

Sisters for Yah

The Poison of Anger

Most of us are familiar with Ephesians 4:26, which tells us, “Be angry, and do not sin: do not let the sun go down on your wrath.”

Few things are more destructive to Yahweh’s people than uncontrolled anger. Many years ago, I remember being in a Bible Study group. On one particular gathering, two of the men attending had a disagreement on a certain Scripture. Both began yelling at each other and their faces turned a deep purplish red. Another man there attempted to calm the situation. Nothing was accomplished at that meeting, except to alienate one another. I was a new believer and I clearly remember one of the men yelling, “I know more about the Bible than any one of you!” My first thought was, ‘How arrogant!’ Many of those attending were new and all had a deep desire to learn. Needless to say, shortly thereafter the Bible Study Group fell apart.

Anger causes people to lose their self-control and to say and do things they would never otherwise consider saying or doing. Anger, if allowed to remain, turns into bitterness that eats away at one’s heart. Scripture consistently commands believers to put away anger and lists it as one of the sins of the flesh. (Take a look at Ephesians 4:31.) Some believers try to justify anger by pointing to Yahshua’s righteous indignation when He cleansed the temple. The thing is, that Yahshua was able to be angry without sinning. Most believers cannot do this. We must be very careful to not justify our anger with Scripture. This does not mean, of course, that we cease to have strong convictions or lose our desire for justice. But it does mean we refuse to allow the sins of others to cause us to sin. Anger does not help Yahweh’s redemptive work. Far more often, it hinders what Yahweh is working to accomplish.

If something happens that produces in you what you feel is a righteous anger, discern whether or not that anger has is clothed with sin. If your anger is causing you to sin, it’s time to repent, else bitterness might become the outcome!

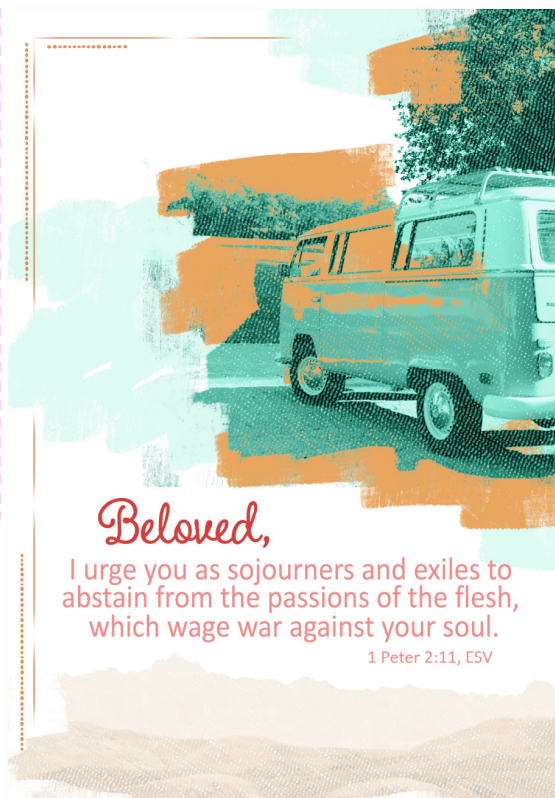
We must examine ourselves and allow Yahweh to remove any sinful attitudes that our anger may have produced.

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The Three Temptations



Have you ever deeply examined the situation when Satan, the devil, tempted Yahshua in the wilderness? Let's take a look at what we can learn. First of all, in Hebrews 4:15, we are told that Yahshua was tempted in every way that we are, yet He never sinned. Yahshua began His public ministry with His baptism by John. When John raised Him from the water, Yahshua heard a most important affirmation, "This is My Beloved Son!" Immediately, He spent forty days fasting in the wilderness and afterward, we find the Adversary presenting three temptations.

First, the devil enticed Yahshua to use His divine power to transform stones into bread. It seemed like a logical thing to do, right? Yahshua was hungry from fasting forty days. The Father had led Him to fast; Satan sought to persuade Him to eat but He was determined to pursue His Father's purpose. Next, Satan used Scripture (Psa. 91:11-12) to try to convince Yahshua to throw Himself down (Matthew 4:6). And finally, Satan proposed to give Yahshua all the kingdoms of the world and the glory of them, if only He would only worship him. The reasoning is that by compromising, Yahshua could gain a powerful ally, and achieve His mission without suffering on the torture stake. But Yahshua knew that only Yahweh is to be worshiped, and to follow Satan would bring only devastating failure.

ing failure.

