

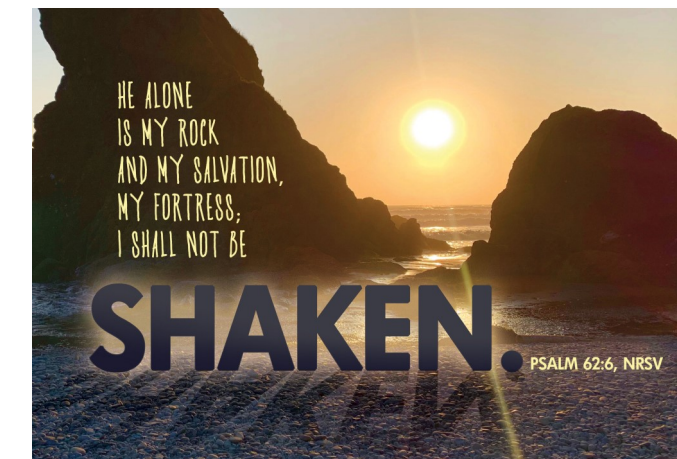
Sisters for Yah

OVERCOMING STRONGHOLDS

We find an interesting Scripture in Judges 2:2-3, *“And you shall make no covenant with the inhabitants of this land; you shall tear down their altars. But you have not obeyed My voice. Why have you done this? Therefore I also said, “I will not drive them out before you; but they shall be thorns in your side, and their [mighty ones] shall be snare to you.”*

Yahweh gave the Israelites specific instructions: Drive the Canaanites out of every corner of the land, and obliterate any vestige of their abominable idol worship. This assignment was challenging, no doubt! Their enemies had formidable chariots. The Canaanites had seemingly impregnable fortresses that were dangerous and difficult to overcome. The Israelites failed to drive all the Canaanites from the land. Much about the Canaanite lifestyle and religion appealed to the peoples’ sinful nature. Rather than destroying them and their idolatry, Israel compromised. The Canaanites would prove to be troublesome in many ways. They were a big distraction to the Israelites. Their idol worship presented constant temptation.

When we become converted to Yahweh’s Way, we must declare war on all of our “strongholds” — the things that can become idols in our lives. Habitual sin is a stronghold which must be overcome. Before we came into the faith, sinful behaviors and attitudes were firmly entrenched



in our character. But Yahweh commanded us to tear them down. The gift of the Set-apart Spirit helps to convict us of sin. We often notice areas in our lives that are resistant to Yahweh’s will. When it comes to sin, it is better to obliterate it, rather than merely establishing a truce with it. For instance, if a person had an anger management problem, it may rise up in the moments of weakness we no doubt will face. Likewise, if lust is a stronghold in someone’s life, we may find ourselves succumbing to it when caught off guard. In careless moments, strongholds can tempt us to continue in our past sinful behaviors.

Never underestimate the destructive power of sin. If there are strongholds in our lives that we never defeated, Yahweh is still prepared to bring us complete victory. We have but to reach out to Him in humbleness.

Inside this issue:

Overcoming...	1
Helpful articles	3
Recipes	4

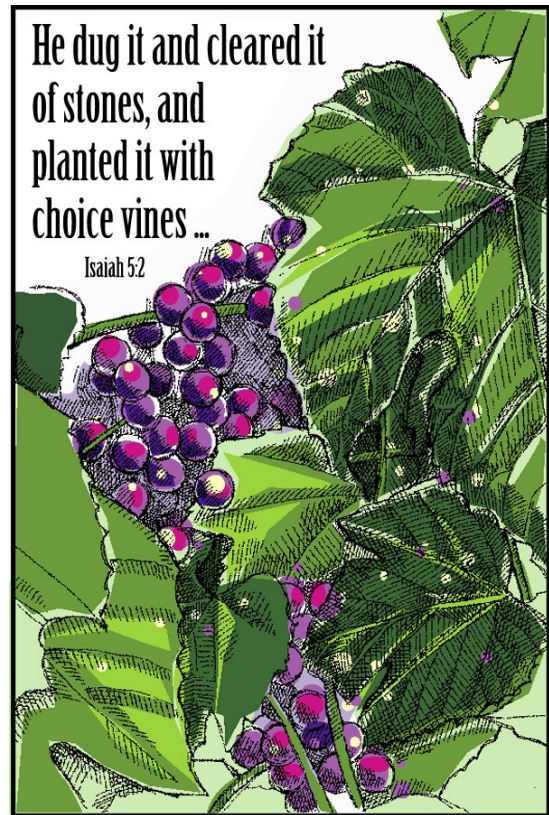
What more could have been done?

