

Sisters for Yah

Words of Life

It's puzzling that so many believers try to live a "believing" lifestyle without ever reading their Bibles, except of course, sporadic perusals of Yahweh's Word, seeking a pithy thought for the day. The Word of Yahweh is not merely a source of helpful suggestions, preventative warnings, or inspirational thoughts: It is life itself!

Yahweh had gathered the children of Israel at the edge of the Promised Land to review their pilgrimage with Him. They had spent forty years in the desert

because their parents had not trusted Yahweh's Word. Their parents died without seeing the Promised Land because they had not believed Yahweh's Word. Even the revered Moses was soon to leave them because he had not shown proper reverence for Yahweh's Word. Many of them knew those who had been put to death as a consequence of their disobedience. Over the years, Yahweh's Word had become the most important thing in the life of the Israelites.

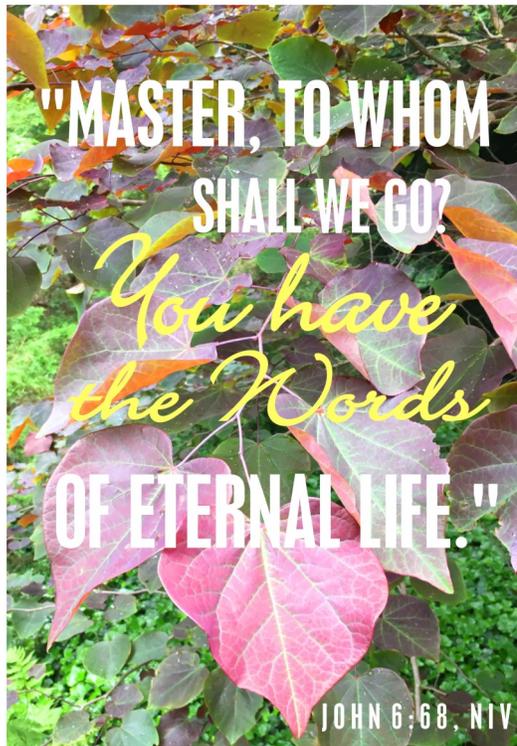
Yahweh commanded His people to bind His words on their hearts, to teach them diligently to their children, and to regularly discuss them in their homes. (See Deuteronomy 6:4-9.) So essential

was His Word that it was to hold a prominent place in the daily lives of His people.

Our reverence for Yahweh's Word is revealed not only by what we say, but also by what we do. Spending more time reading and studying the words of people rather than the Word of Yahweh, reveals our hearts' condition. To blatantly disregard Yahweh's Word is to reject life itself. To obey Yahweh's Word is the surest way to experience all that Yahweh has in store for us.

In Deuteronomy 32:47, we read, *For it is not a futile thing for you, because it is your life, and by this Word you shall prolong your days in the land which you cross over the Jordan to possess.*

Make a goal to spend more time in Yahweh's Word! Fill your mind with the "Words of Life" — the same Words of Life that the Messiah proclaimed!



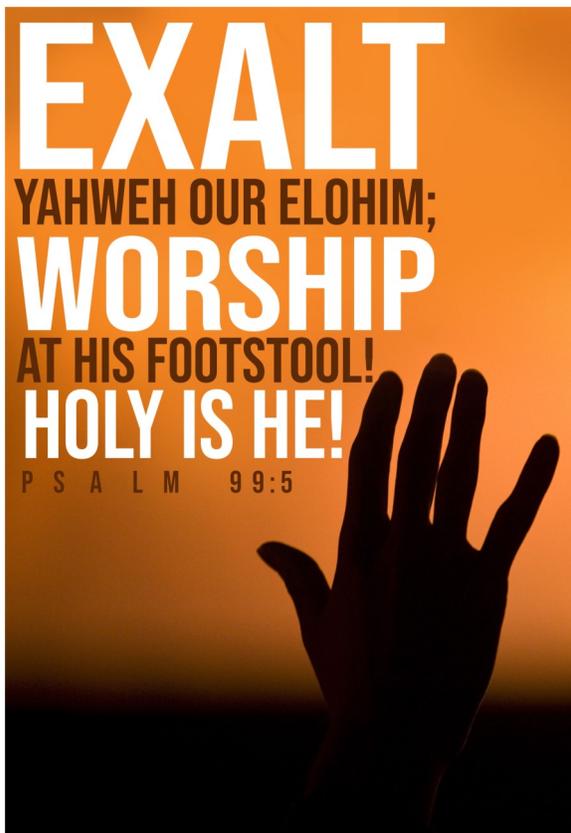
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Prepared for Worship

He will sit as a refiner and purifier of silver; He will purify the sons of Levi, and purge them as gold and silver, that they may offer to Yahweh an offering of righteousness, Malachi 3:3.

The quality of our worship is not based on our “activities” but on our character. Religious organizations can mistakenly assume that the better the music, the more impressive the building, and the more eloquent the preaching, the more worshipful the experience will be. Genuine worship, however, originates from within our hearts. If our relationship with Yahweh is not healthy, all these things are nothing more than religious pageantry.



