

Sisters for Yah

Worries

Many years ago, I read a quote that said, “I’ve worried that many catastrophes could occur in my life. Most of them never happened.” I don’t know who wrote that, but I can certainly relate to the idea. I, too, have worried endlessly and needlessly about things that never happened. How about you? Do you find yourself worrying about things you have no control over? We read in 2 Timothy 1:7: *For Elohim hath not given us the spirit of fear, but of power, and of love, and of a sound mind.*

Worry is like a rocking chair: It gives you something to do, but doesn’t get you anywhere. One of my favorite Scriptures is 1 Peter 5:7: *Casting the whole of your care — all your anxieties, all your worries, all your concerns, once and for all — Him; for He cares for you affectionately, and cares about you watchfully.*

Some worry about what might be said. Others worry about what hasn’t been said. Some worry about what might happen. Others worry about what hasn’t happened which should have happened. Others worry about their future, while others fret over the consequences of their past. We were created to live abundant lives in our minds and bodies. Like a flower, we were meant to blossom, not wither on the vine. We need to put Yahweh in charge of our worries today and walk in newness of life.

A military chaplain dealt daily with the problems of the soldiers who came to him. He found that 40% of their ‘problems’ were worries that never happened;

30% were worries about the past and unchangeable decisions; 12% were worries about illnesses that never happened; 10% were worries about adult children and friends (who were able to take care of themselves); and only 8% were about REAL problems! According to this chaplain’s chart, 92 percent of all worries were about things we can’t control, concerns that are better left to Yahweh.

It appears that most of our anxieties are rooted in a failure to trust Yahweh. He is certainly big enough to handle our problems, keep us from harm, and give us the desires of our hearts. Knowing His character, we can easily see how we worry for nothing, most of the time.

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DARE TO RISK

(Author unknown)

To laugh is to risk appearing the fool.
 To weep is to risk appearing sentimental.
 To reach for another is to risk involvement.
 To expose your ideas, your dreams, before a crowd,
 is to risk their loss.
 To love is to risk not being loved in return.
 To live is to risk dying.

To believe is to risk failure.

But risks must be taken, because the greatest hazard in life is to risk nothing.

The people who risk nothing, do nothing, have nothing, are nothing.

They may avoid suffering and sorrow, but they cannot learn, feel, change, grow, love, live.

Chained by their attitude, they are slaves; they have forfeited their freedom.

Only a person who risks is free.

**Prayer is Powerful**

Some time ago, I heard a minister tell a humorous story about three women who were debating the “best” prayer positions. One argued the importance of holding one’s hands together and pointing them upward. The second lady advocated lying flat on the floor. The third thought that standing was better than kneeling. As they talked, a telephone repairman listened as he worked on a nearby phone system. Finally, he could not contain himself any longer and interjected, “I have found that the most powerful prayer I ever made was while I was dangling upside down from a power pole, suspended 40 feet above the ground!”

The important thing is not your position of prayer, but the fact that you do pray! I’ve prayed in many different ways over the years, including while riding a very crowded bus home from work, and praying in bed as I’m falling asleep. Most people assume that kneeling is the only way to pray, but that’s simply not so. The Bible mentions standing, kneeling, bowing, lifting hands, lying flat, and sitting. *Humble yourselves in the sight of Yahweh, and He will lift you up* (James 4:10).

Some people tell me they can’t pray because they never know what to say. Here’s some solid advice: Find a quiet space where you can focus and feel comfortable. Begin with gratitude, thanking

Yahweh for all the blessings you were given. Speak openly and honestly about your thoughts and feelings. Ask for guidance, support, or help for yourself or others. Use Scripture for inspiration. Conclude with a moment of silence to collect your thoughts. Some people use a prayer journal. They write down any prayer requests that they don’t want to forget. They also keep a log to record any answers they receive to prayer. Prayer is communication with Yahweh. The best relationships thrive with regular communication. There is no relationship as important as our relationship with Yahweh.



