

Sisters for Yah

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Are you fully submitted to Yahweh?

Most of us believe we are fully submitted to Yahweh, but is this really true? We know that spiritual growth is a process that can and will take a lifetime. There are many pitfalls along the way. We battle not just with our own flesh, but also principalities and powers in high places (demonic influences). You can be sure that when you begin the process of living for Yahweh, that you then automatically have a "target on your back." Indeed, Satan roams around on the earth as a lion seeking to devour.

These trials can be from health problems, family conflict, employment or lack thereof, marital problems, troubles among brethren, and the list goes on. You may have had the experience of being "blind-sided" from a person that you trusted fully, until they betrayed you in the most painful of ways.

This brings up the question of being fully submitted to Yahweh.

How many people only worship Him when things are going well in their lives? Many have left the faith when their prayers have not been answered the way they wanted. Perhaps the most liberating prayer you can offer, is

the "prayer of relinquishment." In short, this is the prayer that you completely believe Yahweh will answer **according to His will**. Yes, you still may desire a certain outcome, but you literally lay your burdens at His feet and truly accept His answer, even if it will cause you tremendous suffering, if it means that the suffering will cause you much spiritual growth. Please read the book of Job.

One may ask, "Why would I even want to worship a Creator that allows suffering?" The simple answer would be that everyone suffers in this life. It is better to suffer while in Yahweh's will, than to suffer for your own sinful choices. At the end of obedience is eternal life (Matt. 19:17b). If you are not fully submitted to Yahweh, now is the time to make sure you are.



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Is spanking children wrong?

In Proverbs 22:15, we find, *Foolishness is bound up in the heart of a child; the rod of discipline will remove it far from him.*

Nowadays, the topic of spanking is such a controversial one, that most people cringe at the very word. But nevertheless, we must talk about the dreaded “S” word. Obviously the book of Proverbs affirms using the “rod of discipline.”

It is true that some parents have physically abused their children. Therefore, it seems an increasing number of people are equating spanking with child abuse. However, most parents agree that a properly administered spanking can be a positive, biblical approach to disciplining children. There are some guidelines that many would agree with.



First, be in agreement with your spouse about what constitutes a reason for a spanking. It is sad to hear that some parents spank their children for every reason, or depending on their mood. Scripture warns fathers especially not to provoke wrath in their children (Eph. 6:4).

Most parents wisely use spanking as a last resort. Some say that children can become desensitized to spanking if it is done too often, especially if children don't understand why they are being spanked. Oftentimes a timeout or removal of privileges can work well. Some parents find that simply talking to their children can be

an effective discipline. Many of us remember long “lectures” when we disobeyed that were more painful than a spanking would have been.

Second, be very clear with children about boundaries. For instance, say, “If you do such and such behavior, you will get a spanking.” That way there will be no question when the time comes if a spanking is administered. Another important principle is to try to remain calm.

Parents cannot gloss over flagrant disobedience. We are training our children to produce a harvest of good character. We must never allow foolishness and rebellion to take up residence in our children's hearts. Steer them towards wisdom.

Comic Relief!

No one is listening...until you make a mistake.
 Campers are nature's way of feeding mosquitoes.
 Always remember you are unique...just like everyone else.
 Change is inevitable...except from a vending machine.
 Bills travel through the mail twice as fast as cash.
 The more people I meet, the more I prefer spending time
 with my pets.



How to cherish your spouse

Yahweh instituted marriage, and we believe He wants our marriages to be loving and successful. How committed are you to building your relationship with your spouse? In the Bible, we are told that husbands and wives are to become “one flesh.” Sadly, many people try to claim that this is only talking about a physically intimate relationship. The Hebrew word for “one” (*echad*) goes deeper than the flesh. It also can mean “united in one purpose.” Husbands and wives can achieve this if both are willing to strive for it. But even if only one is willing, the marriage can still be made so much better.



One of the most basic concepts to improve your marriage is to show that you care. Even the simplest of things such as cooking a meal or opening a door can make a huge difference. Also, always be sure to thank your spouse for the effort. Be very considerate

to your spouse. In fact, learn their particular love language. Physical affection might be one person’s love language, while another person shows love by actions, such as fixing the car or taking out the trash.

Most counselors have said that communication is at the top of the list in importance. A willingness and a desire for communication is paramount in any successful relationship. Yahweh desires this too. Don’t you find that your relationship with Yahweh is better the more you talk to Him (in prayer)? There really is no excuse for not talking to your partner.

No one likes to compromise, but in marriage, you may find yourself doing just that. A lot. Working toward a compromise can keep tempers from flaring. One marriage was suffering conflict because both spouses worked, yet the exhausted wife was still doing all the cooking and housework when she got home from work, while the husband sat mindlessly in front of the TV. After long months of fighting, the couple finally reached a compromise that the wife should go to part-time work instead, so that she was not so exhausted when arriving home. She joyfully agreed. The husband also agreed to help out more at home. Their marriage is thriving now.



Both spouses need to feel safe in the relationship. After interviewing many married men, it was revealed that a large percentage of them were actually terrified to share their deepest feelings with their wives. It turns out that many of the wives had betrayed their husband confidences by sharing their husbands personal information with their friends. When the husbands found out, they were mortified and embarrassed. Ladies, if your husbands tell you something in confidence, don’t repeat it.

Become a cheerleader! You are the most important person in your spouse’s life. Always make them feel valued. When life gets tough, stand by your spouse’s side. Life is easier when a trusted person is by your side. We all want someone to share our struggles.

The most important principle, in all of this, is to make Yahweh the Leader of your marriage! Keep Him as priority Number One.



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Summer watermelon slushy

Parents, this is so much healthier than soda, and highly hydrating!

- 4 cups fresh or frozen watermelon
- 10 ice cubes
- 1/3 cup lime juice
- 1/4 cup sweetener of your choice
- 1/8 t. salt

Blend until smooth. Makes 5 servings,
and only 79 calories!



THE HIGH BLOOD PRESSURE EPIDEMIC

It is astonishing that high blood pressure is becoming such a worrying condition in the United States. Many researchers believe that our stressful lifestyles may be at the top of the list of reasons why our blood pressures are going up. Another reason may be our dependence on fast food, which contains ridiculous amounts of sodium. If you have been diagnosed with high blood pressure, please consider the following advice give by holistic medical professions. Please note: this advice is for your information only. We recommend you consult with and also follow your doctor's advice.

1. Adopt a plant-based diet. It appears that diets too high in animal products aren't that great for sufferers of high blood pressure.
2. Leafy greens, beans, and flaxseeds appear to be good at lowering blood pressure.
3. Watermelon has shown promising results in beating high blood pressure. More research is needed!
4. Stress does contribute to high blood pressure. Find ways to lower your stress levels, especially by exercising.
5. Avoid table salt. Learn to season your food with herbs and spices. There are studies in which garlic is said to lower blood pressure.
6. Eliminate the highest sodium-containing foods, such as deli meats, canned soups, and fast food.
7. You might ask your doctor about supplementing with coenzyme Q10, as it has been shown to lower blood pressure. Especially, if you are taking statins (cholesterol lowering drugs). Statins have been said to reduce natural levels of Co-Q10 in the body, which can in turn raise blood pressure.

Hypertension

