

Sisters for Yah

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Inside this issue:

That's what the Kingdom is for	1
We all need encouragement!	2
Changed People/ Worshipping for the wrong..	3
Cold-fighting recipes	4

That's what the Kingdom is for

Answering the phone all day, here at YAIY, I'm often surprised at the number of "panicked" phone calls from desperate people wanting to escape the future troubles and tribulations. I, of course, allow them to vent their fears and frustrations, then I gently remind them that Yahweh is still in control of the universe and that they should look to Yahweh to help them overcome their fears. I've discovered over the years that most of what people fear rarely ever happens.

I'll be the first to admit that I watch the news every evening and am often upset at what I'm hearing about the world we live in. But really, I shouldn't be surprised at all. I read the Bible regularly, and the things that Yahshua warned about are now coming upon this evil world. But that's what the Kingdom is for. To solve the problems of the world.

Going back to the phone calls I mentioned, what bothers me most is that some people are living in such a state of panic, that the joy of Yahshua is being sucked right out of their lives. They are living every day expecting something evil to jump out at them around every corner. Make no mistake, Yahweh does not want His people living in fear. He wants them to trust Him in everything. Yes, the world could explode tomorrow, but that does not change the fact that Yahweh is protecting His people. His Kingdom is coming and that will be the ultimate answer to the evils we are seeing now.

One person called just the other day, asking me to tell her where she should move to be "safe." Honestly, I don't believe in any so-called "safe" location on earth. One place may suffer from earthquakes, another tornadoes, and still another hurricanes or tsunamis. I believe strongly that Yahweh can protect His people according to His will no matter where they physically live on this planet.



Don't let fear run your lives. Yahshua said he wanted us to have life, and have it abundantly. This does not mean, of course, that we will have everything as we'd like it. Again, I say, that's what the Kingdom is for.

We all need encouragement!

We've all been there. A new day begins like any other, but things slowly deteriorate as nothing goes as planned, it seems, even though you woke up with the best of intentions. Okay, you think to yourself, it's going to be one of *those* days. Recently I had one *those* days, and needless to say I was not a happy camper. I went home from work feeling unproductive and miserable, but the best thing I did was to check my emails after dinner. Amid the usual chaos that is my email "collection" was a simple, loving, and encouraging email from a fellow sister in the faith. My entire mood changed after reading it! So, how about you? Have you ever had someone say an encouraging word that changed your entire attitude? Or were you the one that brightened someone else's day?

There are numerous scriptures that tell us of Yahweh's encouragement to us. In Psalm 138:3 we read, *"When I pray, you answer me; you encourage me by giving me the strength I need."*

Even David had days when he desired encouragement from Yahweh. Take a look at Psalm 119:25, 28 which reads, *"I lie in the dust, completely discouraged; revive me by your word. I weep with grief; encourage me by your word."*

Why not send an encouraging word to someone today. Whether it be by phone, email, or snail mail, all of us can be a "breath of fresh air" to a discouraged individual. There are many things wrong with our world today. But Yahweh remains the same. Let's look at some scriptures to find other ways to encourage others.

By complimenting others for a job well done, we can easily make them feel appreciated, Hezekiah did this in 2 Chronicles 30:22, which states that, *"Hezekiah encouraged the Levites for the skill they displayed as they served Yahweh."*

Perhaps one of the most encouraging scriptures we find is found in 2 Thessalonians 2:16-17 which tells us, *"May Yahshua Messiah and Yahweh our Father comfort your hearts and give you strength in every good thing you do and say."*

Another way to be an encouragement to others is to put a smile on your face. Even proverbs 15:30 reminds us that, *"A cheerful look brings joy to the heart; good news makes for good health."*

Interestingly enough, even modern medical science has been singing the praises of having a good attitude in preventing illness. They even cite amazing studies in which cancer patients healed better and survived longer if they had a good attitude and cheerful countenance!

In closing, I'd like to encourage all our readers to stop the cycle of discouragement by reaching out to others, which, in turn will undoubtedly improve your own outlook in life. Stay strong in Yahshua!



CHANGED PEOPLE

How we react to circumstances in our lives often determines what we become. Match each person with the change in his or her life.