Now this brings us to the question: What about us? As we seek to follow Yahweh, we will face many temptations. Sometimes they will come after a huge victory. Yahshua relied on Yahweh's Word to see Him through the temptations that could have destroyed Him and thwarted Yahweh's plan. He has modeled the way for us to meet every temptation.

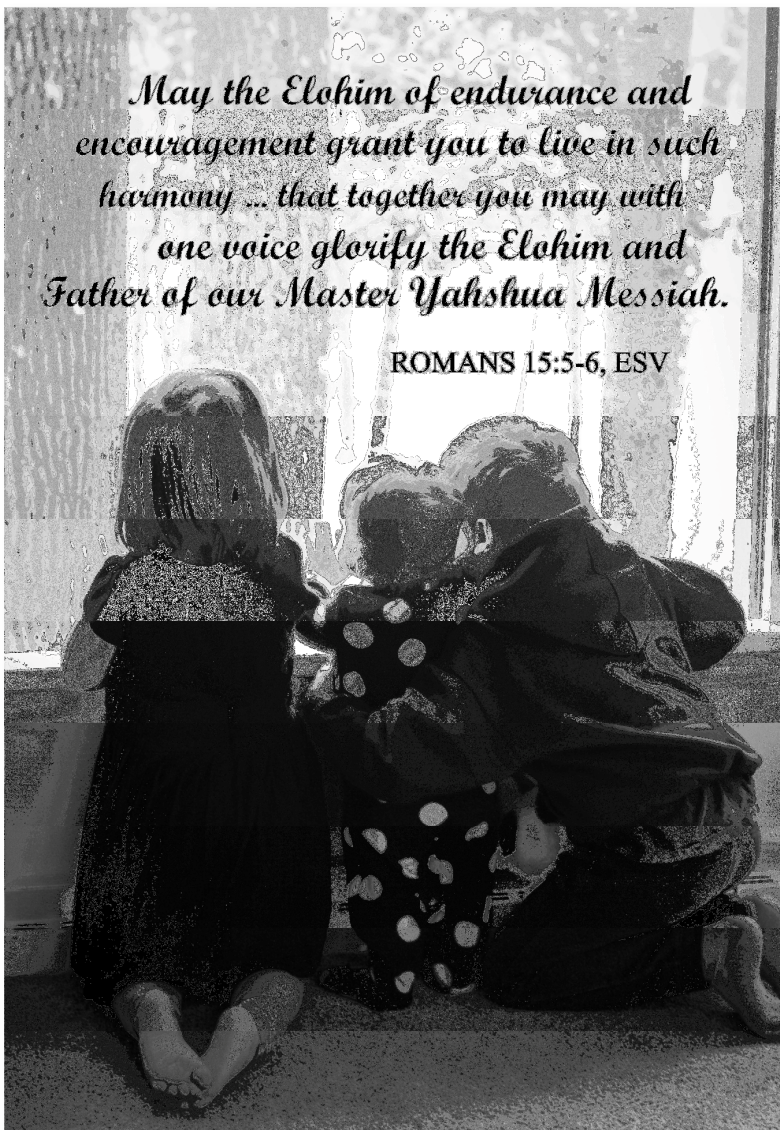
We have what we need to succeed

As believers, we have everything we need to live a set-apart life (2 Peter 1:3-11). Your intelligence, your education, or your family background do not determine the holiness of your life. When you were immersed in Yahshua's Name, you got a clean slate; a fresh start in life. We all can live a victorious life of overcoming. We are not promised an easy walk. In fact, challenges are guaranteed. But we have the Spirit to help us. (Read Galatians 5:22-23.) We believe Yahweh wants to build the Fruit of the Spirit – goodness, knowledge, self-control, perseverance, brotherly kindness, and love – into our lives. Determine whether you have these Qualities functioning in your life, and if not, ask Yahweh to work them into your character.

