

# Sisters for Yah

October 2016

## Be careful of "signs"!

Many people have a habit of asking Yahweh for signs. This may not be a bad thing, but these same people often only rely on their feelings, and throw logic to the wayside. Feelings are not bad one way or the other, but they can be deceptive.

An interesting situation occurred when a man and woman who were dating both asked Yahweh to provide a sign whether they should get married or not. Then they both received conflicting answers, supposedly!

We know that Yahshua said that a wicked and adulterous generation seek after a sign, in response to the religious leaders of His day. Of course, we know that these same religious leaders were not really looking to prove the validity of Yahshua's claims, but actually attempting to challenge His divine authority.

Make no mistake, Yahweh wants us to seek His guidance in prayer. Please read James 1:5. He does give us the guidance of the Spirit. He also provides us with mentors and wise leaders who can help with tough decisions. Yahshua Himself is our example.

The next time you need some guidance or advice, try reading the book of Proverbs. It covers a wide variety of situations that people face, even in modern times. Yahweh does give us clear direction, but be aware that His answers may not be what you expect or want. When many people ask for signs, they often have a very clear answer in their minds that they are hoping for.

This often conflicts with Yahweh's will. It is often helpful to detach ourselves from our desired outcome, so that disappointment does not occur if Yahweh's will is the opposite of what you are hoping for. Even the Apostle Paul had to accept certain things in his missionary travels that were contrary to what he wanted to do! We must also learn to thank Yahweh for any "closed doors." He ultimately knows what's best for each of us!



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## Be on guard!

Have you ever watched bird behavior? Birds are very cautious! They always observe their immediate areas for danger. Only when they feel completely safe, do they settle down to feed. But even then, they pause every few seconds to scan the area.

We can learn a lot from the vigilance of birds! Our world is full of troubles and temptations. We must remain alert and never forget the potential dangers. For we do not only wrestle the flesh, but also wickedness in high places. Obviously, we should not lock ourselves inside, and live in fear. But we can get entangled in attractions, just like Adam and Eve. Watch out for too much self-confidence and willfulness. Also, never overestimate your ability to ! I have heard so many believers confidently say, "I can discern right from wrong. Resisting evil is easy for me. I don't struggle with sin!" And then they fall into sin and temptation right after.

"Be on your guard!" said Paul, "Stand firm in your faith!" See 1 Cor. 16:13.

Also Peter warns, "Be alert and of sober mind. Your enemy the devil prowls around like a lion looking for someone to devour." Check out 1 Pet. 5: 8.

As we work our own salvation with fear and trembling, let's always be on the alert to what might consume us, and learn a lesson from birds!

## *A cheerful heart really is good medicine!*



I read recently that careless driving, bad tempers, foul language, and road rage is increasing among public transportation drivers in Ghana. But one reported incident showed how a cheerful countenance can squash the escalation of violence. A bus was almost hit by a taxi driver. Everyone expected a fight to erupt. The taxi driver was in the wrong, and the bus driver would have been justified by his stern response. Instead the bus driver smiled at the

flustered taxi driver (who was obviously having a hard day). The taxi driver was completely expecting to be yelled at by the bus driver, but the friendly smile of the bus driver softened his defenses and he apologized profusely to the bus driver. All the passengers were relieved. And everyone went on their merry way. Anger and bitterness can also threaten our relationship with Yahweh. We are told in Scripture to get rid of all rage and bitterness. Did you know that a smile has a fascinating effect on our brain chemistry? There are quite a few scientific studies indicating that smiles release endorphins in us ,and has a relaxing effect. Endorphins are the feel-good chemicals produced by our bodies. For your own health and happiness, learn to smile more!

## Laughter is the best medicine!



—To steal ideas from one person is plagiarism. To steal from many is research.

—If you think nobody cares if you're alive, try missing a couple of payments!

—Better to remain silent and be thought a fool, than to speak and remove all doubt!

—How is it one careless match can start a forest fire, but it takes a whole box to start a campfire?

—A computer once beat me at chess, but it was no match for me at kickboxing.

—I didn't say it was your fault, I said I was blaming you!

—The shinbone is a device for finding furniture in the dark (ouch!).

—Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

—The sole purpose of a child's middle name is so he can tell when he is really in trouble!

—Behind every successful man is a woman. And behind the fall of a successful man is usually another woman.

—Why do Americans choose from just 2 people to run for president and 50 for Miss America?

—A clear conscience is usually the sign of a bad memory.

—Artificial intelligence is no match for natural stupidity.

—always borrow money from a pessimist. He won't expect it back.

## WHO THINKS OF THIS STUFF?

These are some of the most unique remedies I ever heard of! Give 'em a try.

1. Hiccups? Eat a spoonful of peanut butter. It seems the high fat content helps stop them!
2. If you want crispier pie crusts, substitute one T. of vinegar for one of the Tablespoons of water.
3. Egg whites can actually remove chewing gum from any surface, including hair!
4. Hands stinging after chopping hot peppers? Try pouring rubbing alcohol over them!
5. You can tenderize steaks for broiling by soaking them in milk for one hour before cooking
6. Use a doily to make some neat patterns on a cake. Place the doily on your unfrosted cake, and sift confectioner's sugar over the top onto the doily, until spaces are covered. Now carefully remove the doily to reveal your design!
7. If you want extra crispy French toast, use lightly toasted bread that has been dipped in egg batter.

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## Fix-it-Fast Crunchy Tuna Salad

2 cans tuna (5 oz. each)  
3/4 cup chopped celery  
1 (8 oz) can drained  
peas  
1/2 cup mayonnaise

Blend all together.  
Serve on your favorite  
bread or a bed of let-  
tuce. Can easily be  
doubled or tripled for  
large families.



## Tortilla Chicken Casserole

3 cups broken tortilla chips  
2 cups shredded cooked chicken  
1 (10.5 oz.) can cream of chicken soup  
1 (4 oz.) can green chilies  
1 cup chopped onion.  
1 cup grated cheddar  
(or more if you like it real cheesy!)  
Sour cream, to serve, optional  
Green onions, to garnish, optional

Preheat oven to 350 degrees. In a 9 by 13 pan, layer the chips and chicken, spreading evenly. In a small bowl, combine soup, chilies, and onion. Pour over chicken. Top with cheese. Bake about 35 minutes. Makes about 4 to 6 servings.

