of faults and will make mistakes. Some will even be hurt by the good intentions of other believers. Many people, especially those who have been hurt, will build walls



around their hearts. Self-preservation is a natural response, of course. You see this in people who hop from religious organization to religious organization; never finding the "perfection" in assemblies that only Yahweh possesses. Yahweh's people are striving toward perfection, but we will never see the complete fruition of this until we are born anew into the Kingdom.

When we are immersed into Yahshua's saving Name, we indeed become "a new creature" (2 Cor. 5:17). However, our past years of experience, habits, sins, responses, and such, don't magically disappear into thin air. You are still you. But with the gift of the set-apart Spirit, we can then strive to walk in a way that is pleasing to Yahweh. All believers stumble as they walk the straight and narrow, but they must dust themselves off and keep walking.

It is not always easy to work with other people, even those who follow Yahweh. But if believers persevere, they will eventually see the good fruit in their lives and others. It's been jokingly said that "if you don't like the smell of sheep, you should get out of the pasture!" But we all hope to be the sheep who know our Master's Voice. Don't let little setbacks cause you to quit. Keep striving daily! We can do this together, with Yahweh's help.

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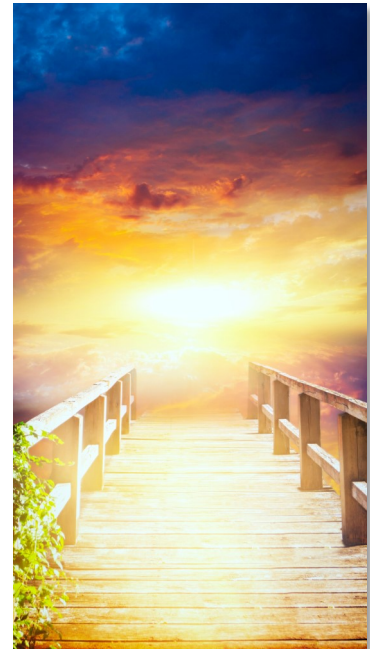
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## Be a Part of Something Bigger

We can learn a lot from reading about the lives of others who have gone before us. Learning from their mistakes can save us possibly decades of heartache and troubles. Yahweh, who led Moses, worked through EliYah, and directed the Apostle Paul, is the same Elohim who approaches us to become involved in His Work. Do you see the significance of that? You, yes little ol' you, are a vital part of something much bigger than yourself!

We tend to think only of the present. We expect immediate results and lack a sense of eternity. We often behave as if Yahweh has not acted at all in our lives. We get impatient when we want to see Yahweh's Work completed right now. Let's not forget that sometimes Yahweh intends to complete what He begins in another generation, as was the case with ancient Israel. We may not see the complete fruition of Yahweh's will in our short lives upon this earth.

So be ready and open your heart to Yahweh now, so that He can do a work in you that will last an eternity.



## ARE YOU A LIVING SACRIFICE?

In Romans 12:1, we find, *I beseech you therefore, brethren, by the mercies of Elohim, that you present your bodies a living sacrifice, holy, acceptable to Elohim, [which is] your reasonable service.*

Yahweh takes great pleasure in worthy sacrifices. In the Old Testament, we find detailed instructions for how His people were to give their offerings back then. They were a “soothing aroma” to Him (Leviticus 1:13, 17). When the ancient Israelites gave Yahweh an offering, it belonged entirely to Him and was no longer their own. And Yahweh would only accept the best that His people could give. It was shameful for the people to give blemished and imperfect sacrifices. Yahweh Himself met the standard when He gave His only Son, Yahshua, as a perfect sacrifice. Only the death of Yahweh's “spotless Lamb” was worthy enough to atone for the sins of mankind.