It would be of no use to inherit a fortune if you did not know it was yours. Likewise, it is of no benefit to inherit everything necessary to become like Yahshua if you do not claim it. If we continue to lack these essential Qualities which Yahweh desires us to exercise, we rob ourselves and those around us ... and unbelief can delay and hinder Yahweh's blessings toward us.

May the Elohim of endurance and encouragement grant you to live in such harmony ... that together you may with one voice glorify the Elohim and Father of our Master Yahshua Messiah.

ROMANS 15:5-6, ESV



Encouragement is a gift

Have you ever met a person who knew just what to say, and do, to encourage others who are going through difficult times? It is truly a gift to be an encourager of the brethren. Their words give strength to those who are discouraged and comfort to those who are grieving. These people are sensitive to Yahweh's voice. They are not self-centered or unaware of the struggles of those around them. They are the ones we immediately seek when we enter a crisis. They are welcome visitors in times of distress, for their presence sustains us.

Scripture records many instances in which Yahweh enabled people to encourage others. Look at Moses. He became overwhelmed by his work, and Jethro went to him and gave him sound advice. (See Exodus 18:1-27.) Paul is another example. When he was imprisoned far from those who cared about him, Epaphroditus risked his health and safety in order to go to Paul and comfort him. (Read Philippians 2:25-30.) Later, Paul urged Timothy to come and visit him, for Paul found strength and encouragement from Timothy (2 Tim. 4:9; Phil 2:19-20). Paul also asked Timothy to bring Mark. Mark was just the kind of friend Paul needed when he was enduring hardship (2 Tim. 4:11). Paul also re-

lied on Luke for encouragement. When everyone else was absent or preoccupied, Luke could be found with Paul.

Paul certainly had many trials, but Yahweh sustained him by placing friends around him who provided support in practical ways. Yahweh wants us to become that type of friend also. The words we share, and the things we do, can, indeed, bring comfort and encouragement to others.

Birth Pangs before Yahshua's Return

Many of us look at the world collapsing around us, and wonder, when will Yahshua return? This question has been pondered throughout every generation. And as bad as things get, we read in Matthew 24:8, that these are merely the beginning of birth pangs. Yahshua's return provides the backdrop for everything that a believer does, and how we live our lives. But Yahshua has not revealed exactly when He will return, but He has told us the signs to watch for. The time of His coming is unclear, but the FACT of His coming is certain.

Certain events would indicate the proximity of His coming. Included are wars, and rumors of wars, famines, natural disasters, and the persecution of Yahweh's people. False prophets, and lawlessness are also prevalent. Increasingly, we see that authorities are unable to control crime, as today's society does whatever is 'right' in their own eyes. We know that "birth pangs" increase in their intensity and frequency. Things will certainly escalate the closer we get to Messiah's return. Now is not the time to being complacent. Make your calling and election sure. If there was ever a time for Yahweh's people to be alert, it is right now! Draw near to Yahweh, and He will draw near to you. Read your Bible and pray every day.

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Baked Salmon

4, 4-ounce salmon fillets
3 T. Dijon mustard
Salt and pepper to taste
1/4 cup Italian breadcrumbs
1/4 cup melted butter



Preheat oven to 400 degrees. Place salmon skin side down on foil-lined baking pan. Smear the Dijon equally on all four pieces. Sprinkle with salt and pepper. Top off with a sprinkling of bread crumbs. Drizzle with the melted butter. Check after 15 minutes, to make sure middle of salmon is cooked all the way through. Add time in oven as needed.



Easy Stuffed Pepper Soup

2 pounds ground beef, cooked and drained
6 cups water
1 can (28 ounce) tomato sauce
1 can (28 ounce) diced tomatoes, undrained
2 cups chopped green bell pepper
1/4 cup brown sugar
2 t. chicken or beef bouillon powder
1 t. black pepper
2 cups cooked rice



Put it all in a big pot and simmer until the peppers are tender.

Cashew-crusted Chicken

1 (12 ounce) jar apricot preserves
1/4 cup Dijon mustard
1 t. curry powder
4 chicken breasts
1 cup chopped cashews

Mix first 3 ingredients. Dip chicken in the sauce on both sides. Roll on both sides in the cashews. Place on baking pan. Bake about 30 minutes at 375 degrees, until fully cooked through.

