

Sisters for Yah

ENTERING LION COUNTRY

1 Peter 5:8 gives us a sobering warning: *Be of sober spirit, be on the alert. Your adversary, the devil, prowls about like a roaring lion, seeking someone to devour.*

The closest I've ever come to an actual lion is at the zoo (in a safe and protected environment!). Lions are incredible and powerful creatures. It still amazes me that many people in the world actually live in areas where lions roam freely. Lions are greatly feared, and should be. It's interesting that Peter likened Satan to a roaring lion. In a sense, all of Yahweh's people are living in "Lion Country."

So what are some characteristics of Lions? For one thing, they prey on the weak. Satan also preys on the weak. Lions look for animals that wander away from their group. There is safety in numbers. Believers who leave the fold often fall away. They became easy prey. I have seen people leave the fold and immediately fall into false doctrine. Don't let this happen to you.



Likewise the devil prowls around trying to deceive. Believers with weak convictions and naïve beliefs are particularly vulnerable. Get strong in the Word! Read your Scriptures to see the truth. Don't just believe everything you read in newspapers or see on TV. Match it up to Scripture. And pray continuously against deception.

How does a lion devour his prey? Easy! One bite at a time. People get numb and complacent in their spiritual lives. Many of us don't even recognize attacks by Satan anymore. Some of us think we know better than Yahweh. Some only use Yahweh as an "emergency Elohim." They drift along and don't give Him a second thought, until something goes wrong in their lives. By then, Satan the "lion" has you firmly in his powerful jaws.

Instead of falling prey to Satan, we must be aggressive soldiers! One of our hardest battles is to prevent our adversary from having any sphere of influence in our lives. Yes, it won't be easy, but it's also not impossible, if we stay close to Yahweh. Onward, Yahweh's people!

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In Time

A promise spoken, a covenant broken
 A gift given to the world
 Obedience lived, death on a tree
 Risen from the dead
 Kingdoms rise, kingdoms fall
 One King to rule them all
 A quick change, in a blink of the eye
 One is left, one in sky
 Old things burn, new things replace
 No more tears upon our face
 In time.



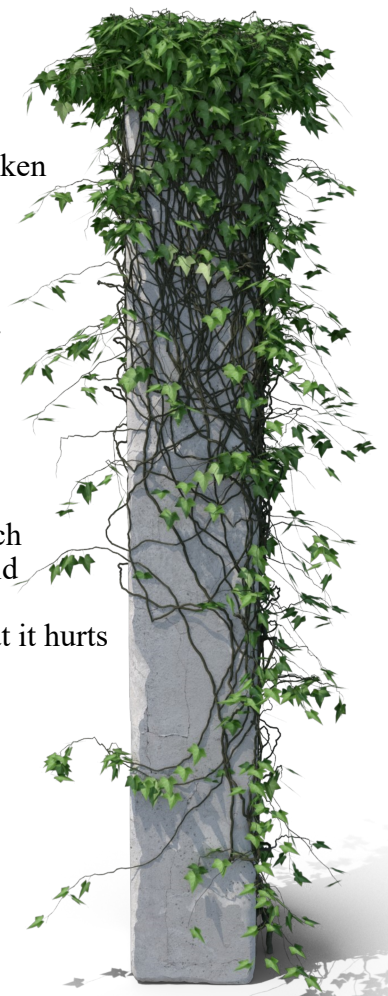
True Vine

As my youth is past, Your love stays true
 My faith is a tree, You are the root
 Oh, that True Vine, the One that I'm grafted in!
 Oh, that True Vine, that You look after
 As I age and grow, You trim along my leaves
 You take off the dead, You leave the rest to me
 Oh, that True Vine, that you look after!
 Of that True Vine, the One that I'm grafted in!



Love and Learn

Your heart can be cracked, but not fully broken
 Your feelings can be hurt, by words uttered and unspoken
 Know that your heart can be healed
 Just step back, self-reflect
 Allow the lesson to be revealed
 All situations are your teacher
 Answers sought in prayer that out teach a preacher



Sin

Like a snake, slithers and shakes
 Wrapping around its unsuspecting kill
 When you first feel it touch, it is cool but not so much
 For it warms quickly to the feel, as it tightens its hold
 You get used to its fold
 You don't notice when it grows in strength, by the time that it hurts
 It's a little too late, for you are trapped, and now,
 You're its meal

(This page submitted by Sister Nicole Replogle)

Complacency vs. Commitment

In 1 Corinthians 10:12, we read, *Therefore let him who thinks he stands take heed lest he fall.*

Is there a way to divorce-proof your marriage? Absolutely. This world needs to resurrect the true meaning of commitment. Divorce is truly a modern-day epidemic. A person who doesn't understand his or her ultimate accountability to Yahweh has little reason to fulfill a vow or commitment to another human being. For Yahweh's people, a marriage covenant goes much deeper than just agreeing to be the spouse of another person. The engaged couple are actually making a covenant (vow) before the Creator of the universe!

In Scripture, a vow is a very serious thing. In fact, we are told that it is better to not make vows at all, than to make one and not fulfil it. Besides our marriage covenants, our baptisms are also vows. Before baptism, we are to "count the cost." Likewise, it is a good idea to "count the cost" before getting married. At YAIY, we offer a comprehensive computerized marriage guide for couples who are planning to marry. The guide allows both the prospective bride and groom to fill out a questionnaire (separately). The answers will show the couple where they are compatible, and also where they may see some areas in their relationship which will need extra work. May Yahweh bless the marriages of His people!



Eat more grapes for good health!

Grapes do more than just look great on a cheese board.

They're also incredibly good for you too!

- Grapes are super abundant in antioxidants, which can help fight aging and inflammation.
- Grape consumption is linked to better memory and learning.
- They contain melatonin, which might help improve sleep.
- They protect your eyesight, and prevent macular degeneration.
- Just one cup contains a healthy dose of Vitamin C.
- Grapes hydrate you and promote healthy blood flow.
- For a summer treat, freeze them.
- Add them to salads with onion, cilantro, and jalapeno. Their natural sweetness makes a good complement to more pungent flavors.
- Grapes can even be skewered and grilled!
- Their seeds are also edible and contain nutrients.

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Hot and Creamy Pumpkin Beverage

6 cups milk (or combination of heavy cream and milk)

3/4 cup sugar

1 can plain pumpkin (15 oz)

1/4 t. cinnamon

1/8 t. each of ginger and nutmeg

Dash each of allspice and ground cloves

1 t. vanilla extract

Whipped cream, to top, optional



Heat all ingredients gently in a saucepan until hot. Serves 6.

Classic Wild Rice Chicken Salad

1 carton chicken broth (32 oz.)

1 cup uncooked wild rice

1 cup mayonnaise

1 t. seasoned salt

1 t. soy sauce

1/4 t. curry powder

3 cups cooked chicken, cubed

2 cups halved red grapes

1 cup salted cashews, chopped

1 (8 oz.) can drained water chestnuts, chopped

Lettuce leaves



Bring the chicken broth to a boil. Add the wild rice. Reduce heat and cook until water is mostly absorbed, about 45 minutes. Drain any excess liquid. Fluff rice with fork. Allow to cool completely. Combine all the rest of ingredients. Chill. Line plates with the lettuce leaves and top with the salad.