

Sisters for Yah

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Find Strength Through Weakness

“Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Messiah’s sake: for when I am weak, then I am strong.” (2 Corinthians 12:10)

Many people have wondered what the above Scripture could possibly mean, considering the fact that we are all familiar with pain, illness, and suffering, whether our own or the people we know, and none of us ever enjoy going through trials! How could the apostle Paul actually find pleasure in persecution or reproach, in experiencing distress, bodily pain, or weakness? Keep in mind that there could not be any pleasure in these things were it not for “Messiah’s sake.”

Paul himself experienced a trial so strong that he prayed for it to be removed — he called it a “thorn in the flesh.” Apparently Paul felt that this “thorn” was powerful enough to hinder his ministry, so he requested 3 times

for Yahweh to intervene! And Yahweh answered Paul’s prayer by saying, *“My grace is sufficient for thee: for My strength is made perfect in weakness.”* (2 Corinthians 12:9)

One of the most powerful testimonies to unbelievers of the truth of Yahweh’s way is when a Believer shows patience and faith during trials. Paul recognized that it would be detrimental to his walk of faith if his thorn was removed.

In Psalm 119: 71, we read, *“It is good for me that I have been afflicted; that I might learn thy statutes.”* Trials can serve a wonderful purpose. It is when we recognize our fleshly weaknesses that we can be strong in Messiah. In addition, our trials can help us develop a deep compassion for others who are suffering. It is difficult, if not impossible, to know how another feels unless one had gone through similar difficulties. So let us use our trials to develop a stronger faith in Yahweh’s strength!

She girds herself with strength And makes her arms strong.

—Prov 31:17 ASV



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The Similarities between Yahshua and Jonah

The story of Jonah is one of the most well-known of all biblical stories, even though it has been a target of skeptics for hundreds of years. However, Yahshua Messiah confirmed the story as true and used it as the one sign that He was the Messiah to those who were looking for a sign.

“For as Jonah was three days and three nights in the belly of the whale; so shall the Son of man be three days and three nights in the heart of the earth.” (Matthew 12: 40)

In Jonah 2:2, we find, *“Out of the belly of sheol I cried and thou heard my voice.”* And then in verse 6, Jonah confirms that indeed, *“Yet hast Thou brought up my life from corruption, O Yahweh my Elohim.”* Jonah’s prayer ended simply in verse 9: *“Salvation is of Yahweh.”* The very meaning of Yahshua is “Yah’s Salvation”!

Most scholars believe that Jonah lived about 900 years before Yahshua was born on the earth as a human infant. Jonah was a remarkable prophetic type of the mighty miracle that Yahweh would accomplish one day to bring an end to sin and bring salvation to all who would believe and accept Yahshua.

Only the power of Yahweh could prepare a great fish to swallow Jonah, and then three days later allow him to preach repentance to the lost people of Nineveh. The skeptics who claim this never could have happened obviously didn’t know Yahweh’s power! We can learn some powerful lessons in the book of Jonah. Through much of the Bible, Yahweh focuses on His people, Israel. Yet in Jonah, we find that Yahweh cares for those who are not His chosen people. He does not take pleasure in the death of the wicked, but desires them to turn from their wicked ways and live!

Jonah put up a fight when Yahweh commanded that he go to Nineveh to preach to the people there who did not know the difference between right and wrong. Are we sometimes like Jonah? Have we ever not wanted to go where Yahweh leads us? Are we sometimes not concerned for the people that Yahweh cares for? Jonah ran away from Yahweh, but we must realize that we can never truly run from Him. Yahweh fills the entire universe. There is no place to hide from him.

Yahshua too confirmed that He was sent to the lost tribes of Israel, but he showed remarkable compassion even to those who were not of Israel, such as the Canaanite woman whose daughter was demon possessed. Yahshua was willing to help and heal anyone who demonstrated their faith in Him. Truly, when speaking of Yahshua, we can all agree that, *“One greater than Jonah is here.”* (Matthew 12:41)



Yahweh's Pharmacy, Part Two

It is truly amazing how our health can improve once we begin eating the foods that Yahweh created to nourish our bodies.



Avocados, Eggplant, and Pears

These target the health and function of the female reproductive system. Studies indicate that when a woman eats one avocado week, it may balance hormones, might help shed unwanted birth weight, and may prevent some types of cancer. Another interesting tidbit of information is that it takes nine months to grow an avocado from blossom to ripened fruit, just as it takes nine months for a human infant to grow in its mother's womb!

Figs

They can support male reproductive health.

Sweet Potatoes

These resemble the pancreas. Research indicates that they can help balance the glycemic index of diabetics.

Oranges, Grapefruits, and other Citrus fruits

May support breast health. Indeed they resemble the mammary glands! These fruits are also very high in vitamin C, which is known to boost immune health. Consuming extra vitamin C during a cold can actually shorten the duration and severity of symptoms.

Onions

Research shows that onions may help clear waste materials for the body's cells—and yes, onions look like the body's cells! They even produce tears which wash the epithelial layers of the eyes.

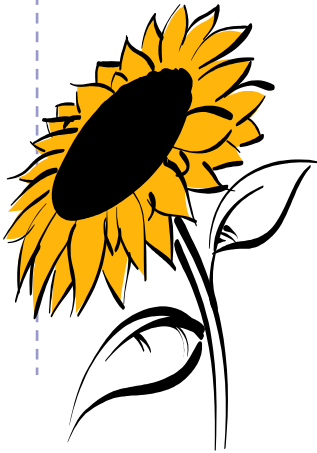
Garlic

A working companion of the onion, is also known to eliminate free radicals for the body. Consuming garlic has been shown to reduce harmful cholesterol and can even prevent sore throats and colds at the first sign of symptoms.



Yahweh's Assembly in Yahshua
2963 County Road 233
Kingdom City, Missouri 65262

Main Line: 1-573-642-4100
Toll Free: 1-877-642-4101
Fax Line: 1-573-642-4104
Website: www.SistersForYah.org



Frauds, or Health Foods?

Even though something says “healthy” on the label, is it really? Supermarkets contain thousands of foods with all sorts of nutritional claims and catch phrases to make you think you are getting something you may not be. Here are some items you may want to watch out for:

Sports Drinks

Studies show that sports drink may not be of any help if you are trying to lose weight. Most are loaded with calories from sugar! That means your body will have to burn off those calories before it can even start burning stored body fat.



Fruit Juices

Again, like sports drinks, most fruit juices are loaded with added sugars. If you must have juice, buy 100 percent juice with no added sugar. Better yet, eat whole fruit instead, and you'll get lots of fiber and nutrients.



Yogurt

It is true that yogurt is a healthy food—but *only* if you choose the plain, low fat varieties.

Salads

Ah, yes, nothing says “healthy” than a nice big salad—just don't ruin it with a high fat dressing! And leave off the added cheese.

Breakfast bars

Better to eat a regular bowl of high-fiber, low-sugar cereal with skim milk. Popular cereal bars contain too much sugar and fat.

Better to stick with olive oil or a very small amount of real butter. Margarines can contain artificial chemicals.