



Reframe Your Negative Thoughts

Numerous studies indicate that thinking positive thoughts can do wonders for your physical, mental, and spiritual health. Indeed, the Bible certainly encourages believers to be positive thinkers. I read an article years ago about “reframing” negative thoughts into positive ones. Before we see how to do so, what health benefits does positive thinking have? Well, for starters, lower blood pressure and better cardiovascular health are two things that come to mind. Also of note, positive thinking can have a strong effect on decision-making. It is

widely known that negative thinkers tend toward making poor decisions that often put them and others at risk. So let’s practice some reframing!

Negative statement: Oh no. I have to go work today.

Reframed positive statement: Awesome! I GET to go work today. I’m blessed to even have a job period. Unemployment is very high right now, and I am happy to be able to have a paycheck to pay my rent and other expenses.

Negative statement: My apartment is filthy. I guess I have to clean it.

Reframed positive statement: I GET to clean my apartment. I am so blessed to even have a roof over my head. Look at all the homeless people out in the cold. I feel so warm and content in my apartment or home.

Negative statement: My kids are such brats. I wish I never had kids.

Reframed positive statement: Children are a blessing from Yahweh. I know that Yahweh is with me and He will work all things for the good.

We could provide more examples, but you get the picture. We are told in Philippians 4:8, *‘Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.’*

Life is hard, full of challenges. But Yahweh is in control, sisters. Put all your burdens in His loving and capable hands. For He loves us, and called us out of billions of people on this earth to be His own people.

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On Judging Others

(Anonymous)

We are told not to “judge” others in Scripture. However, most people misunderstand what judging really means. In Scripture, “judging” is more likely to mean that we are “not to condemn” others, rather than “discerning”. There is nothing wrong with using our knowledge to discern people and situations. Let’s take look at some Scriptures:

Proverbs 18:3: *He that answers a matter before he hears it, it is a folly and shame unto him.*

James 4:11-12: *Speak not evil of one another, brethren. He that speaks evil of his brother, and judges his brother, speaks evil of the law, and judges the law: but if you judge the law, you are not a doer of the law, but a judge. There is one Lawgiver, Who is able to save and destroy: who are you that judges another?* (We need to constantly remind ourselves that Yahweh is the only Judge.)

Galatians 6:1: *Brethren, if a man is overtaken in a fault, you which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest you also be tempted.*

1 Thessalonians 5:1: *Wherefore comfort yourselves together, and edify one another ...* (Instead of condemning and criticizing others we need to think of ways of building up and encouraging our brethren. We could ask ourselves, “What would Yahshua do in this situation with this person?”)

Mathew 7:1-5: *... first cast out the beam out of your own eye.* (It is always good to examine ourselves in the problem first before throwing the blame on the person.)

Romans 2:1: *Therefore you are inexcusable, O man, whosoever you are that judges: for wherein you judge, you condemn yourself; for you that judge do the same things.*

John 7:24: *Judge not according to appearance, but judge righteous judgement.* (We must keep in mind that we cannot always see all sides of a situation. But Yahweh sees and knows all things)

Romans 14:10-13: *But why do you judge your brother? Or why do you set at naught your brother? For we shall all stand before the judgement seat of Messiah ... every one of shall give account of himself to Yahweh. Let us not judge one another anymore ...* (Will we able to defend these actions to Yahshua the Messiah?)

1 Peter 4:8: *And above all things have fervent charity (love) among yourselves: for charity shall cover a multitude of sins.* (We need to overlook and not make an issue of every minor offense against us, and every imperfection we see in one another. We are all at different stages of growth and maturity. We need to show one another grace, just as Yahweh is gracious.)

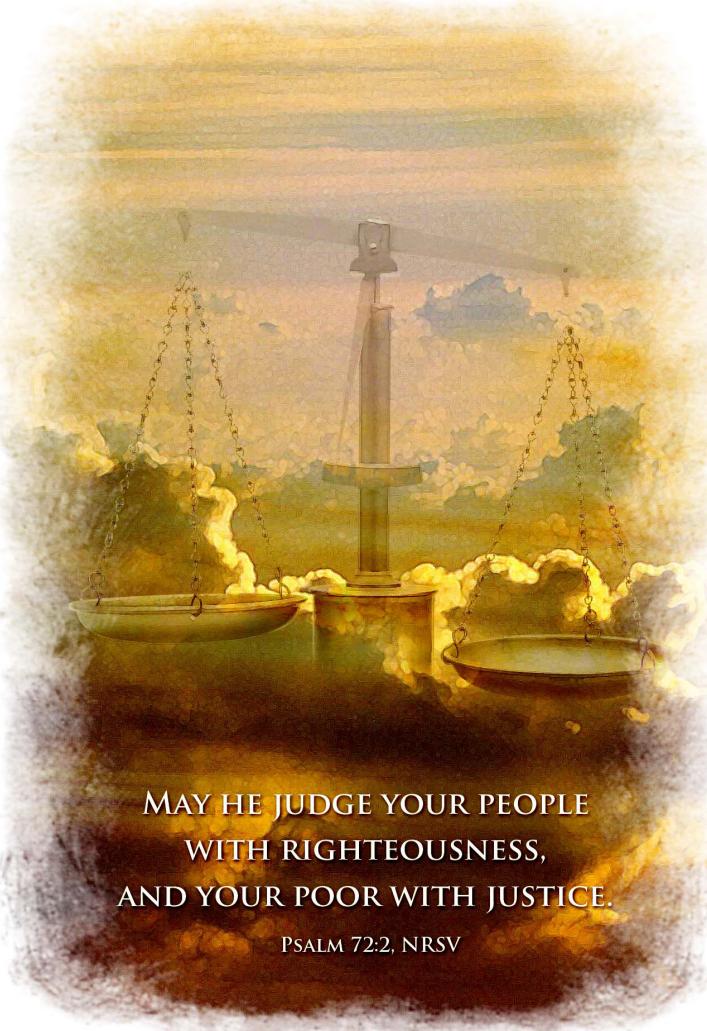
Sometimes, we tend to justify our critical words. But we are told to let our speech be always with grace (Col. 4:6). We will be judged without mercy if we show no mercy. In Acts 17:30, we are told that Yahweh once winked at our times of ignorance but now, commands us to repent and turn from our evil ways unto righteousness.