EMPTY CHATTER

I like how the NASB presents 2 Timothy 2:16: *But avoid worldly and empty chatter, for it will lead to further unrighteousness.* It's been said that "a critical spirit is like poison ivy — it only takes a little contact to spread its poison. Many of us lived with unhealthy criticism growing up, whether from parents, well-meaning teachers (or not so well-meaning), friends, and other family members. I remember a teacher telling me I had "atrocious" handwriting when I was very little. I never forgot the pain and embarrassment I felt even at such a young age, because I loved to write short stories. It was one of my favorite childhood hobbies. I still have "atrocious" handwriting to this day, but I managed to get straight A's in college, including in a creative writing class (I'm glad we were allowed to type our assignments!). My college English professor even told me that I had a real talent for writing, and encouraged me to pursue it. My self-esteem was boosted considerably that day. Two teachers: One hurt me deeply, and the other lifted me up.

I don't think that most of realize how deeply our words can hurt each other. Most arguments don't begin grievously, but are rooted in a small annoyance, breach, or trespass. It's like the news article that I heard from someone about a mighty oak that stood on the skyline of the Rocky Mountains. The tree had survived hail, heavy snows, bitter cold, and ferocious storms for more than a century. How do you think the tree finally met its demise? A great lightning strike, or avalanche? No! It was finally felled by an attack of tiny beetles.

This got me to thinking about how just a little hurt, neglect, or insult can be the beginning of the end of any relationship. Therefore, we had better take care what we say and be certain our attitudes are right when we say anything. I have personally witnessed many relationships meet their end because of words poorly thought out. Once words leave your mouth, that's it. You can never take them back. You can, of course, apologize to those you hurt. But hurt takes a long time to heal. And sometimes the relationship never returns to the way it was before the hurt. Let's make a commitment to speaking words of life and encouragement to one another.

Going back to the teacher who criticized my handwriting for a moment: She was telling the truth. My handwriting was indeed terrible. But if she had gently helped me learn to write better, she could have spared me from feeling worthless and hopeless as a child. Thankfully, I didn't stop writing short stories after that incident in grade school. Looking back, I think the experience made me more compassionate toward others. I knew how words had hurt me, and I determined not to do the same to others. So I made it a point to compliment others and speak words of kindness. In fourth grade, my class was given an assignment to write a speech about whom they admired most. I fondly remembered one of my fellow classmates choosing me as her subject. She spoke up and said she admired me because I was always nice to her, and never said mean things to make her feel bad, like many of the other students.

Yahweh expects us to encourage one another. Life is not easy for anyone. We all deal with people daily, both at work and at home. Wouldn't it be nice to go to work and hear, "Well done" from your employer? And then come home after work, and be greeted by your spouse with a hug and kiss instead of criticism? We need to become that kind of people, too.



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Swedish Pancakes

3 T. butter
1/2 t. salt
1 cup milk
3 eggs
1 1/2 T. sugar
1/2 cup flour
Serve with syrup, jam, honey, or berries



Preheat oven to 400 degrees. Melt the butter in a glass baking pan. Mix the rest and pour into a pan. Bake until set, about 20 minutes. Cut into wedges or squares depending on the shape of your baking pan. Top with syrup, jam, honey or berries.

Healthy Sweet Potato Bowl

2 T. oil
1 small yellow onion, finely chopped
1 small red pepper, finely chopped
Salt and pepper, to taste
2 cups sweet potatoes, cubed and cooked (you can leave skin on if you like)
1 can black beans, drained
1 t. chili powder
2 eggs, fried
1 avocado, sliced
Cotija cheese, or feta (or any favorite)
Lime wedges for serving



Cook the onions and bell pepper in oil over medium heat about 5 minutes. Season with salt and pepper. Add sweet potatoes, beans, and chili powder. Cook until heated through. Divide into two bowls. Top with egg, avocado, and cheese. Serve with lime wedges.



My kid's favorite lunch: Chicken wraps

All you need for a quick and satisfying lunch for your little ones: Flour tortillas, breaded chicken tenders or nuggets, shredded cheese, shredded lettuce, chopped tomato, and Ranch dressing (or whatever their favorite is). Wrap it all up for them! Tis both easy and healthy.