

Sisters for Yah

What Manner of Person Ought You to Be?

We know this world is passing away. Even non-religious people are commenting the same. In Peter 3:11, we read, *Therefore since all these things will be dissolved, what manner of persons ought you to be in holy conduct and [Yahweh-likeness].*

Think back to when Yahweh told Abraham He was going to destroy Sodom and Gomorrah. Abraham's life was immediately and radically changed. And this brings to mind Noah. Once Yahweh revealed that He was going to flood the earth, Noah could no longer carry on business as usual. Knowing that Yahweh is preparing judgment should bring a sobering reality to us, as Yahweh's people. It helps us to recognize what is eternally significant and what is not.

Peter also cautions us that a catastrophic time of judgment is coming. In the Day of Yahweh, there will be great noise, and the elements will melt with fervent heat. The earth will be consumed. This is not mere speculation; it is certain and imminent. So, with judgment pending, how should we live our lives? Billions of people are facing destruction.

Many believers attach great value to temporal things. Hobbies and possessions consume us, leaving little time or energy to invest in what is eternal. We must be very sensitive to the times in which we live. We should strive to walk so closely with Yahweh that if He were preparing to bring judgment upon people, we could warn those in imminent peril. It is not Yahweh's will that any should perish. See 2 Peter 3:9.



Sometimes compromising in certain situations is good for the sake of nurturing relationships. But compromising obedience to Yahweh is *never* okay. Attempting to justify sin is devastating to Yahweh's people. While Yahweh does look at our painful pasts and difficult childhoods, the time for making excuses is over.

You cannot use your human frailty as an excuse to justify sin. Scripture does not adjust to compensate for our weakness.

Yahweh is merciful, yes, but He cannot dwell in the presence of sin. We must strive to clean up our lives. Our eternal salvation is on the line! I'm sure many people of Noah's time felt regretful as they perished in the flood waters. Let us reaffirm our commitments to Yahweh!

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Weighing our motives

We are so quick to question the motives of others, yet slow to question our own! In Proverbs 16:2, we find, *“All a man’s ways seem innocent to him. But motives are weighed by Yahweh.”* When others harm us, we may assume the worst of intentions. When we are guilty, we often excuse our offenses, concluding that others are too sensitive. Regardless of how we monitor our motives, Yahweh weighs them in His scales of righteousness. It is foolish to try to deceive the Creator with our pious justifications for He sees our hearts.

Is it possible to do the right thing for the wrong reason? Absolutely! People attend worship services with hearts that are far from worshipful. Could you show concern for the poor yet have a heart opposed to Yahweh? Judas did! Read John 12:4-8. Could you make bold claims for Messiah and actually be aiding the work of Satan? Peter sure did in Matthew 16:21-23. Could you offer sacrifices to Yahweh and be in total disobedience to Him? King Saul did. Check out 1 Samuel 13:8-9. Is it possible to pray with the wrong motives? James says you can (James 4:3).

Many things cause us to do what we do. We can be motivated by good things, such as love for Yahweh, compassion, generosity, and faith. Or our actions can come for unhealthy motives, such as pride, insecurity, ambition, lust, greed, guilt, anger, fear, and hurt. It is even possible to do

the best things based on our worst motives. When Yahweh measures our motives He looks for love. All that we do should proceed from our love for Yahweh and others. Take time to look past your actions to what lies behind them. Ask Yahweh to show you what He sees when He examines your motives.



Feeling salty?

Read Matthew 5:13, which tells us, *“You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men.”*

Salt is often used as a preserving agent. Likewise, Yahweh’s people are His “preserving” agents for a world that is corrupted and degenerating because of sin. Your life is designed and commissioned by Yahweh to enhance a community and to preserve what is good and right. However, if you are not in a right relationship with our Master Yahshua, we are like salt that has lost its savor, and is good for nothing. How do we test the “saltiness” of our lives? Are we striving to serve Yahweh and others? Are we spending time in His Word? Are we a good example to others? Let us all be a lot more “salty” for Yahweh!



Good eating habits for children



Start
children off
on the way
they should go,
and even when
they are old
they will not
turn from it.

Proverbs 22:6, NIV

1. Obesity begins in childhood. Over-eating in children is common and can lead to future health problems. On average, our stomachs should hold a fistful-sized amount of food. Giving children heaping platefuls of food is overwhelming for them.
2. Bribing children with sweets is a very bad idea. It's not a good solution for handling misbehavior.
3. Try to moderate junk food. An occasional treat is good, but should not be an everyday occurrence.
4. Being a good example is perhaps the best way to ensure long term good habits. If children see their parents engaging in bad habits, they will copy.
5. Be active together! Go biking or

walking in the park. Enjoy summer while it's here.

6. Encourage children to try new foods.
7. Make their favorite foods healthier. For instance, you can add pureed veggies to soups, stews, and meatloaf.
8. Instead of buying sugary ice pops, make your own with yogurt and fruit juice.
9. Meal prep at home. Have containers of already cut-up fruits and veggies. On busy days, you won't feel tempted to go to your local fast food drive through.
10. Avoid temptation at stores. Colorful packages of cereal and snacks are designed to attract children. Be firm.
11. Teach children about Yahweh's food laws. Tell them about our amazingly designed bodies. Children will want to take care of themselves if you explain to them that Yahweh wants us healthy and strong.
12. Teach them good hygiene practices. Always have them wash their hands properly before eating or helping in the kitchen.
13. Teaching them to cook and garden will also make them more likely to choose wisely when it comes to food. Studies show that children are more likely to eat veggies if they helped grow them!

Scriptures to handle our emotions

- **Proverbs 4:23**, *Above all else, guard your heart, for it affects everything you do.*
- **Ephesians 4:23**, *There must be a spiritual renewal of your thoughts and attitudes.*
- **Romans 13:14**, *Let Yahshua Messiah take control of you, and don't think of ways to indulge your evil desires.*
- **Galatians 5:22-23**, *When the Holy Spirit controls our lives, [it] will produce this kind of fruit in us: Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control. Here there is no conflict with the law.*
- **Romans 8:6**, *If your sinful nature controls your mind, there is death. But if the Holy Spirit controls your mind, there is life and peace.*

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Strawberry Mint Lemonade

- 3 cups sliced strawberries
- 1 cup sugar
- 1 1/2 cups fresh mint leaves, chopped
- 8 to 9 lemons, juiced
- 1/2 t. lemon zest (the outermost yellow skin)
- 6 cups water, divided

In a large sauce pan, simmer 3 cups water and the strawberries. Add sugar. Simmer 5 minutes. Add mint and lemon zest. Cover and steep 30 minutes. Strain to remove mint leaves and berries. Add to pitcher, along with 3 cups water and lemon juice. Chill and serve.



Healthier Pumpkin Cake

- Nonstick cooking spray
- 1 box yellow cake mix, any brand
- 1 cup canned pumpkin puree
- 1/4 cup water
- 2 T. cooking oil
- 2 large eggs
- 1 large egg white
- 6 ounces nonfat yogurt (lemon, banana, or vanilla)



Frosting of your choice (cream cheese frosting is extra yummy on this!)

Heat oven to 350 degrees. Coat 9 inch cake pan with spray. Flour lightly. In large bowl, combine cake mix, pumpkin, water, oil, eggs, egg white, and yogurt. Beat for 2 minutes. Pour into prepared pan and bake for about 20 minutes, or until inserted toothpick comes out clean.