

Sisters for Yah

Are you being made perfect?

In Hebrews 5:8-9 we read, *Though He was a Son, yet He learned obedience by the things which He suffered. And having been perfected, He became the author of eternal salvation to all who obey Him.*

Most people don't realize this, but there is a positive aspect to suffering. How so, you may ask. Through suffering, we can become like Yahshua. We observed a very meaningful Passover and Feast of Unleavened Bread last month, and had many enlightening Bible studies during the week. Reading about the suffering Yahshua endured for us, was very humbling indeed.

It is a natural human response to want to avoid suffering at all costs. Yet no matter how much we plan and prepare, trials will always find us. If Yahweh



allowed His own Son to suffer, how can we expect Him to always spare us? We need to be willing to learn obedience when it really hurts! Are we willing to pay whatever price is necessary in order to become like Yahshua?

There are some things Yahweh can build into your life only through suffering. One danger to suffering is becoming bitter toward Yahweh. When we become bitter, we close off some parts of our lives to Yahweh. He wants to be a part of every aspect of our lives. We should strive not to resent the trials that Yahweh brings into our lives. King David spent years in suffering and heartache, yet he was a man after Yahweh's own heart. If we want to be a people after Yahweh's own heart, it would do us well to examine the lives of Yahweh's people recorded for us in the Bible. Even reading the book of Job is strangely comforting to me because the ultimate message is that Yahweh is always in control.

Thus far we've only discussed suffering that Yahweh allows in our lives. There is another aspect to think about. Sometimes we bring suffering into our lives when we sin, or make foolish choices. I can't begin to tell you how many times a baptized believer will call the office in anguish because of trials. But then upon further discussion, it's discovered that the trials were being caused by unrepentant sin. We must get as much sin out of our lives as we possibly can. It also helps to pray to Yahweh and ask Him if there's anything in your life that you need to work on. He never says no to a prayer like that! Yahweh wants us to become like His Son. As Yahweh's people, we are to continuously strive toward perfection. It won't be easy, but it's so worth it.

Inside this issue:

Are you being made...?	1
Spiritual advice	2
Helpful articles	3
Recipes	4

Yahweh's faithfulness

Yahweh never calls us to do anything without faithfully keeping His Word and enabling us to do it. We are not always faithful to do what Yahweh tells us, but He always remains faithful and stands by His Word to fulfill what was He has promised (Isaiah 46:11).

Think for a moment of the Israelites facing the Red Sea before them. It may have been tempting to conclude that Yahweh had abandoned them. They had nowhere to run! The sheer terror must have been overwhelming. The sea was in front of them, and the mighty Egyptian army was racing to overtake them. Yet Yahweh was faithful in parting the sea.

It is in Yahweh's perfect nature to be faithful. We must trust in Yahweh's character. The testimony of His people throughout the ages is clear. Regardless of how bleak your circumstances appear, don't lose heart. Allow time for Yahweh to reveal His faithfulness to you. Someday you will reflect on what He has done for you and praise Him for His faithfulness!



We have hope

The world is in turmoil, as it has been since the fall of mankind, but Yahweh's people have something that the world does not. We have hope. We know that this evil world will pass away. A glorious Kingdom will replace the current systems of the world. While believers still grieve, we don't grieve as the world does.

In Yahshua's time, a funeral was a time for the impassioned demonstration of grief. Even professional "mourners" were hired to enhance the misery of it all. In ancient times, wailing loudly at a funeral was considered a sign of respect to the family. Indeed, nothing is more painful than losing a loved one, something every one of us has already, or will eventually experience. Even Yahshua wept at the funeral of a close friend. But His sorrow did not come from lack of hope. See John 11:35. Yahshua knew that Lazarus would soon be alive again. He also knew that at His second coming, all His followers would be resurrected and live forever with Him in the Kingdom.



