

Sisters for Yah

Give Yahweh your best

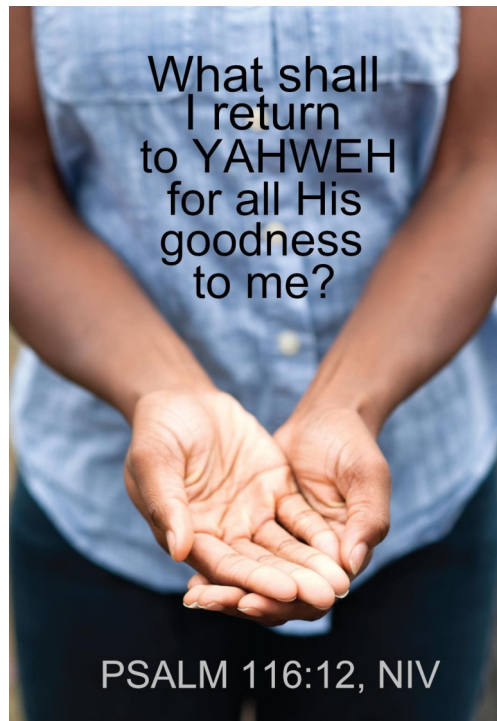
Yahweh is love. He loved us so much that He sent Yahshua to die for our sins, so that we could be reconciled to Him. Our response to Yahweh, if we truly understand His love for us, is the desire to give back to Him that which means the most to us. What means the most to you? Family, friends, hobbies, finances? You fill in the blank. When we turn our lives over to Yahweh, we must also turn over the things that are important to us. We must put everything into His hands. We belong to Yahweh.

Under the Old Covenant, it is revealed to us that Yahweh set forth high standards for the sacrifices He required of His people. A worthy sacrifice had to cost the people something. As their hearts shifted away from Him, the people began struggling to give their whole hearts to Him. Worship became sub-standard. They were to bring good, healthy animals to be sacrificed. They were never to bring blind, lame, or sick animals. In Malachi 1:10, Yahweh declared their offerings to be in vain! It is clear that throughout the Old Covenant, Yahweh was setting the stage for the ultimate, perfect, and sinless sacrifice of His Son for the sins of mankind.

The offerings we give back to Yahweh reveal the condition of our hearts. Offerings do not only refer to

money and tithes. Offerings also refer to the praises of our lips, our obedience, and service to others. Yahweh wants our time, too! Do you spend time meditating on His Word? Make it a practice daily to pray and study. If we are unwilling to work on our relationship with our Heavenly Father, we cannot expect things to go well for us. Yahweh delights in the person who seeks Him with their whole heart.

We must reflect on everything Yahweh gave us when He offered up His Son on our behalf. Eternity belongs to us if we accept that sacrifice. People in our modern world are afraid to die. They spend much of their wealth on trying to preserve their lives. They try anything to stop the aging process. Yet, Yahweh has already offered eternal life! We all want blessings. We are told that we must seek first the Kingdom. There is no higher priority than working out our own salvation with fear and trembling. We all want to hear, "Well done, good and faithful servant!" And with Yahweh's help we will.

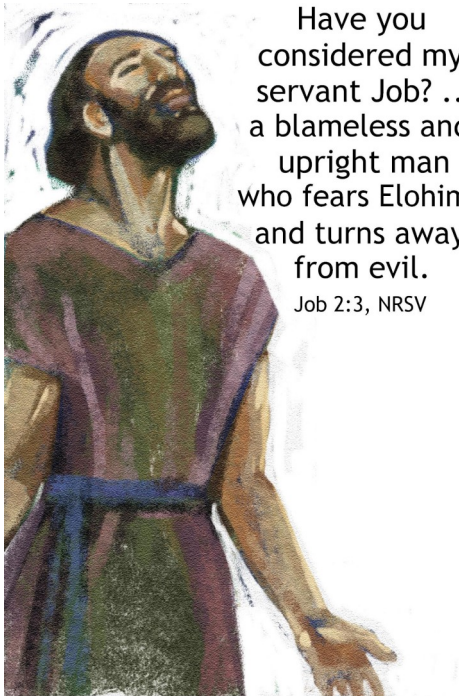


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Putting away evil

In Deuteronomy 22:21b, we read, “So shall you put away the evil from among you.” It is a dangerous and costly mistake not to take evil seriously. Many of Yahweh’s people have fallen to sin and temptation because they thought they were stronger than they actually were. One way to fight sin is to remove anything in your environment that may tempt you to sin. For instance, choosing your entertainment wisely will go a long way to prevent temptation in your life. Never allow yourself to watch evil movies or TV shows. Most of what comes out of Hollywood today, has a strong agenda toward evil. Violence, sex, revenge, New Age, alternative lifestyles, to name a few, are all being pushed onto the public. People can easily become desensitized to evil if it be-



Have you considered my servant Job? ... a blameless and upright man who fears Elohim and turns away from evil.

