

Sisters for Yah

Abundant Life

John 10:10 says, *The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.*

Yahshua warns us to be on guard for thieves who may try to rob us of what Yahweh has provided us. Yahweh desires abundant, eternal life for us! While Yahweh does indeed bless us on this earth, abundant life will occur when we live forever with Him in His Kingdom. As we know, since the time of Adam and Eve, people have had to choose whom to believe. Satan convinced these first two people on earth that forfeiting their obedience to Yahweh would gain them everything. We all know how that turned out, don't we? Their disobedience robbed them of all that been given them. For the rest of their lives, they experienced only a portion of the blessings Yahweh had purposed for them. They also experienced much suffering and pain, as we still do today.

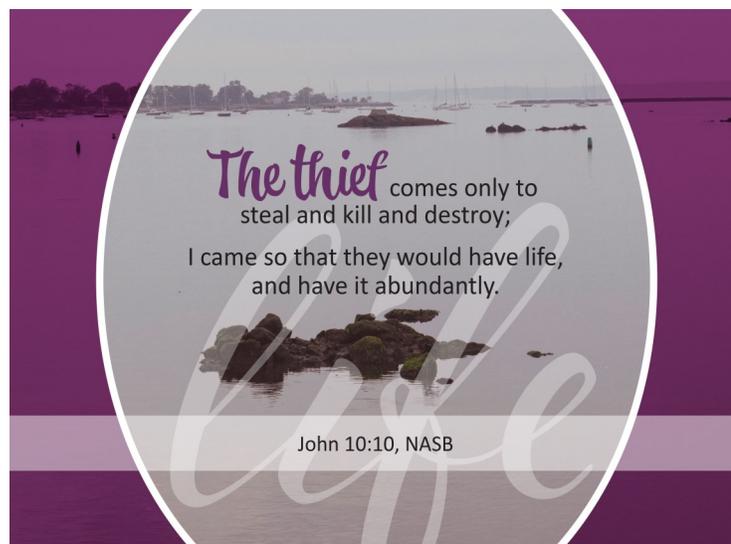
Scripture is replete with accounts of those who forfeited their inheritance as children of Yahweh in order to gain that which was transitory and empty. The world seeks to convince you that you will find fulfillment if you adopt its pitiful standard of morality for your marriage, for raising your children, for advancing your career, or for pursuing pleasure. If you believe this, you will never experience the real blessings Yahweh intended for you. Sin brings death, plain and simple. (Read Romans 6:23). It is tragic to listen to the voices of the world instead of the One who created you and wants you to experience life to its fullest.

Yahshua desires us to live our lives with the secure knowledge we are loved by Yahweh. Don't settle for less. He wants us to feel love, joy, and peace.

We need to stop making excuses. We need to stop following the world's way of finding satisfaction. Listen to Yahshua's teachings, and true fulfillment will be ours.

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The power of bringing every thought into captivity

We are told in 2 Corinthians 10:5 to bring every thought into captivity. This may be the most difficult thing any believer ever has to do. Thoughts randomly pop into our heads, while we are distracted, busy, and not feeling well. But our lives would be so much happier and healthier if we did control our thoughts. Nothing is more tormenting than negative thoughts. There is abundant research and evidence that indicates that negative thoughts have a detrimental effect on our health. Years ago, a scientific study was shown that people who have negative thoughts all the time, were more likely to have depression and high blood pressure, along with other health issues. It was even shown that people with positive thoughts did much better and healed quicker after surgery. We can admire all the scientific research, but Scripture has been saying the same thing for thousands of years. There is no question that Yahweh expects His people to control their thoughts, and avoid negative thinking.

One of the most destructive thinking patterns is holding grudges. I knew a man years ago who kept a record of every wrong that people had committed against him. He refused to forgive and forget. He held on to the hurts like a strange security blanket. And he was a very miserable person, experiencing unresolved health problems, and living under a constant cloud of despair. Many had encouraged him to let go of the past, but he just couldn't muster it within himself to do so. I believe it's because he had trained his mind to behave like that. Breaking a lifelong habit is no easy feat. Yet, it's worth every minute to retrain our minds to Yahweh's way of thinking.

How do you retrain your mind? By making a conscious decision to only allow good things to enter. Think on whatever is good, true, and lovely, as the Bible tells us. Some people write positive scriptures on index cards and read them every single morning to start their day on a positive note. Beginning your day with prayer can work wonders, too. You need to do anything and everything possible to break the negative thinking patterns which consume so many believers.

Rumination — replaying all the bad past things which have happened to you over and over in your mind — is destructive. When we do this, our bodies don't know if the bad event happened thirty years ago, or yesterday. Then our bodies react by producing physical illness — like an upset stomach or elevated blood pressure or other physical ailments. It's simply not healthy to replay stressful events once they are over.