Now, Yahweh asks us to lay down our lives on His altar as a living sacrifice. Just as it was in



the Old Testament, our sacrifice, once offered, cannot be reclaimed. We belong entirely to Him. We cannot make a partial sacrifice of our lives; our offering must be whole-hearted. People have mentioned to me that they grew up in families who claimed to worship Yahweh, but they only did it one day a week on Sabbath. The rest of the days of the week, the family would go about their regular business with no thought about holiness. This is the perfect example of doing the bare minimum. We are not to serve him in our “spare time” or leftover resources. He is to be at the very top

of our priority list! The way we live our lives is our offering to Him. We must relentlessly pursue holiness so that our offering is unblemished and acceptable to Him.

## Dealing with Anxiety During Troubling Times

A recent news article noted that there has been a huge increase in depression and anxiety during the current Covid-19 crisis. People are afraid, and fear is a very natural response to something that no one really knows much about. Covid-19 has been called an “invisible enemy” which increases anxiety because how can we fight something that we can’t even see? The same article went on to say that many people are turning to alcohol or illegal drugs to cope with their feelings of helplessness and hopelessness. An increase in nightmares and insomnia also appears to be growing.

The good news for us is this: We, as Yahweh’s people, are neither helpless or hopeless! We have an Ever-present Source of Help. Yahweh is in complete control. Yes, He sometimes does allow bad things to happen, but they are always to serve His purpose. If you are struggling with depression and anxiety, know that you are not alone. Try the following ideas to help:



1. Ask Yahweh to give you peace. He is the Author of Peace. See 1 Corinthians 14:33.
2. Take care of yourself. Follow Yahweh’s clean food laws and hygiene practices. Handwashing is not a modern invention. Yahweh has always wanted cleanliness. He knew about germs and bacteria long before modern medicine did.
3. Take a break from watching the news if you find it affecting you badly, especially before bed. Our minds process information while sleeping, and nightmares can result if the last thing you saw before bed were frightening images on the news!
4. Immerse yourself in prayer and reading Yahweh’s Word. The Bible is full of wonderful promises that Yahweh’s people can take to heart.
5. Be careful, but don’t be paranoid. It is smart to avoid large crowds in this uncertain situation. It is also smart to plan for possible food shortages. Yes, Yahweh does provide, but He also expects us to do our part. It’s not wrong to buy a few extra cans of food when you do your weekly shopping.
6. Talk to someone about your feelings of depression and anxiety. A good friend with a listening ear can be a huge comfort.
7. Consider a very beneficial hobby, such as gardening. Many people say it’s very relaxing. Plus, you’ll feel like you are being proactive in growing your own food in case of future food shortages. Even those who live in apartments can have a small garden on their balconies or windowsills. There are entire websites about “apartment gardening.” Learning to can food is also a good pursuit. Some people also enjoy learning about herbs and natural remedies.
8. Most important of all—be sure you are living for Yahweh and conforming to His will.



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## Hydrating Green Smoothie

Perfect after a strenuous workout!

- 1/2 cup water
- 1/4 of an avocado
- 1 apple (cut in chunks, no need to peel)
- 1 kiwi, peeled
- 3 stalks celery, chopped
- 1/2 of a small cucumber (no need to peel)
- 1 inch piece of peeled ginger

Place all in blender and process until smooth.



## One Pan Chicken Dinner

- 3 large skinless chicken breasts, cut in quarters
- 3 cups fresh green beans, trimmed and cut in pieces (or use 2 cans of green beans, drained)
- 6 large red potatoes, cut in cubes (leave the skin on for more nutrients)
- 1 packet Zesty Italian Dressing Mix (1.25 ounces)
- 1 stick of butter, melted
- Garnish with sliced lemons (optional)

Preheat oven to 350 degrees. In a 9 by 13 baking pan, place the chicken pieces down the center. Then place the red potatoes down one side and the green beans down the other. You'll have three "columns." Sprinkle the dressing packet all over. Then drizzle the butter over the whole casserole. Cover with foil and bake about an hour, until the chicken is no longer pink in the middle. Serves about 6 people.

