

# Sisters for Yah

## Walking Worthy

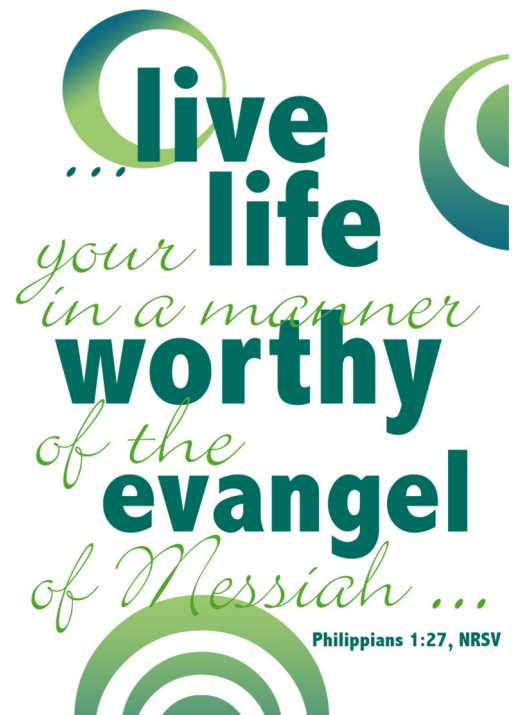
We should never lose the wonder at having been called by Yahweh. There are eight billion people on this earth. Imagine! He chose us out of all of them. Philippians 1:27 tells us, "Only let your conduct be worthy of the evangel of Messiah." Sobering words, for sure. We all should understand that the way we live ought to be worthy of the King who chose us. This does not mean, we are perfect at this very moment. But it does mean we need to be striving in that direction.

For the most part, the mystery of the Evangel was hidden for many generations, and had only been revealed more fully through the life, death, and resurrection of Yahshua Messiah. (See Colossians 1:26-27.) The Apostle Paul understood that unless people accepted Messiah, they were basically spiritually dead and therefore without hope, Colossians 2:13. As a result of Yahweh's plan of salvation, those who trust in Yahshua are not only made alive in Messiah, but are also adopted as Yahweh's children (Rom. 8:16-17).

Paul recognized that the Evangel is foolishness to the world, but is the power of Yahweh that brings eternal life to those who accept it (1 Cor. 1:18).

Paul's life was radically transformed by the Evangel. He was intent on living to honor the Evangel that gave him real life. It would have been tragic to receive the riches of the Evangel, and then to live as a spiritual pauper. In addition, it would have been disgraceful to be saved from death by the blood of Messiah and then show no reverence for that incredible sacrifice. It's truly foolish to accept such love from Messiah, only to resent what is asked in return. The way we live our lives ought to be a tribute to the matchless grace that our Master, Yahshua Messiah, has bestowed upon us.

So let us honor our Father in every way: Keeping His set-apart Sabbath and Holy Days; eating the foods He allows us, and avoiding unclean foods; tithing; helping the poor and needy; and honoring all of His commandments.



Philippians 1:27, NRSV

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## Questioning Yahweh

I love the book of Job. He was a righteous man who, from a human perspective, did not deserve to suffer. He lived a blameless life and followed Yahweh's laws to the letter. As he was experiencing great tribulation, Job cried out in frustration and questioned why Yahweh was allowing him to suffer. Yahweh came to Job in the form of a whirlwind with His answer. As soon as Yahweh spoke, Job recognized that he did not know what was actually happening behind the scenes. Yahweh then proceeded to ask Job some sobering questions. (See Job 38:1-3.)

Yahweh's questions humbled Job and reminded him that his own earthly wisdom did not compare to Yahweh's. When Yahweh finished asking His questions, Job replied, "I have uttered what I did not understand. Things too wonderful for me, which I did not know." (Job 42:3). In a moment of despair, and frustrated, Job had challenged Yahweh's wisdom. Yahweh had firmly reminded Job that He was still sovereign. Perhaps Job never realized that his experience brought glory to Yahweh in the face of Satan's challenge (Job 1:8-12).

At times, we may not understand why a loving Father would allow us to suffer. As believers, we go through many hardships and persecutions. We may even question the wisdom of Yahweh's direction for our lives. We can learn from Job. Review the awesome power and wisdom of Almighty Yahweh (Job 38-41). Have confidence that this same Eloah is directing your path too.

Years ago, I knew a man who experienced one trial after the other. These trials were not just run-of-the-mill but were at times, life-threatening and frightening. He told me that reading the book of Job really changed his thinking. It gave him comfort that he was not alone in facing painful ordeals. This gave me tremendous hope and courage. We can't let Satan win! He accuses us before the Throne daily. Keep fighting the good fight.

