

# Sisters for Yah

## Dark night of the Soul

If you've ever read historical spiritual literature, you may have come across the term "experiencing a dark night of the soul." In our modern speech, we might say "experiencing a crisis of faith." It usually occurs when a believer is feeling discouraged while struggling with a certain trial, or trying to overcome a certain sin that seems to never be resolved. All believers go through this at one time or another.



One can feel as if their prayers are going no higher than the ceiling. The temptation to just give up is also really strong. I've been a believer for over three decades, and I can heartily affirm that I have been through the "dark night of the soul" numerous times. It has come in the form of health problems, family problems, persecution from friends and co-workers, and everything else you can think of. These are times when prayer and fasting is critical!

I find it comforting that none of us are alone in our struggles. Every believer has to go through something. We are all different, so our struggles seem customized to us as individuals. What one believer finds troublesome, another might not give a second thought to. So we must show mercy to one another. Years ago, I remember expressing one of my deep struggles to another believer, and he callously replied, "Oh, you don't have any problems! Just get over it already!" I was stunned and deeply hurt, and I resolved never to do that to anyone, ever! To this day, I avoid telling that person any of my struggles since I was met with such a hard response. Let's be loving toward our fellow believers!

But I also recognize that my feelings may not always be accurate. Just because I may feel that Yahweh is ignoring my prayers doesn't mean that He really is. For all I know, He could simply be waiting for me to trust Him before He acts to resolve the situation. Pray always, as it is truly our lifeline to our Heavenly Father.

### Inside this issue:

Dark night of the Soul	1
Why resolutions fail	2
Helpful information	3
Recipes	4

## WHY RESOLUTIONS FAIL

Every year, millions of Americans make so-called new year's resolutions in January. While we know that Yahweh's real new year begins in the spring (not in the dead of winter), I was intrigued by an article online that stated that 88% of all resolutions fail within the first week! Why does this happen? I also witness believers making personal spiritual goals throughout the year, and then not sticking to them.

One reason that goals fail, according to the aforementioned article, is that our brains cannot understand vague concepts. Therefore, when making goals, we need to be as specific as possible. For instance, instead of saying "I want to eat healthy," try restating your intention with a clear picture in mind, such as "Eat a small salad with lunch and dinner" or "Eat fruit for dessert instead of cake."

This helps with our spiritual goals too. I have failed many times when making vague spiritual goals. I have often said that I wanted to "study Scripture more" or "pray often." I have had to rewrite my goals to say "read two chapters of Scripture before bed" and "pray for 15 minutes before work." I have really noticed a difference. I am actually reaching my goals now!

Another reason why goals might fail is that people try to bite off more than they can chew. They write a list of forty things they want to change, then get overwhelmed quickly and quit. It's okay to have a list of forty goals, but please take baby steps. Try working on one thing at a time. Old habits are very hard to break.

Possibly the biggest obstacle to achieving any goal is making an unrealistic one. Say your goal is to lose 50 pounds by the end of the year, and I can already see this as a recipe to fail. It might be achievable, but our minds can easily get overwhelmed and discouraged, especially if we don't see the pounds melting off quick enough. Always make manageable goals. How about "I am going to lose 10 pounds by spring"?

Another danger of having vague goals is that often we don't understand the process of achieving them. You will need to research and put in the brainwork to come up with a plan to achieve any goal. For instance, a person who says "I want to lose 50 pounds" but doesn't know how to cook healthy meals, is probably not going to achieve his or her goal. It's better to do some investigating into how exactly you need to be eating and exercising to accomplish it. I hear a lot of people say, "I'm planning to get out of debt this year" but they don't make any kind of plan to do so. I read somewhere that it is helpful to write down every time you spend money, then add it up to see where you are coming up short. One woman was spending \$100 per month on fancy coffee drinks at a local coffee house. Yes, that's \$1200 a year! She learned to make her own "fancy" drinks and used the money she saved to pay off her credit card. Be honest and creative when making a plan.

So, even though it is not really a new year yet, it's a good idea to make goals at any time to further your growth. Some people even categorize them such as Family goals, Financial goals, Spiritual goals, etc. Come up with your own system for reaching your own. I know you can do it!



## 10 Best Superfood Combinations

For years, nutritionists have known that certain foods work better together. Here's the list they came up with:

1. Olive oil with Tomatoes—tomatoes are high in lycopene, a powerful antioxidant, but not always easy for the body to use efficiently. So researchers experimented mixing tomatoes with different types of oils. It turns out that olive oil yielded the best results! Better yet, cook the tomatoes lightly first. A little heat releases more good benefits.
2. Wild caught salmon and Collard greens—both work together to increase your Vitamin D levels.
3. Black Beans and Red bell peppers—packs a vitamin C punch!
4. Garlic and wild caught salmon—this combination was actually found to reduce bad cholesterol levels.
5. Green tea and Black pepper—while this doesn't sound very appealing, it can increase the benefits of green tea. Just a tiny pinch is all you need.
6. Brussels sprouts and Olive oil—high in enzymes.
7. Kale and Almonds—boosts several different vitamins and their easy assimilation.
8. Turmeric and Black pepper—add these two together in your favorite marinades.
9. Dark Chocolate and Apples—increases the anti-inflammatory compound quercetin.
10. Garlic and Salmon—immune boosting properties.



### *Pick-up tricks!*

**Don't retire your mop just yet, but these little tricks of the trade can help you in a pinch!**

1. The mess: Broken Egg. How to fix it? Pick up the shells, then cover the runny part with salt. Allow to sit for about 15 minutes. Salt absorbs the egg and can solidify it. Then you can neatly scoop it up with a paper towel.
2. The mess: Spilled juice. The fix? Try sprinkling it with flour, press it into the spill, and let sit until absorbed. Scrape up the mess with a spatula, then give the floor a quick wipe. No more sticky spot!
3. The mess: Broken glass. The fix? Pick up the big pieces, then use a soft piece of sandwich bread to pull up small slivers. Then when you get a chance, a final pass with a vacuum cleaner is a good idea.



Yahweh's Assembly in Yahshua  
2963 County Road 233  
Kingdom City, Missouri 65262

Main Line: 1-573-642-4100  
Toll Free: 1-877-642-4101  
Fax Line: 1-573-642-4104  
Website: www.SistersForYah.org



## Wake-up Breakfast Shake

No time for breakfast? Nonsense! Grab one of these as you're rushing out the door.

1 cup vanilla yogurt  
1/2 cup frozen raspberries  
1/4 cup orange juice  
1 medium banana

Place all ingredients in a blender. Cover and blend on high just until smooth. Makes 2 servings.



## Cold-and Flu-Fighting Chicken Wings

**A new study revealed that honey, onions and garlic can boost your immune system.**

**With cold and flu season in full swing, try this for an easy main dish:**

1 bag chicken wings (2 or 3 pounds)  
1 cup ketchup  
1/2 cup diced onion  
2 T. honey  
2 T. apple cider vinegar  
4 cloves garlic, finely diced

Heat oven to 375 degrees. Put the wings on a baking pan and bake for 20 minutes. Mix up the sauce ingredients. Remove wings from oven and drain the excess liquid from the pan. Pour the sauce over the wings. Return to oven. Bake additional 10 minutes or until fully cooked.

