

Sisters for Yah

Yahweh's Sufficient Grace

Human strength is a strong deterrent to trusting Yahweh. When people rely on their own strength, resources, and knowledge, they assume they can handle situations without help from Yahweh. People tend to divide problems into two categories: problems that they know require Yahweh's help, and problems they think they can handle on their own.

From what we read in Scripture, the Apostle Paul had a tenacious personality and strong will. He courageously faced angry mobs as he traveled far and wide to promote the cause of Messiah. He had spent the first half of his life serving Yahweh in his own strength. However, once Yahweh got his attention, Paul learned to rely on Yahweh's strength and not his own. In 2 Corinthians 12:9, we read: *And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Messiah may rest on me.*

We know that Paul was afflicted with a "thorn in the flesh" (2 Cor. 12:7). Most likely, it was an eye problem, since he mentions that the brethren would give him their own eyes if they were able to. But whatever that "thorn" was, it humbled him. Paul had performed incredible miracles, even raising the dead, but he could not remove the affliction Yahweh had imposed upon him, an affliction that made him depend on Yahweh. The world had seen what Paul could do in his own strength, and it was horrifying. Early believers were terrified of Paul because of the intense persecution he inflicted upon them,

Only through Paul's encounter with Yahshua, could Yahweh exercise His power in Paul's life. Only

in his weakness could Paul implicitly trust Yahweh.

If you start to feel strong in an area of your life, beware! I've heard many believer's say, "The devil has no temptation he can throw at me to make me fall!" Then comes temptation, and they walk away from the faith. Trust in Yahweh's strength, not your own.

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Meditations on Marriage

(New Living Translation)

Marriage at its best is a relationship so close and intimate that the two of you work together as one. It involves mutual trust, support, defense, comfort, vulnerability, and responsibility.

Genesis 2:18: *Yahweh Elohim said, "It is not good for the man to be alone. I will make a companion who will help him."*

Ecclesiastes 4:9-10: *Two people can accomplish more than twice as much as one .. if one person falls, the other can reach out and help.*

Matthew 19:4-6: *"Have you not read the Scriptures?" Yahshua replied. "They record that from the beginning 'Yahweh made them male and female'." And He said, "This explains why a man*

leaves his father and mother and is joined to his wife, and the two are united into one. Since they are no longer two but one, let no one separate them, for Yahweh has joined them together."

1 Corinthians 11:3: *There is one thing I want you to know: A man is responsible (answerable) to Messiah. A woman is responsible (answerable) to her husband, and Messiah is responsible (answerable) to Yahweh.*

Proverbs 18:22: *The man who finds a wife finds a treasure and receives favor from Yahweh.*

Ecclesiastes 9:9: *Live happily with the wife you love through all the meaningless days of life that Yahweh has given you in this world. The wife Yahweh gives you is your reward for all your earthly toil.*

Proverbs 31:11-12: *Her husband can trust her, and she will greatly enrich his life. She will not hinder him all her life.*

Ephesians 5:22-24: *You wives will submit to your husbands as you do to Messiah. For a husband is the head of his wife as Messiah is the head of His Body, the Assembly; He gave His life to be her Savior. As the Assembly submits to Messiah, so you wives must submit to your husbands.*



Malachi 2:15: *Didn't Yahweh make you one with your wife? In body and spirit you are His. And what does He want? Righteous children from your union. So guard yourself; remain loyal to the wife of your youth.*

Hebrews 13:4: *Give honor to marriage, and remain faithful to one another in marriage. Yahweh will surely judge people who are immoral and those who commit adultery.*

Leaders and Managers



And Yahweh said to Samuel, “Heed the voice of the people in all that they say to you; for they have not rejected you, but they have rejected Me, that I should not reign over them.” 1 Samuel 8:7.

The Israelites were to be a nation unlike any other. Every other nation had a king or ruler, but Israel’s king was to be Yahweh Himself! Yet, the Israelites complained that they wanted to be like other nations, and have an earthly ruler. As I read about this, I can hardly believe the foolishness of what the Israelites were requesting! Yet, I suppose, we are prone to make the same mistake, choosing our faulty human wisdom over Yahweh’s perfect leadership.

Since the outcome of the November 2024 election, there has been much discussion about leaders and managers. According to conventional wisdom, leaders have the vision and set goals for people, organizations, companies, and nations. Managers and employers handle day-to-day marshaling of resources under their charge. In a believer’s life, however, Yahweh leads families and assemblies. Yahweh sets the direction, establishes priorities, and provides resources. But we manage what He gives us and do with it, as He directs.

As Master, Yahweh has the authority to reveal the direction of our lives. He helps establish our careers, leads us to our marriage partners, and helps set our daily priorities. We are to be good managers of the mind, body, and spiritual life He gives. Yahweh is also the Master of our families. He knows what is best for us and our children. He knows how to make marriages strong, too. Our responsibility is to obey Him as He leads our families into the likeness of Messiah. Do not foolishly trust in human wisdom and leadership as the Israelites did. Follow Yahweh and trust in Him alone.

Many people were elated at the possibility of real change promised by those elected in November. I, myself, am hoping to see certain social issues dealt with in a conservative manner. However, I also realize that I shouldn’t set myself with unrealistic expectations. Our earthly leaders will always disappoint us. We were never meant to have earthly rulers. From day one, Yahweh should have been our one and only King. From the day they asked for a king like all the other nations, the Israelites suffered greatly. Yahweh gave them what they asked for. And here we are, thousands of years later, reaping the horrible consequences. Have humans learned anything since the fall of mankind in the Garden of Eden?

Times are scary in the world. Even non-religious people are raising alarms about the state of the world. I heard someone say once that the world’s problems will only be solved by a “Powerful Hand from somewhere” ... and, yes, Yahweh is that “Powerful Hand.”

So where does that leave us? I say, put Yahweh first, but don’t neglect praying for our earthly kings and rulers. Never idolize a mortal. They will fall far short of our expectations. Humans will never come up to the perfect standards of Yahweh without submitting to Him. I believe that Yahweh can use imperfect people for His perfect plan and purposes. In building your relationship with Yahweh, be vigilant and proactive.

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Coconut Pumpkin Smoothie (2 servings)



1 can coconut milk (can substitute regular milk or almond milk)
3 bananas, frozen
1 T. maple syrup
3/4 cup canned pumpkin
1 t. pumpkin pie spice
1/2 t. vanilla extract.
Top with coconut or regular whipped cream.
To garnish, sprinkle with cinnamon on top (optional).

Blend all except whipped cream and cinnamon. Pour into glasses and garnish with the whipped cream and cinnamon.

Brown Butter Jewish Baked Noodles (*Kugel*)



12 ounces wide egg noodles
1/2 cup butter
6 6 eggs
16 ounces sour cream
16 ounces cottage cheese
1 t. salt
1/2 t. pepper
1/2 t. dried thyme
1/2 t. dried sage

1. Preheat oven to 375 degrees.
2. Boil noodles about 8 minutes. Drain and rinse. Set aside.
3. Melt butter and cook until lightly browned and fragrant. Mix in with the noodles.
4. Blend the sour cream, cottage cheese, salt, pepper, and spices.

5. Beat the eggs until fluffy.
6. Add the eggs to the sour cream mixture.
7. Pour the noodles into a greased 9 inch by 13 inch pan. Pour the sour cream egg mixture over the top.
8. Bake about 50 minutes until set. The top should be slightly golden brown.
9. Cut into squares and serve.