What more could have been done to my vineyard that I have not done in it? Why then, when I expected it to bring forth good grapes, did it bring forth wild grapes? Isaiah 5:4

The prophet Isaiah told the story of a man with a vineyard on a fertile hill. The man cultivated the ground and removed stones so that nothing would hinder the vines' growth. He planted only the best quality vines. He built a tower in the middle of the vineyard so he could watch for wild animals and intruders. He constructed a wine vat so that he would be ready for the ripe grapes. Then he waited. Rather than producing good grapes, however, the vineyard produced worthless ones.

The story illustrates the relationship between Yahweh and His people. Yahweh has done everything necessary for us to produce an abundance of spiritual fruit in our lives. He saved us when we were without hope. He gave us His Set-apart Spirit to produce fruit in our lives. See Galatians 5:22-23) He removed our sin so that we are free to serve Him. Nowadays, we have numerous Bible

translations. We have access to more books, music, videos, conferences, schools, radio and TV stations, magazines, and seminars than ever before. Getting information is easy nowadays. Most of all, we have direct access to Yahweh through prayer. Yahshua said that to whom much is given, much is expected. See Luke 12:48. One day Yahweh will hold us all accountable for all that He has done for us. He will ask us to show Him the fruit of all His bountiful provision for our lives. What will He find?



Our Daily Bread

What does "Give us this day our daily bread" mean? (Matthew 6:11)

Yahshua often reminded His followers not to worry. He told them not to be anxious about tomorrow's needs or potential problems (Matthew 6:25). Rather, Yahshua stressed a daily reliance on the Father, who provides for His children day by day.

As the Israelites wandered in the desert, they had no way to get food. Miraculously, Yahweh provided manna that appeared on the ground each morning. Yahweh's provisions were sufficient for one day at a time. Each day the children of Israel received fresh manna as a tangible reminder of Yahweh's love for them. Yahweh wants us to trust Him daily with our needs. This trust does not make us poor planners or careless with our futures, unprepared to face what may come. Rather it keeps our relationship with Yahweh in its proper perspective as He reminds us daily of our dependence upon Him!

REJOICING IN YAHWEH'S WORD

In Jeremiah 15:16, we read: *Your words were found, and I ate them, and Your word was to me the joy and rejoicing of my heart.*

If you were to ever receive a note from someone famous or influential, you would probably save it as a keepsake. How much more precious is a message from Yahweh!

Sometimes we find ourselves in circumstances that are beyond our control. This was the case for Mary and Martha as they were grieving the death of their brother Lazarus. At these times, a word from Yahshua can bring much rejoicing. See John 11:41-45. Other times when Yahshua speaks, His word brings correction. "Get behind Me, Satan!" (Matthew 16:23) and "O you of little faith" (Matthew 14:31) do not seem to bring joy. Yet Jeremiah said that Yahweh's Word brought him joy.

