

Sisters for Yah

Crowns that last forever

It's interesting to watch children play. Many years ago, I worked as a tutor at a local elementary school. While the job had its challenges, I really enjoyed watching the children at recess. The joy and laughter as they played was quite contagious! I also noticed differences between how girls and boys played. The boys loved to roughhouse and run and throw balls. The girls, on the other hand, always wanted to play "princess" and wear sparkly crowns.

In 1 Corinthians 9:24-25, we read, *"Do you know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown."*



Athletes are willing to push themselves harder and longer than anyone else. They strive to bring their bodies and minds completely under control so that they excel and receive a prize. While other people go home to relax, athletes continue to train for many hours. The majority of

people will protect themselves from any form of discomfort, but athletes will push themselves to the limit of their endurance. While some remain satisfied with mediocre performance, athletes pay any price for excellence. Paul said that despite their strongest efforts, an athlete's success and prize is eventually forgotten, only to be replaced by a stronger competitor. We want a prize and crown that will endure till eternity, don't we?

If an athlete can be motivated to make incredible sacrifices for a perishable reward, how much more ought Yahweh's people strive for an imperishable one? If an athlete can labor day after day in order to receive glory and admiration from others, how much more should Yahweh's people strive to hear "well done" from their Master? Let us strive to bring our bodies and minds into subjection for the glory of Yahweh! We can train our minds to think the thoughts of Yahweh rather than the thoughts of the world. We can also discipline our lives in prayer. Prepare now to qualify for an imperishable crown!

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Israel as an example to the nations

Yahweh wanted His people, Israel, to be a righteous example for all nations. He wanted other nations to look at Israel and desire to be like them. The temple in Jerusalem was to be the center from which the good news of Yahweh's salvation would spread to every corner of the world. But those who were supposed to be Yahweh's people forsook Him and practiced every kind of sin. Rather than being Yahweh's ambassadors, ancient Israel disgraced His Holy Name. Sadly, conditions in our modern world is like history repeating itself.

Rather than attracting the nations of the earth to Yahweh, ancient Israel became a stumbling-block to those who were seeking the true Elohim. The Israelites fell so far from Yahweh's original intent that He judged them and sent them into exile. But the good news is that Yahweh promised that one day His people would be an avenue by which others could find salvation.

A highway shall be there, and a road, and it shall be called the Highway of Holiness. The unclean shall not pass over it, but it shall be for others. Whoever walks the road, although a fool, shall not go astray, Isaiah 35:8.

Yahweh desires that anywhere there is a believer in Him, that he shares their faith with unbelievers. Whenever an unbeliever meets a believer, the unbeliever ought to be face-to-face with everything he or she needs to know in order to follow Messiah. Sadly, sometimes believers can be like the Israelite's of Isaiah's day. They can be so involved in their sin that they are completely disoriented from Yahweh, ill-equipped to direct others to Him. If Yahweh's people are filled with hypocrisy, they may turn people away from Yahweh, rather than helping them come to Him. If our lives are filled with doubt or anger, we may just impede others from wanting to come to Messiah. Our lives ought to be a "highway of holiness" providing easy access to Yahweh for anyone who seeks Him. Ask Yahweh to remove any obstacles that may hinder others from coming to know Yahshua

Giving Freely

There is no room for misers in Yahweh's Kingdom. Matthew 10:8b says, "Freely you have received, freely give." Many people think this only means money. No, it means as you are able, to freely give of your time, energy, and resources too, if able. Every good thing we have ever received has come from Yahweh (James 1:7). All that we acquire in life has been dependent on His grace (1 Corinthians 4:7). Job accurately summarized our condition when he declared, *Naked I came from my mother's womb. And naked I will return there. Yahweh gives and Yahweh takes away. Blessed be the Name of Yahweh, Job 1:21.*

We easily assume a sense of ownership of our possessions, but don't forget the One Who gives all blessings. We can give back to Yahweh by helping others. Even if you have nothing to give, you still can pray for others! Sometimes prayer makes more of a difference to people than just handing them material things.