The Levites were the worship leaders of their day. Their task was to offer sacrifices on behalf of the people. Yahweh declared that before they could worship Him in righteousness, he would first refine them with His “Refiner’s Fire,” purging away any impurities. Merely being members of the religious profession, having official responsibilities in the temple, and going through the rituals of worship, did not guarantee that their religious activities would be acceptable to a Set-apart Elohim.

Sadly, modern people tend to look to external things to enhance their worship. The true quality of our worship, however, rests within us. If we have not allowed Yahweh to purify us first, our worship will be void of His presence. If we do not have a pure heart, we may give offerings, but they will not be acceptable to Yahweh. Attending a religious service will not automatically ensure an encounter with Yahweh.

If you are not satisfied with the quality of your worship, don’t be too quick to blame your environment. Look first to your own heart. Allow Yahweh to refine your heart until it is pleasing to Him, and you will be free to worship Yahweh as He intends.

Years ago, I was a part of a large worldwide-reaching ministry with millions of members spanning around the globe. This group had numerous programs for almost every group of people: Married couples, Singles, Men’s Leadership, Youth ministry, Teen Bible Camp, Elderly folks, you name it. One would think that in a religious group focused on “nurturing” people, that such a group would bear much good fruit. Well, it turns out that the majority of attendees were only looking at this group as a “social” club. Most people actually fell away from this group once their selfish needs were unmet. They moved on to “greener” pastures, including dangerous New Age groups. These people were shallow in their beliefs, and many didn’t even read their Bibles at all! This religious organization had spent millions of dollars on these fancy programs, which in the end, were worthless. I, too, left this organization, once Yahweh opened my mind to His Truth and revealed His Sacred Name. I have kept in touch with many members I knew from the group. I’m sad to say that none of them stayed true to the basic tenets of the faith. In fact, some have even become atheists!

My point in this article is that I want to encourage people to put their eyes on Yahweh’s matters, and not get carried away with the glamor and glitz of physical things. Yahweh, of course, did make us physical beings. But let’s keep our priorities straight.

Without Faith, We Cannot Please Him

But without faith it is impossible to please Him, for he who comes to Elohim must believe that He is, and that He is the rewarder of those who diligently seek Him, Hebrews 11:6.

Your relationship with Yahweh is largely determined by your faith. When you come to Him, you must believe that he exists and that He is exactly Who He has revealed Himself to be in Scriptures. You must also believe that He will respond to you when you earnestly seek Him. Without this kind of faith, you cannot please Yahweh. Regardless of the morality of your life, the good works you perform, the words you speak, or the sacrifices you make for His sake, if you do not have faith, you will not please Him. It can be tempting to substitute religious activity for faith in Elohim. I always hear people say “I’m being a good steward of my resources!” Yet many of these same



people admit they are wanting to walk by sight rather than by faith. (Read Hebrews 11:1.) They may refuse to do what Elohim tells them unless they can see all the resources in place first.

You may say, “I love Yahweh, but I just can’t trust Him!” It’s true that trust is not easy. Many of us have been damaged as children, being let down by people who were supposed to protect us, but ended up hurting us instead. Yahweh knows we all have a painful past. This is something with which we need to come to grips. Yahweh can help us overcome our painful pasts. It is hard to enjoy a vibrant relationship with Yahweh if we are struggling with faith. We have a wonderful Heavenly Father who will help us in our faith! Ask Him. He will answer!

But also remember that faith does not eliminate problems. You will NOT have a perfect life just because you have faith. But faith will keep you in a trusting relationship with Elohim in the midst of these problems. Faith has to do with your relationship with Yahweh, not your circumstances. Some may claim, “I can’t have faith. I’m too practical.” Yet you will never do anything more practical than to place your trust in Yahweh. Nothing is more secure or certain than that which you entrust to Yahweh.

Meditate on what?

Turn to Philippians 4:8, which plainly tells us, *Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy — meditate on these things.*

There you have it. You never have to wonder ever again what to meditate about. Some believers allow the bad news on TV to fill their minds, leaving them fearful and unable to sleep peacefully. What you fill your mind with, is a matter of choice. Concentrate on the magnificent truths of Yahweh, and they will create a noble character that brings glory to Him.

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Healthy Green Energy Smoothie

- 1 1/2 cups unsweetened almond milk
- 2 cups frozen spinach leaves
- 1 frozen banana
- 1 cup fruit of choice (such as apples ,oranges, berries)
- Optional add ins: protein powder or peanut butter.



Blend until smooth.
Drink while still cold
for best flavor. Refrigerate
any leftovers.
Use within 2 or 3 days.



Sheet Pan Chicken Fajitas

- 1/4 cup taco seasoning (from seasoning packets)
- 1 T. oil
- 1 lime, juiced
- 2 pounds chicken breasts, thinly sliced
- 1 red onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 1 green bell pepper, thinly sliced
- Small flour tortillas
- Garnish with avocado chunks or guacamole, optional
- Garnish with cilantro, optional
- Serve with sour cream, optional
- Salsa, optional

Preheat oven to 375 degrees. In a large bowl, mix oil, lime juice, and taco seasoning. Toss the chicken, red onions, and bell peppers together. Allow to marinate for 1 hour. Spread the chicken and veggie mixture onto a rimmed baking sheet. Bake about 20 minutes until meat is cooked through. If you prefer a browner meat, broil about 3 minutes.

Serve with warmed tortillas and your choice of garnishes.