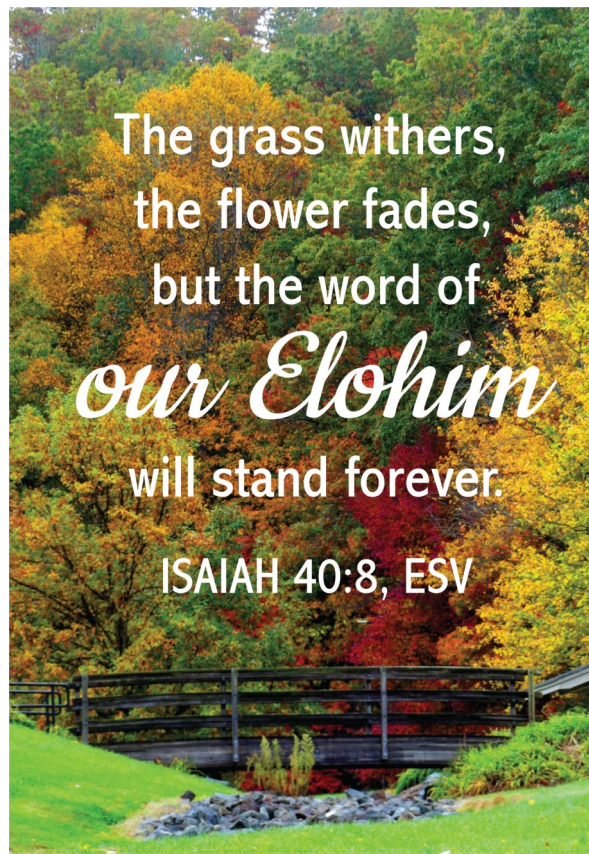
It is overwhelming to consider that Almighty Yahweh would speak to us! He does so through His Word. What a privilege that He would care enough to challenge our destructive thoughts or practices. No matter whether His words are praising us or chastising us, we ought to consider it joy to receive life-changing words from our Master.

Every time we worship Yahweh or study His Word, we should do so with anticipation that He may have something to say to us. We really should be more concerned with what Yahweh tells us during our prayer times than with what we intend to tell Him. So whether we receive praise or correction, consider it joy that Yahweh would speak to us.

Easing Allergy Symptoms

Attention, allergy sufferers! Many of us in Missouri are currently dealing with ragweed allergies. Much of the country is too. If you have itchy eyes, and sneezing, you're not alone. About 50 million Americans are suffering right along with you. The following information is for information only. Check with your doctor first. Try the following suggestions:

1. Shut your windows and use air conditioning. You don't want pollen blowing inside your home from outside. In addition, when in your car, use the "recirculate" function rather than bringing air in from outside. Try HEPA filters in your vacuum and air conditioner/furnace.
2. Midday is when pollen is at its highest. Consider running your errands either early or later in the day.
3. After coming indoors, change your clothes and shower to wash off any pollen.
4. Use allergy antihistamine eyes drops to ease itchininess. Or alternatively, rinse your eyes with clean cool water to wash out any pollen.
5. Don't line dry clothing. They'll only capture pollen.
6. Wash bedding often.
7. Studies indicate that Vitamin C and green tea can alleviate allergy symptoms.



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



Fast Taco Pizza Squares

- 1 tube refrigerated pizza crust
- 1 jar pizza sauce (8 ounces)
- 2 cups taco meat (ground beef seasoned with Taco packet seasoning)
- 2 cups mozzarella
- Shredded lettuce and sour cream to serve, optional

Press crust onto ungreased 15 by 10 by 1 baking pan. Spread pizza sauce over crust. Top with the meat and cheese. Bake at 400 degrees about 15 to 20 minutes or until crust is fully cooked and cheese is bubbly. Top with lettuce and sour cream if desired.



Chicken Biscuit Casserole

- 1 package (8 oz) cream cheese
- 2 cups shredded cheddar cheese
- 1/2 cup milk
- 3 cups cooked and shredded chicken
- 1 packet (1 ounce) Ranch dressing mix
- 1 can refrigerated large-sized biscuits (8 count)

Grease a 9 by 13 inch baking pan and pre-heat oven to 350 degrees. In microwave, mix cream cheese and 1 1/2 cups of cheese to melt together, about 1 minute, stirring until mixture is blended. Beat in milk with whisk until smooth. Stir in Ranch dressing packet and chicken.

Cut each biscuit into 6 pieces. Stir into chicken mixture. Spread into baking pan. Sprinkle the remaining cheese over the top. Bake about 30 minutes, or until the biscuits are fully cooked all the way through.



Slow cooker Potatoes:

- 1 bag frozen diced potatoes
- 1/2 cup sour cream
- 1 can cream of chicken
- Garlic salt to taste
- 2 cups cheddar Jack cheese

Place all the ingredients in a slow cooker.
Cook on low about 4 hours, until potatoes are tender.