

# Sisters for Yah

## *How much do you know?*

It's been said that knowledge is power. But on the other side of the coin, we are also reminded that with much power, comes much responsibility. Many of us have been studying the Scriptures for many years. We feel confident in our understanding of Yahweh's Word. A lot of us can even stand up quite well in an argument when it comes to defending our faith. Some of us have committed Scripture to memory, and can recite verses automatically without even opening our Bibles. But take a moment, and ask yourself: How much do I really know in comparison to the total things that can be known?

Its really humbling when you hear brilliant thinkers say that humans actually know less than two percent of everything that can be known. A prominent scientist was once asked, How much do we know about the known universe? The scientist replied, "Think of the universe as a car, with its numerous parts and inner workings. All we know about the universe is just a tiny piece of the bumper!" I don't know about you, but that statement really humbles me.

We are only able to see as far away with telescopes objects that are about 13 billion light years away. And that is only the tip of how big the universe really is. There are literally billions of galaxies and quadrillions of stars. New discoveries are made every single day. Maybe it is time we all kneeled before Yahweh and admitted that we really know nothing! Yet Yahweh tells us that fear is the beginning of knowledge. So we move forward, humbly praying to grow in grace and knowledge. One day, if we make it into the Kingdom, we will know all things. May Yahweh hasten that day!



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## How to Enjoy Your Life

**E**ncourage yourself with the promises from Yah's Word (1 Samuel 30:6).

**N**o condemnation comes from Yahweh to those who are in Messiah (Romans 8:1).

**J**oy is for the journey. Choose to be joyful no matter what happens (Romans 15:13).

**O**bey when Yahweh speaks to you (Deuteronomy 11:26-27).

**Y**esterday is over. Refuse to live in the past (Philippians 3: 13-14).

**Y**ou can choose to think positive thoughts and to have a good attitude (Philippians 4:8).

**O**utlaw negative thinking. Take every thought captive (2 Corinthians 10:5).

**U**se your gifts and talents to help others (Romans 12:13).

**R**emember to be thankful for everything Yah has done for you (Psalm 103:2).

**L**ive by faith (2 Corinthians 5:7).

**I**nvoke Messiah into every area of your life (1 Corinthians 6: 19-20).

**F**orgive those who hurt you (Ephesians 4:32).

**E**xpect Yah's goodness in every situation (Psalm 27:14).



### *Never give up!*

I read the most humbling and encouraging article recently that I just had to share. An elderly woman in South Korea finally got her driver's license... on her 950th try! I couldn't believe it when I read that, as I'm famous for giving up on things after failing the first time!

Ms. Cha spent her life taking the bus. She was born into extreme poverty and lived with her six brothers and sisters in a mountain village in Sinchon, South Korea. In her 60's she finally decided it

was time to get her driver's license. When interviewed about why she wanted her license, she replied, "I want to be able to take my grandchildren to the zoo!"

Every day she took two buses to the driver test site, which was a two hour round trip. She failed the test 949 times. But her driving instructors always said she remained positive and cheerful. When interviewed, one of her son's said, "Mother lived a hard life. But if she puts her mind to something, no one can argue her out of it." In fact, on one of her walls at home, Ms. Cha has a handwritten sign that says, "Never give up!"



## *Formula for Defeating Giants: learning from David*

### **How did David defeat Goliath? Read 1 Samuel 17.**

1. He didn't pay any attention to the criticism and lack of faith of other people.
2. He remembered the victories Yahweh gave him in the past.
3. He spoke positive words of faith, not defeat.
4. He used his Yahweh-given abilities. He didn't try to be someone else.
5. He was totally dependant on Yahweh, and gave Him all the glory.
6. He didn't run away from his problems.



## **Yahweh has a plan for you**

Yahweh is working in you and your life right now. You may not feel it or see it, but you can believe it! Faith means that you have peace even when you don't have all the answers. If you believe Yahweh loves you, has a plan for your life, and that His timing is perfect, there is no need to envy anyone. Practice being positive in every situation. Yahweh has promised to bring good out of whatever is taking place in your life at the moment. Being positive doesn't mean denying the existence of difficulty. It means we believe Yah is greater than our difficulties. Patience is not the ability to wait, but how you act while you wait. Instead of dwelling on your problems, try singing praises! Watch and see how your mood improves. We are more than conquerors through Messiah. Before you ever have a problem, He has the answer. The best thing about attitudes is they can be changed. We all fail in life, but we are not failures if we keep moving forward. Yahweh always has a "Plan B" when our "Plan A" falls apart. We are never without a way because Yahshua is the way! We're never too old to do something amazing with Yahweh as our focus. And remember, when we fall, Yahweh is there to pick us up!

## *Clean or Unclean?*

Many brethren have asked if refried beans are clean or unclean. Most of us love to use refried beans in our Mexican recipes. The bad news is that many store-bought refried beans contain lard, which is unclean. However, the good news is that you can still find kosher refried beans in the store. Read the ingredients carefully! The clean ones will either say "vegetarian" refried beans or "no fat" refried beans. For those of you who are adventurous, you can easily make your own! Just boil up about a pound of dry pinto beans until they are soft. Drain off the water and mash the beans with a little oil until they have the constituency you desire. You can then season them however you like with salt, garlic powder, onion powder, and/or your favorite spices. Try some refried bean and fish soft tacos. Clean fish, of course. Enjoy!



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## Keep them coming!

A big thank you to all who submitted recipes for the cookbook! We need more, so please keep them coming. Please send any and all favorites such as salads, soups, main dishes, desserts, etc., plus Unleavened Bread recipes by February 28, 2015.

Send to:

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Thank you for your participation!  
Yahweh bless!



## The Simple Things

Do we forget the simple things  
That make our lives worthwhile?  
The grace of a flowing tear, the tenderness of a smile.

We tend to dwell on the problems that each day seems to  
bring

Is there nothing better to recall?  
Have we forgotten everything?

Stop now and remember some memories you've stored  
away,

Something worth recalling to make a better day.

—Linda Durham  
(submitted by Jan Meyer)



## Are you Salty?

Eating too much salt is bad for us physically! But spiritually-speaking, we need to be salty! Keep in mind Matthew 5:13.

*“Ye are the salt of the earth: but if the salt have lost its flavor, how can it become salty again?”*