

# Sisters for Yah

## *Know your enemy*

Over the years, I've noticed that many of Yahweh's people can be very naïve about the devices Satan uses to tempt them. It also alarms me when I hear cocky overconfident new believers say things such as, "Oh, Satan can't tempt me!" or, "I'm way stronger than the devil." Then within weeks or months we hear about that particular person falling into sin or falling away from Yahweh altogether.

I cannot emphasize this enough: Yahweh's people must be vigilant when it comes to sin! Year's ago, I heard a profound statement by a minister. To paraphrase, he said that he noticed that Yahweh's people were more concerned about not eating pork than they were about keeping their minds clean. They cause embarrassing scenes in restaurants to avoid "unclean" foods, but then turn around and view movies that promote immorality, and filthy behavior. Not polluting our minds is just as important as not polluting our bodies. Don't misunderstand, we absolutely advocate kosher eating, but we also believe we must make clean choices in every area of our lives, not just the physical.



Our minds are very sensitive and we all are certainly vulnerable to Satan, especially when we are tired or stressed. Humans have the uncanny ability to rationalize wrong choices. As a very sad and sobering example, I've personally witnessed two entire families destroyed by pornography when the husbands justified their sinful choices by saying, "There's nothing wrong with doing this. It's just a way to unwind. Yahweh doesn't care what I watch." Oh yes, Yahweh does care! Brethren, please think about the choices you make! This goes for both men and women. Do not give Satan a foothold in your life. Let us remember that we are to bring every thought into captivity (please see 2 Corinthians 10:5).

The stresses of life can wear us down. And we must retreat often to Yahweh so He can replenish our strength. Many people have told me that fasting and prayer helped them to overcome any stubborn sins they were struggling with. Reading Yahweh's Word also anchors us in our faith. Brethren, keep fighting the good fight!

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## Awakening:

My life was both dark and bleak  
 My soul yearned for what it couldn't speak  
 It needed a reconnection to its Source  
 To get that, I had to change my course  
 My life had to re-begin again at its ending  
 I had to face the facts and stop pretending  
 I need you Father Yah and no other  
 As a newborn babe needs its mother

## On Discipline

Let the life drain from the sin  
 Let the heart be hurt in discipline  
 Foolish flesh!  
 You'll never win  
 My spirit is strengthened from within



## Egypt Calls

Egypt calls, to lure me back  
 With promise of pleasure, and riches I lack  
 With intoxicating treasures, on which I can snack  
 She's a wicked sorcerer  
 A deceiver with tricks  
 I know her illusions  
 Her poisoned candy mix

(All three, submitted by Sister Nicole Replogle)

## *Running to win*

The Apostle Paul compares our walk with Yahweh to running a race for a prize. Most of us have known serious runners who have either competed in marathons, or ran for some special cause. It takes determination and practice to be a runner. I've noticed that there are a few different types of "runners" among those who are in the faith.

1. First, you find the "casual runner." These people follow Yahweh only when they feel like it. The sacrifices demanded by the race are often just too high for them. These are the people who show up at services once in a great while, mostly when their lives take a turn for the worse, and they're desperate for help. You rarely see them when all is well in their lives. They lack depth and commitment.
2. Next is the "cautious runner." This person thinks a lot about the race, but he plays it safe and seldom ever makes a real commitment. He is usually very convicted about what he reads in Scripture, but he is afraid to completely "get his feet wet" so he usually stays in the sidelines.
3. Then we find the "compromised runner." This person has trouble laying aside the pleasures of life. He or she has very few convictions and is unwilling to make a stand for anything. Although this person acknowledges Yahweh, he or she won't make a full commitment. This person looks like the world and there is no discernible difference between this person and other worldly people.
4. Now we come to the "veteran runner." This person has been a true believer for years, but sometimes takes Yahweh for granted. This long-time runner often feels bored by reading Scripture and feels that he or she has already "made it" and there's nothing new to learn in the Bible. So instead of studying straight from the Word, this person surfs the internet and gets information (often conflicting) from all kinds of sources. He or she gets excited by so-called "new truths" which sometimes don't match up with Scripture.
5. Finally we find the "committed runner." This is where we all want to be! This believer is very strong in his or her convictions and actively practices the faith. Every true believer can be in this category if they set their mind to it by fully submitting to Yahweh!

If you're in the race and running. Don't let anything or anyone hinder you from running well. Most people don't ever realize that they can actually become disqualified! Those who repeatedly reject Yahweh willfully are crossing a dangerous line. Ask yourself: Is there anything in my life which could possibly disqualify me? If yes, don't despair! There's still time to get right with Yahweh. Know where you are going, and be willing to sacrifice when necessary. Yahweh's way will cost us, but in a good way. You and I must deny our "rights" and die to ourselves. But if we overcome to the end, our future indeed looks glorious!





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## Peanut Butter Caramel dip for Apples

- 1/2 cup peanut butter
  - 1/2 cup caramel-flavored ice cream topping
  - 1 t. cinnamon
  - 2 T. milk
  - 2 apples, cut in slices
- Combine the first 4 ingredients and mix well



## Sweet and Spicy Fall Harvest Soup (serves 8)

- 2 T. butter
- 2 onions, chopped
- 6 cups of chicken broth
- 1 large sweet potato, cubed
- 2 carrots, chopped
- 1 apple, cored and chopped
- 1 pear, chopped
- 1 cup red bell pepper
- 1 can pumpkin puree (not pie mix)
- 1/2 cup milk
- 1 T. honey
- 1 t. cinnamon
- 1 t. all spice
- 1 t. nutmeg
- 1 t. ground cloves
- Salt and pepper to taste
- 8 basil leaves, to garnish, optional



**Note:** Feel free to use more of the spices if you prefer a stronger flavor, but try the recommended amounts first. Melt the butter in a soup pot. Cook the onion until slightly softened. Add all the rest of the ingredients, except the basil leaves (if using) and simmer gently until fruits and veggies are soft, about 30 minutes. Carefully and slowly blend with a hand held immersion blender, or in very small amounts at a time in a regular blender when soup is cool.