

Sisters for Yah

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Lessons from Romans 12



“Do not conform any longer to the pattern of the world.”(Verse 2) What does this verse mean to you? If you are a believer in Yahweh, it means that you have a whole new outlook on how you live your life. Think about what the world does. Do you lie, cheat, and steal? If so, you are conforming to the pattern of the world. Do you have unhealthy habits like smoking, excessive alcohol consumption, and using foul language? Then you are conforming to the world. Seek Yahweh to overcome any thing in your life that prevents you from conforming to Him.

“...Do not think more highly of yourself than you ought...” (Verse 3) What is your attitude toward other believers? Do they have some personal-ity trait that bothers you so much that you avoid them? While it is fine to lovingly discuss these things with those we have conflict with, we must always remember to take the plank out of our own eye before expecting other brethren to remove the splinter out of theirs. Never think you are more righteous than another person. You may find out differently.

“Never be lacking in zeal, but keep your spiritual fervor, serving Yahweh” (Verse 11). Don’t let obstacles trip you up. We all have bad days. Having a bad day is no reason to be unspiritual. The Apostle Paul had many bad days, yet he served Yahweh continuously through them all.

“Bless those who persecute you...” (Verse 14). Do not seek to repay evil with evil. Treat even your enemies with kindness. Don’t try to get revenge on anyone. Vengeance belongs to Yahweh alone. Don’t get in His way. He will work things out in His own timing, not yours. Never let yourself be overcome by evil, but instead overcome evil with good. Let us, as Believers, always seek to do Yahweh’s will!

(Anonymous)



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Emergency Scriptures

John 14—when you are sad.
 Psalm 51—if you have sinned.
 Psalm 91—if you are facing danger.
 Psalm 27—when people have failed you.
 Psalm 139—if you feel Yahweh is far from you.
 Hebrews 11—for helping your faith.
 Psalm 23—if you are fearful and alone.
 Matthew 8:19-34—for worry-warts.
 1 Corinth. 13—hurt feelings.
 2 Corinth. 5: 15-18—you question your faith.
 Romans 8:31-39—you feel like an outcast.
 Matthew 11: 25-30—you need peace.
 Psalm 90—if the world seems bigger than Yahweh.
 Romans 8:1-30—a great insurance plan.
 Psalm 121—protection for a trip.
 Psalm 87—praying for yourself.
 Joshua 1—if you need courage.
 Psalm 27—depression.
 Psalm 37—your bank account is empty.
 John 15—if people seem unfriendly.
 Psalm 126—if you are losing hope.
 Psalm 19—the world feels small compared to you.
 Colossians 3: 12-17—Paul’s secret for happiness.
 Romans 12—learning to get along with other people.
 Psalm 34:7—if you feel scared.
 Psalm 121:3—for security.
 Mark 8:35—for assurance.
 Psalm 145:18—for reassurance.



Teaching Children to Not Give Up



1. Encourage your child to keep trying, even if things seem difficult at first.
2. Show your vulnerabilities by sharing a story in which you handled a difficult situation. Allow your child to open up about what worries him.
3. Be optimistic. If children see your positive outlook on life, they may follow your example.
4. Be a model by working hard in your own life, and praise them for their efforts, not just for perfect report cards.
5. Focus on his or her strengths. And if you have more than one child, appreciate their differences.
6. Let them know you’re happy if they are doing their best—even if they do not get straight A’s!

Keeping Teens Drivers Safe

Most parents dread the day when their teenagers finally begin driving. And for good reason! Every year, 6,000 teens die in accidents, and thousands more are injured. Car accidents are the number one killer of teenagers, and surprisingly, drinking and driving isn't even the main reason. A study done by Allstate Foundation found that the common causes of accidents caused by teenagers were: driver error, speeding, and distractions such as cell phones, texting, loud music, and other teenage passengers. Lack of experience can also contribute to accidents. Usually the longer a person has been behind the wheel, he or she is better equipped to handle unexpected circumstances. So what can you, as a parent, do to help your teen? Experts recommend the following:



1. Set the right example. If your teen observes you practicing unsafe driving techniques, he or she will probably do likewise.
2. Everyone must wear seatbelts at all times.
3. No distractions! That means no applying makeup while driving and avoiding excessive cell phone use.
4. Absolutely no alcohol or drugs are permitted.
5. Avoid driving after 10 P.M. when many accidents occur.
6. Obey all traffic signals and laws.
7. Know who your teens hang out with. Many accidents occur when friends are in the car, because drivers are influenced by peer pressure. They are more likely to follow dangerous suggestions like racing or speeding. A 16-year-old with three or more passengers faces nearly three times the risk of having a fatal car crash as when driving alone.

The single most important way parents can keep their kids safe is by being involved. Strictly enforce rules and follow through with consequences if they are not obeyed. According to the National Highway Traffic Safety Administration, 66% of kids in car fatalities aren't wearing seatbelts! So with proper instruction and building good habits, your teen can be a safer driver. And you will have peace of mind too!



YAIY

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



Honey Cake

While honey cakes are mentioned in the Bible, no recipe was recorded in its pages. Honey, raisins, and dates were widely used in the Middle East. Try the following for a Bible-land type treat!



Step 1: Preheat oven to 350 degrees (325 degrees if using a glass pan). Grease a 9-by-9 square pan with vegetable shortening and dust lightly with flour.

Step 2: Combine 1/2 cup sugar, 4 t. baking powder, 1/2 t. salt, 2 cups flour, and 1/2 t. cinnamon.

Step 3: Mix in 1 cup orange juice, 1/2 cup honey, 1 t. vanilla extract, 8 oz. package chopped, pitted dates, and 1 cup raisins. Blend all thoroughly.

Step 4: Pour into pan and bake 45 minutes. If using a glass pan, check after 40 minutes.

Nutrition News

Cinnamon—Can help prevent diabetes! According to the Human Nutrition Research Center, patients that were given 1/2 teaspoon per day for 40 days had fewer signs of free radicals (molecules that damage cells and have been linked to Type 2 diabetes).

Walnuts—Good for your arteries! Walnuts contain an amino acid that preserves elasticity in arteries, which help blood vessels expand. Still, don't overdo it if you are trying to lose weight since nuts are high in fat. A handful a day should be plenty to reap the health benefits.

Berries—Excellent brain food! Berries are a wonderful source of antioxidants. Try some on your morning bowl of cereal!

