

Sisters for Yah

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The Common Struggle

What word describes something we all feel, it seems, these days: Frustration! The world is moving at a faster pace and many of us just can't keep up anymore! Guess what? Yahweh feels frustrated sometimes too. Take a look at Psalm 78:40-42, speaking of ancient Israel which tells us, *"Oh how often they rebelled against Him in the desert and grieved His heart in the wilderness. Again and again they tested Yahweh's patience and frustrated the Holy One of Israel. They forgot about His power and how He rescued them from their enemies."*

If Yahweh knows what frustration feels like, surely He can understand us when we feel it. Even the author of Ecclesiastes expressed feeling frustration. *"Everything is so weary and tiresome! No matter how much we see, we are never satisfied. No matter how much we hear we are not content."* (Eccl. 1:8)

And also in Eccl. 2: 20, *"I turned in despair from hard work. It was not the answer to my search for satisfaction in this life."*

Frustrations often happen when reality fails to meet our expectations. People sometimes look for happiness in life

in all the wrong places. How many times have you heard such statements, "If only I could do such and such, then I wouldn't feel so frustrated!" One way to avoid many frustrations is to let Yahweh be Yahweh. He satisfies every need there is. The best relief from struggles is letting Yahweh work things out for us in His own timing. Our frustrations will melt away once we accept that Yahweh is in control of all things. Start today to trust Yahweh and seek His will for your life.

In Joshua 1: 9 we find, *"I command you—be strong and courageous! Do not be afraid or discouraged. For Yahweh your Elohim is with you wherever you go."*



Does Yahweh have a plan for your life?

Life can be an endless “roller-coaster-ride” of decision-making, planning, and coping. The unexpected events we all experience can cause us to change our plans or tweak our decisions. Consider the happy homemaker who was content to home school her four children, whose husband passed away in a freak accident at work, or the budding sports star who was unexpectedly injured severely during practice, who now can’t use one of his legs. These unsuspecting individuals had a plan for their lives, but through no fault of their own, had to change their plans. None of us are exempt from the unexpected, which is one of the most important reasons to stay close to Yahweh.

Psalm 139:3 says, *“You chart the path ahead of me and tell me where to stop and rest. Every moment You know where I am.”* Yahweh, of course, cares for His people. Nothing escapes His attention.

Yahweh’s plan for us is always for our good, even though pain and struggles often blind us to that reality. We can rest assured that the end result will be marvelous if we remain in Yahweh. He wants us to follow the path that will be most pleasing to Him. Unknown paths can frighten us, but just knowing that we have a Helper is a great comfort.

Consider the following scriptures:

“Cry out for insight and understanding. Search for them as you would for lost money or hidden treasure. Then you will understand what it means to fear Yahweh.” (Proverbs 2:3-5) This means we should actively seek out Yahweh’s will for our lives.

“Come let us go up to the mountain of Yahweh, to the temple of the Elohim of Israel. There He will teach us His ways, so that we may obey Him.” (Isaiah 2:3) Be willing to submit to His teachings. Don’t allow stubborn pride to keep you from Him.

“Oh that we might know Yahweh! Let us press on to know Him! Then He will respond to us.” (Hosea 6:3) This describes a deep relationship with Yahweh. He will not respond in a casual relationship—we must actively seek to know Him.

“If you want to know what Yahweh wants you to do, ask Him, and he will gladly tell you. He will not resent your asking.” (James 1:5) Just as earthly, human parents enjoy it when their children come to them, so our Heavenly Father does also.

We can know Yahweh’s will by reading His Word regularly. For instance, we learn that it is His will for us to serve others. It is also His will that we obey His laws for living. When we obey Yahweh, we prevent a lot of potential problems that could beset us. Times are not getting easier in this world we live in. Let us all strive to remain in His will.



TOP 10 NUTRITION MYTHS

Myth #1: It is bad to eat between meals.

Dividing calories into three meals plus two to three snacks keeps you fueled throughout the day. Just choose the right snacks!

Myth #2: Fad diets are an effective way to lose weight.

They can accomplish quick weight loss, but can't be maintained. Success isn't in the weight loss, but in the ability to maintain it.

Myth #3: Eating after 8 p.m. causes weight gain.

Nothing special about the hour: Eating more than you burn equals stored fat.

Myth #4: All fats are bad.

We need fats! They help nutrient absorption, carry fat-soluble vitamins (A, D, E, K) and make cell-membranes water-tight. *Excess* fats contribute to heart disease, cancer, and weight gain.

Myth #5: Brown sugar is better than white.

Brown sugar is just white granulated sugar with added molasses.

Myth #6: Dairy products are fattening and should be avoided.

They are a good source of calcium and protein. Calcium intake should be spaced evenly throughout the day. But be aware of fat content—skim or low fat dairy is a better choice.

Myth #7: As long as you watch your diet, you can skip exercise.

Exercise is important anyway, not just for weight loss!

Myth #8: Sugar causes diabetes.

Overconsumption of sugar doesn't help, but a diet high in calories, being overweight and inactive can lead to diabetes.

Myth #9: Margarine is better for you than butter.

They have the same amount of calories per serving. Use olive oil instead.

Myth #10: Energy bars help keep up energy.

Some have too much sugar, calories, and fat. Better choices include: skim milk, dried fruits and nuts, or low-fat cottage cheese.



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The Best Chocolate Cookies Around

- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 cup butter, softened (must be butter)
- 1 egg
- 2 1/4 cups all purpose flour
- 1 t. baking soda
- 1 cup coarsely chopped nuts
- 1-12 oz package semisweet chocolate chips



Heat over to 350 degrees. Mix sugars, butter, and egg in a large bowl. Stir in flour and baking soda which you have stirred together, dough will be stiff. Stir in nuts and chocolate chips. Drop by rounded teaspoons about 2 inches apart onto ungreased cookie sheet. Bake 9 minutes or until light brown and the centers will be soft. Cool 1 minute and remove to wire rack to finish cooling. Makes about 6 dozen.

Super Easy Chicken Noodle Soup

- 2 cups cooked, cubed chicken
- 2 celery stocks, finely chopped
- 2 medium carrots, sliced
- 7 cups chicken broth (or vegetable broth)
- 1 cup uncooked noodles
- Salt and black pepper, to taste, optional
- Dash cayenne pepper, optional

Gently sauté celery in carrots in a little butter or oil until slightly soft. Stir in broth and noodles. Simmer about 10 minutes till noodles are cooked. Add chicken and seasonings and heat through. Serve with crusty bread and a side salad to round out the meal. Very nice on cool Fall days!



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