Yahshua conquered death and forever changed the way that believers view it. We still experience the pain and sorrow of losing loved ones, but joy fills our hearts when we think about seeing them again in the Kingdom. For those of us who have given our lives to Yahweh, we have the expectation of being in the first resurrection. But what if you have lost loved ones who are not in the faith? The Bible reveals that there is a second resurrection for those who may have not been called in this lifetime. It is not a "second chance" but a "first opportunity." People have lived and died for thousands of years. Many have never had a real chance to learn about and accept the truth. If you want more information, please request our free article, "Just one Resurrection?" May this short article fill you with hope!

When you need to relax...

At the end of a long day, do your feet ache? Try this soothing foot soak! The lactic acid in the milk can heal and hydrate dry patches, while the honey and vanilla can calm any rashes or irritations. The finishing touch is the baking soda, which can remove dead skin.

4 cups warm milk
4 T. honey
1 1/2 t. vanilla extract

Soak your feet for 5 minutes. Sprinkle 2 T. baking soda over feet and scrub gently. Allow to soak another 10 minutes. Rinse feet, dry, and apply moisturizing lotion.



Health News



Garlic and onions may prevent cancer: A new study indicates that allium vegetables (which include garlic, leeks, and onions), can prevent colorectal cancer as much as 79 percent!

Feeling blue? Eat fruits and vegetables! It is now well-known that eating more fruits and vegetables can improve your mental health. Just one extra serving per day can have as much effect as eight extra days of walking per month. (But please don't stop exercising.)

Eat sweet potatoes to boost health: Sweet potatoes are very versatile! And they are healthier than regular potatoes too. Try the following ideas:

- Whenever a recipe calls for white potatoes, try swapping sweet potatoes instead.
- You can add cubes to stews and soups along with cumin or paprika for a smoky flavor.
- Use in cupcake or pancake batter or as a pie filling.
- Bake them and add cinnamon, pecans, and maple syrup.
- Combine with chickpeas for a new spin on hummus.
- Buy small or medium sweet potatoes with no sprouts. Large ones can be a bit too starchy.
- Never refrigerate sweet potatoes. Just store in a cool dark area.
- When you prep them, wash under cool water. Don't scrub hard as the skins are thin.

Some neat ways to prepare them:

- Cut in strips or wedges, then bake and eat with dipping sauce.
- Coat with olive oil and your favorite seasonings and bake.
- Saute them in garlic and olive oil. Add parmesan, turkey bacon, and spinach or kale.
- Pan fry in oil and season with salt, pepper, and chili powder.

Yahweh's Assembly in Yahshua
2963 County Road 233
Kingdom City, Missouri 65262

Main Line: 1-573-642-4100
Toll Free: 1-877-642-4101
Fax Line: 1-573-642-4104
Website: www.SistersForYah.org



Healing Ginger Tea

1 1/2 inch piece of fresh ginger, cut in chunks
1 large lemon, juiced
6 cups water
Raw, unfiltered, honey, to serve

Pour the water in your kettle or saucepan. Bring to a boil. Turn off heat. Add the ginger, cover, and allow to steep about 10 minutes. Strain and add the lemon juice. Sweeten with honey to enhance the immune-boosting effects. Can be refrigerated and sipped cold also. Makes about 6 cups.



Amazing Asparagus soup

2 pounds asparagus, cut into 1 inch pieces
1 onion, chopped
3 T. butter
6 cups chicken broth, store-bought or homemade
1/2 cup heavy cream or half and half
1/4 t. lemon juice, or to taste

Simmer the first 4 ingredients about 20 minutes. Turn off heat and add the heavy cream and lemon juice. Makes about 4 servings.



Healthy Tomato Salad

2 pints grape tomatoes, halved, or 3 cups diced regular tomatoes
1/4 cup finely diced red onion
3/4 t. dried basil
1/4 t. dried oregano
3 T. olive oil
1 T. apple cider vinegar (or red wine vinegar)
1/2 cup diced mozzarella cheese
Salt and pepper to taste

Mix all the ingredients in a big salad bowl. Great as a side dish to heavier main dishes.