## Trusting Yahweh's wisdom

I love Isaiah 38:5, which tells us, *Go and tell Hezekiah, "Thus says Yahweh, the Elohim of David your father: 'I have heard your prayer, I have seen your tears; surely I will add to your days fifteen years.'"*

The fundamental premise of our faith is that Yahweh knows what is better for us than we do. It's easy to believe this when our lives are going well. But when Yahweh allows sickness and sorrow in our lives, we may be tempted to question His wisdom. Yahweh had told Hezekiah that his life was coming to an end. Hezekiah pleaded for his life. In Yahweh's perfect wisdom, he added years to Hezekiah's life. Many bad things occurred during Hezekiah's last fifteen years. Hezekiah witnessed much evil he would have been spared, had he accepted Yahweh's will. Yahweh knows what is best. Whether your circumstances are easy or difficult, you can completely trust Him.

"By what authority  
are You doing these  
things, and who  
gave You this  
authority?"

Matthew 21:23, ESV



## Essential oils

Trying to live a more natural lifestyle? Give essential oils a try! They're safe and healthy.



1. Add a few drops of essential oils to your natural cleaning solutions. Not only will they provide a pleasant aroma, they'll have anti-microbial effects.

2. Lemon essential oil smells clean and uplifting. It can also remove stains.

3. Peppermint essential oil can purify the air and act as a mild pest repellent. It also blends well with lavender, eucalyptus, and rosemary.

4. Eucalyptus and tea tree oil: These work as air and surface sanitizers. Tea tree oil can also kill mold and mildew and remove musty smells.

5. Pine oil is good at disinfecting and deodorizing.
6. Lavender has a pleasing and relaxing scent. It can also deter moths.

### Natural Remedy tips

1. To save money, use washable cleaning cloths as an alternative to paper towels.
2. If you suffer from allergies, consider leaving shoes at the front door instead of tracking allergens throughout the entire house.
3. Instead of buying costly chemical air fresheners, just air the house out by opening windows for a few minutes. Yes, even in winter! Indoor air can become terribly stale and polluted.
4. Add houseplants to purify your indoor air!
5. Vinegar is wonderful for cleaning. A 50-50-vinegar-and-water mix can be kept in a spray bottle. This can be used to disinfect doorknobs, faucets, and other places that get a lot of hands-on use. Just don't spray it on marble or granite.
6. Baking soda can neutralize odors and clean carpets. Sprinkle liberally on rugs and carpets, then simply vacuum.
7. Most store bought air fresheners contain harmful chemicals. Instead, buy fresh flowers, or hang dried lavender or eucalyptus. You can also plan to boil cinnamon, cloves, or other herbs to release healthy scents into the air.
8. If you have an ant problem, try sprinkling chili powder or dried peppermint near entry points.
9. Combine lemon juice and olive oil to polish furniture.
10. Clean your drains with baking soda and vinegar. Pour about a half cup of baking soda and vinegar (1:1 ratio) into the drain. Run a little hot water to wash it down. Leave overnight. In the morning, flush with hot water.
11. Washing clothes in cold water saves money and energy. Modern detergents are designed to work well in cold water.

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## Pumpkin Juice

4 cups apple juice or apple cider  
1 can pumpkin  
1/4 cup apricot preserves  
1 t. pumpkin pie spice  
1/2 t. vanilla extract

Blend all the ingredients together in a blender until well combined. Recipe can easily be doubled for large crowds. Tastes good, both chilled in the fridge or warmed on the stovetop. Some people also add vanilla ice cream to make it creamy.



## Chicken Taco Casserole



4 T. oil  
1 1/2 pounds cubed chicken breast  
1 packet taco seasoning  
2 cans black beans, rinsed and drained  
1 can corn (14 ounces)  
1/2 cup salsa  
Water, as needed  
2 cups shredded cheese  
3 cups crushed tortilla chips  
Serve optional: Sour cream and additional salsa

Cook the chicken in oil until no longer pink. Add the beans, corn, taco packet, salsa, and a little water. Stir and cook for

about 10 minutes. Transfer to baking pan. Mix in half the cheese and half the tortilla chips. Bake at 350 degrees until heated through. Serve with additional salsa and sour cream if desired.

Note: If you prefer, you can easily substitute ground beef or turkey instead of the chicken. Vegetarians can just double the beans and leave out the meat entirely. Even vegans can enjoy this dish by eliminating dairy cheese and substituting vegan cheese.