Job 2:3, NRSV

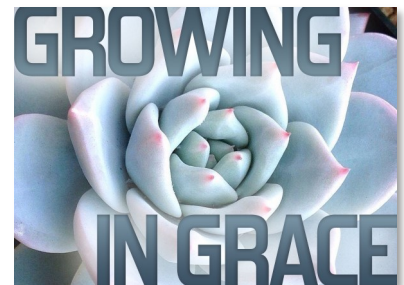
comes so frequent in the media. In addition, many of us are noticing that movies are increasingly portraying people of faith as being out of touch with reality and intolerant of things that are popular in our current society—things which the Bible clearly condemns.

There are times which it may be impossible to remove ourselves from unrighteousness, such as being around sinful people at work or school or even sharing a home with unbelieving family members. In cases such as these, we don’t have to do like those around us are doing. Joseph was enticed to commit adultery with his master’s wife, but he fled immediately! Read Genesis 39:12. We must live in the world, but must not be of the world. We can expect this to be difficult. Every one of Yahweh’s people must rise above this world and its temptations. Even our Master Yahshua was tempted by Satan in the wilderness. He defeated Satan by quoting Scripture, and we can too. Never give Satan a foothold in your life. Learn to bring every thought into captivity. We are not left without help. Reach out to Yahweh when you are struggling. Pray and fast if need be.

Grace, Mercy, and Peace

Read 1 Timothy 1:2, which tells us, *To Timothy, a true son in the faith: Grace, mercy, and peace from Yahweh our Father and Yahshua Messiah, our Master.*

How we pray for our family and friends is important. There is no better way to pray for someone you love than by following the example found in Scripture. Paul often asked for specific gifts from Yahweh for those he cared about. On Timothy’s behalf, Paul requested grace, mercy, and peace. Grace is unearned gifts the Father bestows on His children. Mercy is Yahweh withholding the punishment we deserve because of our sinfulness. Peace is the state of mind and heart we experience when we are confident of Yahweh’s grace and mercy toward us. The peace Yahweh gives us is very different from the peace the world offers. The world seeks to sedate us from the problems we face through temporary pleasures. The peace that Yahweh gives goes right to our innermost selves. May you all be blessed with grace, mercy and peace.



Got a nasty cold? Feel better fast!

Since December 2019, Covid-19 has dominated the news. But we all have forgotten that not every sniffle means you are infected with the dreaded virus. Covid-19 patients generally report that lower respiratory symptoms are more common with Covid-19. The upper respiratory symptoms such as scratchy throat and runny nose usually is just the common cold. Try these home-care tips if your symptoms are mild:

1. Nose all stuffed up? Try steam! A hot steamy shower can work wonders. Or boil some water in a small saucepan. Add some eucalyptus oil. Remove from the heat. Lean over the steam and drape a towel over your head. Breathe deeply for a few minutes.
2. Sip chicken soup. If you want to increase the anti-viral properties, add some fresh garlic.
3. For mild coughs, try a teaspoon of honey before bed. It may contain cough suppressing properties. A mixture of honey and cinnamon is even better.
4. Some sources say that extra Vitamin C can reduce the number of days you are sick. Eat lots of Vitamin C fruit such as oranges, kiwi, and strawberries.
5. Get some extra rest so your body can fight the cold. An extra pillow can help drain sinuses.
6. Studies also indicate that zinc lozenges and Vitamin D can shorten the duration of your cold.
7. See your doctor if home care doesn't help or if your symptoms worsen.

Tame your tongue!

*Whoso keepeth his mouth and tongue
keepeth his soul from trouble.*
Proverbs 21:23

*But I say unto you, that every idle word that
men shall speak, they shall give account
thereof in the day of judgment.*
Matthew 12:36

*Let the words of my mouth, and the medita-
tion of my heart, be acceptable in thy sight, O
Yahweh, my Strength, and my Redeemer.*
Psalms 19:14

*Let no corrupt communication proceed out of
your mouth, but that which is good to the use
of edifying, that it minister grace unto the
hearers.*
Ephesians 4:29

*Wherefore, my beloved brethren, let every
man be swift to hear, slow to speak,
slow to wrath.*
James 1:19



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Six Ingredient Tortilla soup

4 cups chicken broth, store bought or homemade

1 Rotisserie chicken, shredded

1 can red enchilada sauce (19 ounce)

1 can fire roasted tomatoes (14 ounce),
undrained

1 can corn, drained

Crushed tortilla chips, to garnish, optional

Mix it all up in a big pot (except for chips) and heat till simmering. Top with the chips.



Flourless Toffee Peanut Butter Cookies

(Submitted by Sister Jan Meyer)

1 cup crunchy peanut butter

1 cup granulated sugar, plus more for rolling

1 egg

1 tsp. vanilla extract

3/4 cup Heath toffee bits

Heat oven to 350 degrees. Line a large cookie sheet with parchment paper and set aside. Combine peanut butter, sugar, egg, and vanilla extract in a medium bowl. Fold in toffee bits until combined. Use a cookie scoop to scoop out dough. Form into 1-inch balls with your hands and roll in a small bowl filled with granulated sugar. Roll until all sides are coated. Place cookie dough balls onto the prepared baking sheet. Gently press the tines of a fork into the top of the ball. Repeat with the tines facing the opposite direction (or just use the palm of your hand to flatten slightly). Bake about 8 to 10 minutes or until the cookies are lightly golden brown. Store cookies in an airtight container.