Forgiveness is extremely important. Indeed, we are told that Yahweh will not forgive us if we hold unforgiveness in our hearts toward others. Ask Yahweh to help you forgive those who may have hurt you. Don't let it fester. Life is hard enough as it is, without holding on to grudges that drain health and energy. We can control our thoughts! It's a lie from the devil that says we have no power to control our thoughts. Many of us have learned to do just that, and our health has improved tremendously. Don't let Satan win. He wants us to stay in negative thinking patterns. Fight him! Don't let him steal your crown.



The Spirit of Wisdom

Read Isaiah 11:2, which says, “*The Spirit of Yahweh shall rest upon Him, the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and of the fear of Yahweh.*”

Throughout His ministry upon this earth, Yahshua relied upon the Spirit to direct Him as He made crucial decisions and faced relentless opposition (Mark 1:12). Centuries earlier, Isaiah had described what the Spirit’s presence would mean for the Savior. The Spirit would give Yahshua the knowledge of the will and ways of the Father. As a young boy, Yahshua already possessed unusual knowledge of Yahweh’s Word (Luke 2:47). People were amazed with Him. The Spirit granted Him the wisdom to use this knowledge. The Spirit enabled Yahshua to take the word of Yahweh and apply it effectively to the specific needs of those whom He encountered.

As believers, we, too, have the same Spirit abiding in us. At times, we may pray to Yahweh to send His Spirit “in power.” We need the Spirit for Yahweh’s wisdom. Many of us have testified that the Spirit also convicts us of sin. Perhaps a sinful thought will appear unbidden in our minds, and immediately, we are convicted to repent of it. We know that the Spirit provides wisdom for the difficult decisions we make. It may be in our role as parent, friend, or leader that we need the Spirit to help us. The same Spirit that helped Yahshua to see through the deceptions and temptations of Satan will also guide us. Pray that Yahweh will fill you with His wisdom so that through the decisions you make, you can live your life effectively.

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Getting children to eat better

1. Get them involved in food preparation! Kids love to help. And if they are a part of the process of getting food on the table, they’ll be more likely to eat whatever they help prepare.
2. Get them involved in the gardening process. They may find it fun and interesting watching their food grow.
3. While some children don’t like eating veggies, they enjoy smoothies. You can put any type of veggie in a smoothie. Try spinach and carrots in a banana smoothie. Delicious!
4. Many children like soups. You can easily puree any cooked vegetable and add to the soup.
5. Offer a wide variety of fruit, instead of candy and other sweets.
6. Sweet cereals lead to tooth decay. Buy unsweetened cereal, and add your own sweeteners such as chopped bananas, raisins, and blueberries.
7. Children seem to like dipping sliced veggies such as zucchini and cucumbers if they are sliced into sticks. Try dipping in salsa, bean dips, or hummus for even more nutrition.
8. Frozen bananas are naturally sweet and make the perfect “ice cream.”
9. Don’t get discouraged. Tastes change over time. Your child may hate carrots when he is three, but love them at age ten.



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Homemade Healthy Ketchup



- 1 can tomato paste (6 ounces)
- 1/2 cup carrot puree
- 1/4 cup water
- 2 T. apple cider vinegar
- 2 minced garlic cloves
- 1 T. brown sugar
- 1/2 t. dry mustard
- 1/4 t. salt
- 1/4 t. ground allspice
- 1/4 t. chili powder

Stir all together in a saucepan, and bring to a boil. Reduce heat. Simmer 15 to 20 minutes. Cool before serving. Use within a week, or freeze in small amounts to be used whenever you need. This is great for those trying to avoid excess sugar and chemicals found in conventional ketchup.

Healthy Spaghetti Pie for Kids

Do your kids hate veggies? In this clever dish, you can add some veggies without compromising taste.

- Nonstick cooking spray
- 3 ounces whole wheat spaghetti or other pasta shapes, cooked and drained
- 1/2 pound lean ground beef or turkey, cooked and drained
- 1/2 cup broccoli puree
- 1 egg
- 2 T. grated parmesan
- 2 chopped garlic cloves
- 2 cups tomato sauce
- 1 cup lowfat cottage cheese
- 1/4 cup carrot puree
- 1/2 t. salt
- 1/4 t. pepper
- 1 cup shredded mozzarella cheese

Preheat oven to 350 degrees and coat a 9 inch pie plate with cooking spray. In a small bowl, mix the meat with the broccoli puree, egg, parmesan and garlic. Form into small 1/2 inch balls. Stir the cooked pasta, tomato sauce, carrot puree, cottage cheese, and salt and pepper. Spoon into pie plate. Top with the meatballs, and cover with mozzarella. Bake about 30 minutes, until heated through.

