

Sisters for Yah

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Don't Let Anything Stop You!

When it comes to overcoming obstacles, what Bible characters do you think of? Perhaps Joseph, or maybe Paul? In 2 Corinthians 4: 7-11, we read, *“But we have this treasure in jars of clay to show that this all-surpassing power is from Yahweh and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Yahshua, so that the life of Yahshua may also be revealed in our body. For we who are alive are always being given over to death for Yahshua’s sake, so that His life may be revealed in our mortal body.”*

Ask yourself, “Who do I know that I can look to as good examples of how to overcome obstacles?” Also, reflect on what obstacles you personally face. We all have them—whether they be a physical or mental handicap, a bad background, or whatever reason. No matter what your personal difficulty is, you can still worship Yahweh with all your heart.



Remember what happened when Yahweh called to Moses out of the burning bush? Moses responded with all kinds of obstacle he faced, “I’m not a great speaker. Who will even listen to me? I stutter; no one in Egypt will believe that You sent me.” But we know that Yahweh wouldn’t take no for an answer. Because of Yahweh, Moses became one of Israel’s greatest leaders!

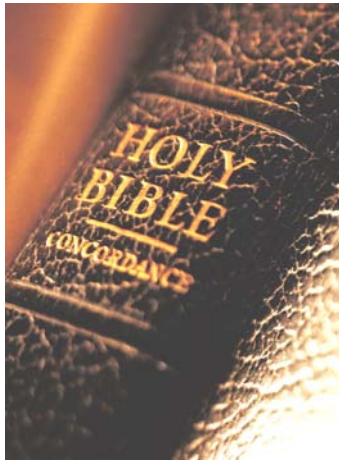
Many great people have been afflicted with serious problems. For instance, Sir Walter Scott was crippled. Theodore Roosevelt had severe asthma problems. Helen Keller couldn’t see, hear, or speak. Yet all these individuals were able to do great things! It’s true—our bodies are weak. As scripture states, we are jars of clay. But Yahweh is the Master Potter. He has power over our “earthen vessels.” Don’t let anything stop you from giving Yahweh your all!

“...verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you,” Matt 17:10.

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You Can find it in the Old Testament!



In Acts 13: 32-33, you'll read, *“And we declare unto you the glad tidings, how that the promise which was made unto the fathers, Yahweh hath fulfilled the same unto us their children, in that He hath raised up Yahshua again; as it is written in the second psalm, Thou art my Son, this day I have begotten thee.”*

This is a great example in which the Good News was preached in the Old Testament. Many people have argued that you cannot find Yahweh's plan in the Old Testament, but that simply is not true. In Psalm 2:12 you can find the following, *“Kiss the Son, lest He be angry, and ye perish from the way, when His wrath is kindled but a little. Blessed are all they that put their trust in Him.”*

Yahshua actually used certain psalms to prove His deity. For instance He quoted Psalm 110:1 (in Matthew 22:43-45), and Psalm 82:6 (in John 10: 34-36) in support of His claims. So don't let anyone tell you that you can't find hints of Yahweh's salvation in the Old Testament!



Ten Secrets to Happiness

1. Live Beneath your means and within your means.
2. Every day do something nice and try not to get caught.
3. Listen more, talk less.
4. Study your Bible each day.
5. Don't make excuses.
6. Practice optimism—it lifts everyone around you.
7. Be kind to people.
8. Be even kinder to unkind people.
9. Cultivate good manners.
10. Be humble.



QUICK WAYS TO PULL THE PLUG ON STRESS

Stress isn't all bad. Short-term stress can help you meet a deadline, turn a double play or keep your bumper from getting crumpled.

But when it lingers like week-old leftovers, or nags like a too-full desk, it's time to pull the plug. The more you're stressed, the greater the risk of accidents, infections and arterial aging. It's not the desk or the stress that's the trouble; it's your reaction to it. Even if you already have a favorite way to break the tension, whether it's playing basketball or listening to Mozart, these easy techniques are great to keep in your back pocket when your first choice isn't available:

► Breathe in, lick your lips and then blow out slowly. The cool air helps you refocus and slow down.

► Scrunch your face up tightly for 15 seconds, then release. Repeat several times. Repetitive contraction and relaxation helps release tension above the neck.

► Stop for a second and focus on your breathing. Now look down. See anything moving? Probably not. That's because most people take short, shallow breaths—the kind that come from your chest. To relax, take deep, whole breaths. It should take about 5 seconds to inhale and 7 seconds to exhale. And your belly (yes, your belly) should expand as you breathe in, then flatten as you breathe out. Ahhh...that's better.



The Plant That Makes You Younger

Feeling overwhelmed? A quick liaison with lavender may keep things under control. A scant 5 minutes of exposure to a mild lavender scent helps reduce your body's release of cortisol—a key stress hormone that can prematurely age you by triggering inflammation.

In one small study, sniffing lavender not only reduced cortisol levels but also enhanced antioxidant activity in the bodies of the people studied—a double blow to the aging process.

This isn't the first time lavender has been associated with good health. It's also considered a calming agent. In fact, more than one study has shown it to be effective against insomnia, which is one of the reasons the fragrance ends up on so many pillows. Its other reputed powers: Its oil has been used as an antiseptic and disinfectant and as a headache treatment when rubbed onto the temples (though it not for young boys; some reports have suggested that repeated lavender use can mess with their hormones.)

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Recipe for a Happy Marriage

Take two happy people—one male and one female—separate them from their parents. Add the following ingredients in generous proportions:

- Love
- Acceptance
- Respect
- Communication
- Patience
- Kindness
- Gentleness
- Self-control
- Commitment
- Faith
- Hope
- Truth



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See what you've
been missing!

Mix together, then thoroughly sift in daily life. Strain out jealousy, arrogance, selfishness, provocation, and accounting of wrongs. Bake in trials and tribulations of life for 50 years, then celebrate when golden.

Author unknown, submitted by Jan Meyer



For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh, Ephesians 5:31.