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| 1. Jacob | a. commoner to queen (Esther 2:7, 16) |
| 2. Joseph | b. murderer to judge (Exodus 2:14; 18:13) |
| 3. Peter | c. slave to ruler (Genesis 37:28; 41:42-43) |
| 4. Saul | d. shepherd to king (1 Samuel 16:19; 2 Samuel 5:3) |
| 5. Thomas | e. denier to proclaimer (Mark 14:72, Acts 2:14-17) |
| 6. Judas | f. doubter to believer (John 20:27-28) |
| 7. Zacchaeus | g. treasurer to betrayer (Matt. 10:4, John 13:29) |
| 8. Moses | h. deceiver to humble brother (Genesis 27: 19-29; 32:4-5) |
| 9. David | i. persecutor to apostle (Acts 9:1-6) |
| 10. Esther | j. thief to benefactor (Luke 19:1-8) |

WORSHIPPING FOR THE WRONG REASONS?

We've all seen believers leave the faith. Nothing is more heart-wrenching than watching a once-faithful individual walk away from the truth. I've often wondered what causes believers to turn back into the world? There are no easy answers. Of course we know that the "devil is in the details" (literally). But is that all there is to it? I've seen a disturbing pattern in people who have left the faith. For one thing, they began worshipping Yahweh for the wrong reasons. For many of them, the discontent began even before they made a commitment to the faith. Many were sad, depressed individuals who believed that once they made a commitment to Yahweh, their problems would automatically disappear. Then when they saw even more problems once they were in the faith, the pressure became too much for them and they gave up. Years ago, I even heard one baptized married couple say, "Yahweh's Way is too hard for us. It's just easier to live in the world." We've never heard from them again even though we attempted to make contact by phone and letter.

Don't misunderstand, please. Yahshua does change lives and our lives should indeed be better because we worship Yahweh. But He never promised that our lives would always be pretty. Look at what happened to many of the disciples—they were martyred! They did not always have pleasant lives. Even Paul suffered many things. We should not think any different of our lives. We are in a battle with the devil, plain and simple. Yahweh allows trials for many reasons. Sometimes to see if we will turn to Him. Sin is the ultimate cause of the world's evils. Adam and Eve fell from grace early on and now you and I have inherited the same evil world they once lived in. But things are different for those who believe. We look to a time when all people will worship Yahweh. Really, when you think about it, there is only one reason that any of us should worship Yahweh period. It is this: He created you and me and everything in the universe and He simply deserves our worship. Enough said.



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recipes

Orange Smoothie

Vitamin C is essential in our diets. And we need it now more than ever. Pollution, illness, stress, and poor diet can take its toll on our bodies. The following smoothie packs a powerful nutritional punch to boost your body's natural defenses:

1 cup orange juice
1 cup cubed pineapple
2 cups almond milk
Handful of ice cubes.

Blend in blender until well combined. Serves 4.

Fight Colds with Garlic Soup!

Many people catch colds in the spring, but the good news is that recent studies have shown that you can reduce the severity of your cold by adding garlic to your diet. Garlic has been considered an effective cold-fighting aid for centuries. In fact, certain European countries commonly use garlic soup when feeling under the weather. Try the following recipe when a cold bug grabs a hold of you:

1 T. olive oil
6 cloves garlic, minced
1/2 pound day old bread, cubed
6 cups chicken or vegetable broth
1 t. smoked paprika (or sweet paprika)
1 bay leaf
1 t. kosher salt
4 eggs
Cilantro, for garnish

Gently sauté garlic in the oil until fragrant. Remove the cooked garlic temporarily with a slotted spoon, leaving behind the oil. Sauté the bread cubes until golden. Divide the bread among four bowls. Return the cooked garlic to the pan along with paprika, broth, bay leaf, and salt. Simmer gently. Crack one of the eggs into a measuring cup and gently tilt into simmering broth. Repeat with other eggs. Poach 5 minutes. Use slotted spoon to transfer one egg to each bowl. Ladle the broth into each bowl. Season with salt and pepper, and garnish with cilantro, if desired.

