

# Sisters for Yah

## Are You Truly Converted?

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In Acts 3: 19 we find, “Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of Yahweh.”

What does “repent” really mean. According to the original Greek, it means to “turn” or “change directions.” The basic implication of *conversion* refers to turning away from the whole world system and turning wholeheartedly to Yahweh. It does not mean saying you’re sorry for your sins, accepting Yahshua into your hearts, then going right back to your worldly way of living. No, there must be a profound change in your life.

Our entire thought processes must change. The Scriptures become our manual for right living when we are truly converted. Without real repentance and conversion, there won’t be salvation. As Yahshua said in Matthew 18:3, “Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven.” Consider how innocent and teachable little children are. We must likewise be so.

There are regrettably many people who think they have been converted but are not. This is evidenced by the fruit produced in their lives. Some have never really changed their worldly thinking but they believe they have been saved. We read in 2 Corinth. 5:17, “If any man be in Messiah, he is a new creature: old things have passed away; behold, all things are become new.”

Perhaps one of the most frightening passages in scripture can be found in Matthew 7: 22-23, where we learn that, “Many will say to me in that day, Master, Master...And then will I profess unto them, ‘I never knew you.’” After reading this, we should all be moved to investigate our own lives to see whether or not we fall into this category of people. Let us follow the admonition in 2 Corinthians 13: 5, “Examine yourselves, whether ye be in the faith; prove your own selves.”

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## Helpful Scriptures in Times of Crisis

One thing that all human beings have in common is having difficulties in this life. No matter where you live, what your gender is, or what your economic level is, you can count on having problems sooner or later. The Bible speaks much of times of crisis. One can easily think of Israel wandering in the wilderness or Jonah in the belly of the great fish.

### How can I respond to crisis properly?

Take a look at Jonah 2:1-2, which states, *“Then Jonah prayed to Yahweh his Elohim from inside the great fish. He said, ‘I cried out to Yahweh in my great trouble, and He answered me. I called to You from the world of the dead, and Yahweh, You heard me!’”*

Psalm 130:1-2, *“From the depths of despair, O Yahweh, I call for Your help. Hear my cry, O Yahweh. Pay attention to my prayer.”*

When we reach the end of our rope, the best thing to do is reach out to Yahweh. His strength can be manifested during our times of weakness. Our crises can be His opportunities to act in a mighty way. When you are weak and vulnerable, make it a point to seek the merciful and protective covering of Yahweh. In Psalm 28:7, we read, *“Yahweh is my strength, my shield from every danger. I trust in Him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving.”*



### How can I help others in times of despair?

When others face crisis, we need to be there for them. The most important thing you can do, of course, is pray for the person in need. Also, consider phoning the person and asking what they need. They may need a babysitter for a few hours to take care of some personal things. Take over a hot dish—oftentimes when people are going through struggles, fixing food is the least of priorities on their list of things to do.

Proverbs 31: 8 says, *“Speak up for those who cannot speak for themselves; ensure justice for those who are perishing.”*

We also find in Titus 3:14, *“For our people should not have unproductive lives. They must learn to do good by helping others who have urgent needs.”*

Finally, realize that there is only so much you can do. Yahweh is the one in ultimate control. Only He knows the reasons we go through hard times. There comes a point, when we must lay our burdens at Yahweh’s feet and say, *“Your will be done.”* Many have also found comfort, in their prayers, by asking, *“Yahweh what do You want me to learn from this trial?”* Oftentimes, our trials are either to prove our faithfulness to Yahweh or for us to learn powerful lessons. May we all keep our faith in times of crisis.

## *Yahweh's Pharmacy*, Part One

Have you noticed how certain foods look just like certain parts of the human body? Maybe that should give us a clue as to what to eat for optimum health. Consider the following amazing similarities between foods and our bodies:

### **Carrots**

A sliced carrot looks like the human eye—the pupil, iris, and radiating lines are remarkably similar! And yes, science now shows that carrots can greatly enhance blood flow to the eyes, thereby keeping them healthier.

### **Tomato**

Slice open a tomato and what do you see? Four chambers that resemble our hearts! Tomatoes are loaded with lycopene which is good for the heart and blood.

### **Walnuts**

Even little children have remarked that walnuts look just like little brains—they have a right and left hemisphere, upper cerebrums and lower cerebellums! Even the wrinkles and folds on the nut look like the neo-cortex! Science indeed confirms that walnuts can help develop more than 3 dozen neuron-transmitters for brain function.



### **Kidney Beans**

They are named so for the fact that they actually resemble kidneys. Studies show that they actually help maintain kidney function!

### **Celery and Rhubarb**

Take a close look—they look like bones! These foods do target bone strength, and have been shown to replenish the skeletal needs of the body.

### **Grapes**

Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also a profound heart and blood vitalizing food.

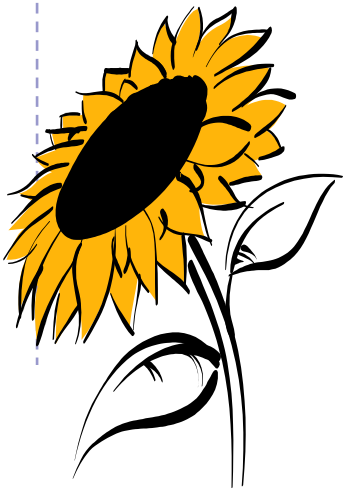
### **Olives**

Studies show that they can assist the health and function of the ovaries. The bible is full of examples of the use of olives and olive oil. Yahweh sure knew what He was doing!



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## Cool Summer Recipes

### Coconut Chocolate Pie

- 2 cups coconut milk
- 1/2 cup sugar
- 1/4 t. salt, optional
- 3 T. cornstarch
- 3 T. cocoa
- 1 or 2 pie crusts (graham-baked)

Heat coconut milk, cocoa, cornstarch, salt, and sugar in a pan until it boils and becomes thick. Pour into prepared graham shells. Chill at least 1-2 hours for best results. Do not freeze!



### Iced Tea Punch

- 1 1/3 cup boiling water
- 4 regular tea bags
- 1 1/2 cups pineapple juice
- 1 cup grapefruit juice
- 1 cup orange juice
- 1/2 cup lemon juice
- Sugar or honey, to taste
- 4 cups ginger ale
- 2 cups ice water



Steep tea bags in boiling water for 5 minutes. Remove bags and discard. Combine rest of ingredients and chill well. Makes 2 1/2 quarts.

### Healthy Fruit & Nut Salad

- Combine the following:
- 2 oranges, peeled and cut into bite-sized pieces
  - 1 cup seedless red grapes
  - 1/2 cup pitted halved Bing cherries
  - 1/4 cup golden raisins
  - 1/4 cup pitted dates
  - 1/4 cup walnut halves



Life doesn't have to be a big puzzle!

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