

Sisters for Yah

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Is Bitterness Destroying Your Life?

The Bible has much to say about how we should handle our emotions. Bitterness is probably one of the most destructive of all the negative feelings a person could experience. There are even medical studies that prove that negative emotions are destructive to our physical bodies. Harboring anger, resentment, and bitterness can weaken our immune systems, thereby making us more susceptible to illness. Studies even show that cancer patients who keep a happier frame of mind have much better outcomes than those who are always “down in the dumps.” We see examples of bitterness in Scripture:

Job 10:1, *I am disgusted with my life. Let me complain freely. I will speak of the bitterness of my soul.*

Ecclesiastes 2: 17, *Now I hate life because everything done here is so irrational. Everything is meaningless, like chasing the wind.*

Proverbs 19:3, *People ruin their lives by their own foolishness and then are angry at Yahweh.*

Yes, practicing sin can cause unwelcome consequences in our lives. But sometimes we may not have had anything to do with the bad things that happen to us. We can suffer because of other peoples

sins too. So is there anything we can do to help ourselves resolve bitterness? Let’s use Scripture to answer this.

Mark 11:25, *When you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins too.*

Acts 8: 22-23, *Turn from your wickedness and pray to Yahweh. Perhaps he will forgive your evil thoughts, for I can see that you are full of bitterness and held captive by sin.*

Ephesians 4: 31-32, *Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of malicious behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as Yahweh, through Messiah has forgiven you.*



BLESSINGS: Yes, you have them, too!

When people think of blessings, the physical pleasantries in life usually come to mind. But how many people really stop and think of the spiritual blessings they have? The privilege of knowing Yahweh and having Him always there when we need Him, having brothers and sisters in the faith, the ability to pray and read scripture are all blessings that we sometimes take for granted.

Happiness is a blessing as we see in Psalm 128:1, *How **happy** are those who fear Yahweh—all who follow His ways!* And again in Psalm 146:5, ***Happy** are those who have the Elohim of Israel as their helper, whose hope is in Yahweh their Elohim.*

Turn to Jeremiah 17: 7, ***Blessed** are those who trust in Yahweh and have made Yahweh their hope and confidence.* The way to true happiness is to live your life focused on Yahweh. It will bring joy to Him, and bring you many blessings!

While worldly success and prosperity can happen to us, they are not the most common blessings from Yahweh. Peace, comfort, joy, fellowship with Yahweh, hope, and the promise of eternal life are much more lasting when it comes to blessings!

We must strive to also become a blessing to others. We see in Galatians 6:9, ***Don't get tired of doing good. Don't get discouraged and give up, for we will reap a harvest of blessing at the appropriate time.***

So how can we bless others? Take a look at 2 Corinthians 2: 14, ***Thanks be to Yahweh, who made us his captives and leads us along in Yahshua's triumphal procession. Now wherever we go he uses us to tell others about Yahweh and to spread the evangel like a sweet perfume.***

We must actively encourage each other with the wonderful news that Yahshua brought. This world and its evil system will be changed. Satan will be bound and no longer torment us. Look at Romans 1: 11-12, ***I long to visit you so I can share a spiritual blessing with you that will help you grow strong in the Master. I'm eager to encourage you in your faith, but I also want to be encouraged by yours. In this way, each of us will be a blessing to each other.***

When you are feeling depressed or discouraged, try this exercise: Take a piece of paper and write down a list of all your blessings no matter how big or small. Then go before Yahweh in prayer and thank Him for all the things on your list one by one. Most people feel much better by the end of their prayer. Sometimes seeing one's blessings on paper then verbalizing them makes one realize that things could be so much worse.

Finally, read Numbers 6:24-26, ***May Yahweh bless you and protect you. May Yahweh smile on you and be gracious to you. May Yahweh show you his favor and give you His peace.***



The Best Way to Deal with **Anger**

Everyone has situations that make them angry. But for the sake of one's health, it's worth investigating ways to deal with this powerful and potentially destructive emotion. Consider the following scenario for a moment: *It's Monday morning and you're late for work. Your little girl can't find her shoes and, as usual, your son is playing with his food at the table. You can feel it start in the pit of your stomach—that familiar feeling of frustration beginning to bubble within you. If you don't do something quickly it will soon turn into a full-blown scream-fest—it always does—where your children end up crying and you go to work angry with the world.*

Most of us can relate to the above fictional story. It's happened to all of us. Is there really a way to get angry without all the damaging health effects? Research shows that both ends of the anger continuum—unchecked ire and self-silencing—can damage your health, contributing to a range of health conditions. Strike a more balanced approach with these tips.

Take a step back. When you feel upset, take note of how you react. Do you tend to make excuses, feel depressed, begin feeling sorry for yourself? Look carefully at the situation before you rush to judgment or blow up.

Know when to walk away. Nothing productive ever happens when you can't contain your hostility. Leave the interchange immediately and come back when you are feeling less explosive.

Allow yourself to feel. Sometimes feelings just are—whether wrong or right. One should explore what exactly is causing the bad feelings. Are you really mad at your children, or are you just reacting to your bad day at work? And are you really angry about work, or did it all begin with the rude person who cut you off while driving there? Start journaling—you may discover the *real* reasons behind your resentment and hostility.

Use it wisely. Don't use anger as raw fuel to ignite arguments with people you love or work with. Use your anger to plan your next steps. For instance, if you watch television late into the night, then feel miserable all the next day, plan to go to bed earlier. You'll probably notice a huge difference in your attitude and productivity.

Express yourself. Holding anger inside is just as destructive as blowing up. Take a few deep breaths. Pray about it, then go to the person you are having the conflict with. Remain calm and let the person know you care about the relationship but need to express some feelings.

So let's put a happier spin on the story at the beginning of this article: *Since you know how hectic mornings are at your house, you help your daughter pick out her entire school outfit, including shoes, the night before. You also talk to your son about his habit of playing with his food, and warn him that punishment will result if it happens again. You had also set the alarm 15 minutes earlier the night before. Everyone is happy. No one is crying this morning...ah, that's better!*



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The Healthiest Snacks Around!

This summer, ditch the greasy French fries and potato chips and snack your way to better health. The following are packed with nutrients, keep you feeling full, and are low in calories if you stick to the recommended serving size.

1. 1 cup **berries**—high in fiber, and vitamin C. Some studies indicate that berries can even ward off certain cancers.

2. 1 cup **salsa**—provides a slew of nutrients, including calcium and potassium. Use as a dip for fresh veggies or whole grain tortilla chips.

3. 1 large **egg**—packed with protein. Rich in iron and zinc. The protein also keeps you full.



4. 2 cups **watermelon**—keeps you hydrated on a hot summer day. Filled with valuable nutrients.

5. 2 cups **spinach** sautéed in 1 1/2 t. **olive oil**. High in calcium and folate.

6. Broiled **salmon**—oh, where do we begin listing the benefits? Has tons of Omega-3's which studies indicate can keep a heart healthy and blood pressure controlled.

7. 1/3 cup cooked **beans**—high in fiber and protein.

8. 1 cup low fat **yogurt**—high in friendly bacteria such as acidophilus, needed for good digestion. Great for women, due to high calcium content. Also great for those prone to urinary tract infections.

9. 2 cups air-popped **popcorn**—whole grain equals fiber-rich. Just don't drown it in butter and salt!



10. **Oatmeal cookies**—okay, there had to be something sweet, right? Studies have proven that whole grain oats actually lower cholesterol. Just don't overindulge.

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been missing!