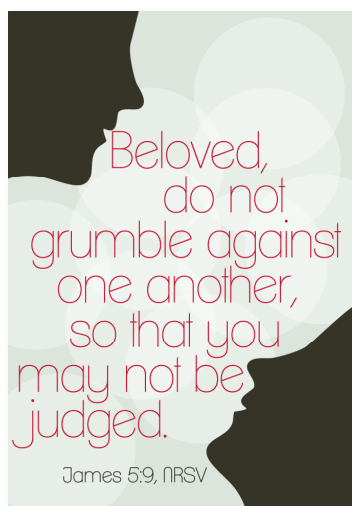
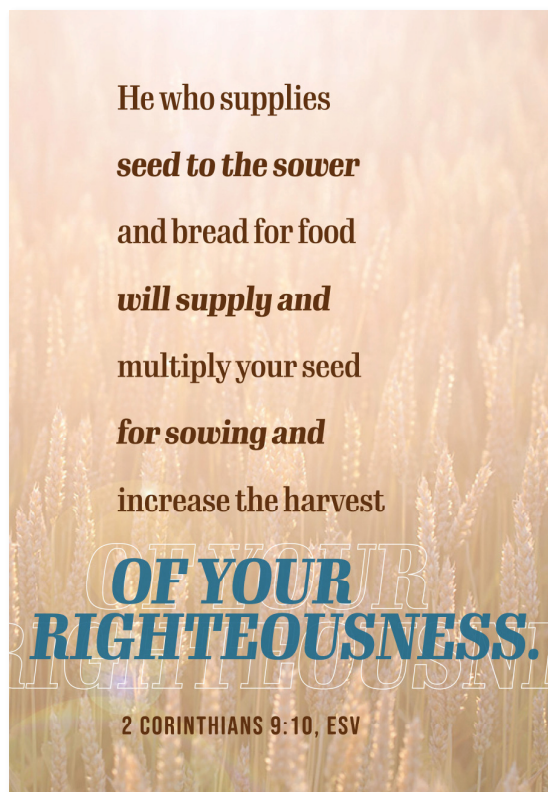
Freely
you have
RECEIVED;
Freely
GIVE.
Matthew 10:8, NIV

Sifted like wheat?

When I first read Luke 22:31-32 many years ago, I was filled with a sense of alarm. Yahshua clearly told Peter that Satan desired to sift him (Peter) as wheat. But Yahshua prayed for Peter that his (Peter's) faith would not fail. I guess what alarmed me in my early walk in the faith, was the fact that Satan could possibly sift all of us as wheat if we were not on guard! We know that Yahshua dearly loved Peter. In fact, even as Yahshua prepared for His own arrest and impalement, He still took the time to strengthen and encourage Peter for what was to come. Yahshua made sure that Peter knew that Yahweh had set limits on Satan's influence. We need to remember this also. Satan can only go as far as Yahweh allows Him. This is really comforting.

Let us never forget that Yahshua is fully aware of every temptation and trial that we will encounter. He stands ready to intercede on our behalf. (Read the following scriptures: 1 Corinthians 10:13; Romans 8:34, and Hebrews 7:25.) Even though temptation might catch us by surprise, Yahshua is already interceding for us with Father Yahweh. Yahshua knows exactly what we go through as humans. He walked this earth as a human and had to deal with the same temptations and troubles that any human would go through.

It is important to remember that temptation, of itself, is NOT a sin. It's only when one gives in to temptation that sin becomes a problem. Temptations surround all people at all times. We need to train ourselves to resist. When we resist, Satan has to flee from us! Turn immediately to Yahweh when temptation presents itself. Be steadfast and be encouraged.



You are beloved

“For you are beloved.” Could there be other words from Yahweh more welcome than these? Imagine the life of Daniel. When he was a young man, his nation was utterly defeated by Babylon. Daniel was exiled. He was taken to a strange land as a captive of war. I can't think of anything more frightening. I'm sure Daniel desperately wanted to make sense of his circumstances. So he did what all of us should be doing: He prayed! Yahweh loved Daniel greatly. Yahweh wants to answer the prayers of those whose hearts are completely His. (Read 2 Corinthians 16:9.)

It may seem that everything around us is crumbling. Media, public opinion, and political leaders may not tell us the truth, but Yahweh can clarify to us the events of our day. Yahweh loves us and will speak to us in His time. His answer might be immediate, as in the case of Daniel, or it may be delayed, but it will come. (Read Daniel 10:13.) We may wonder why we don't see Yahweh's Hand more often. But Yahweh is still in control. We can confidently pour out our hearts to Him. (Read Luke 11:5-13.)

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Creamy Chicken Bake

- 4 chicken breasts
- 4 slices turkey bacon, cooked and crumbled
- 2 green onions, thinly sliced
- 1/2 cup cream cheese

Preheat oven to 350 degrees. Cut several slits in each chicken breast. Place in a baking pan. Mix the cream cheese with the green onions and turkey bacon. Spread evenly over the chicken. Bake about 22 minutes or until the middle of the chicken is fully cooked.



Easy Beef and Bean Burritos



- 1 pound ground beef, cooked and drained
- 1 packet taco seasoning mix
- 6 flour tortillas
- 1 can vegetarian refried beans (check ingredients! Make sure it contains no lard)
- 1 cup shredded cheese
- Optional toppings: salsa, sour cream, chopped tomatoes, black olives, and green onions.

Mix the taco packet into the cooked beef along with 3/4 cup water. Heat through. Warm the tortillas in the microwave. Spread with refried beans and cheese. Top with the beef. Roll up and serve with your favorite toppings, as desired.

Yummy Butter Parmesan Noodles

- 1 pound spaghetti noodles, cooked and drained
- 1 stick butter
- 4 t. pepper
- 8 ounces parmesan
- Salt to taste

While noodles are still hot, add all the rest of ingredients and mix it well until the butter is fully melted.