There are steps that we must follow in order to help a brother or sister from falling away from the faith or from committing sin. Once we have established that we have removed the beam out of our own eye then we can take proper steps in helping out a brother (Matt. 7:1-5).

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"People judge by outward appearance but Yahweh looks at the heart."

1 Samuel 16:7, NLT



MAY HE JUDGE YOUR PEOPLE
WITH RIGHTEOUSNESS,
AND YOUR POOR WITH JUSTICE.

PSALM 72:2, NRSV

turned out for him.

Numbers 12:1-15: Miriam criticized Moses. She was motivated by jealousy and pride. It resulted in her shame and becoming afflicted with leprosy.

Numbers 14:1-4: The Israelites and others criticized Moses when they didn't like Yahweh's leading. They attacked his leadership and were disciplined repeatedly by Yahweh.

1 Samuel 17:28: Eliab judged David's motives in challenging Goliath.

2 Samuel 10:2, 3: The princes of Amnon judged David's motives when he conveyed sympathy to Hanun. Their attitude brought about their military defeat.

Luke 10:38-42: Martha criticized Mary for not helping her, being easily provoked. She was reprimanded by Yahshua.

There are many accounts of those who showed mercy, forgiveness, and peacemaking. Consider the following: Joseph didn't make a public example of Mary (Matt. 1:19). David recognized that Yahweh was the Judge which led to his great blessing as king (1 Sam. 24:10-17). Stephen didn't condemn his murderers (Acts 7:59-60). Joseph did not condemn his brothers for the great wrong they committed against him (Gen. 45:4-15). And Yahshua forgave those who impaled Him (Luke 23:34).

As we can clearly see, blessings come with forgiveness and peacemaking. We read in 1 Corinthians 16:14, *Let all your things be done with love.* Let's close with Colossians 3:12-15, *Put on therefore, as the elect of Yahweh, set apart and beloved, bowels of mercy, kindness, humbleness of mind, meekness, longsuffering; forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Messiah forgave you, so also do ye. And above all these things put on love, which is the bond of perfectness. And let the peace of Yahweh rule in your hearts, to the which also ye are called in one body; and be ye thankful.*

As members of the Body of Messiah, we should pray earnestly for each other and help them in whatever way we can, including from our hearts, forgiving them their trespasses so that Yahweh can forgive us (Matt. 18:35). For *he that covers a transgression seeks love, but he that repeats a matter separates friends*, Proverbs 17:9.

We are told to be merciful as our Father is merciful. Don't condemn others and you won't be condemned. (Read Luke 6:36-42.).

Nevertheless, we must still recognize and deal with sin in a brother's life. Sin cannot go unpunished.

There are examples in Scripture that illustrate the consequences of a critical spirit. Consider the following:

Matthew 20:1-6: In the parable of the workers, some criticized their employer for a presumed injustice. They were assuming authority that wasn't theirs. They were reproved.

Luke 5:29-30: The Pharisees criticized Yahshua for eating with sinners. They, too, were reproved.

2 Samuel 6:16-23: Michal criticized David. She was punished with barrenness.

John 12:3-6: Judas Iscariot criticized Mary for wasting expensive perfume that could have been sold to give money to the poor. Judas was motivated by his own grief. We know how things

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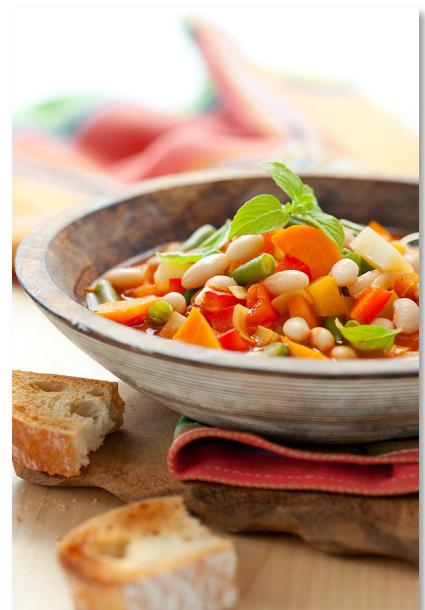
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Quick and Easy Minestrone Soup

2 cans chicken broth (14 ounces each)
1 can chickpeas or white beans, drained
1 can diced tomatoes, undrained
1 bag Italian style frozen veggies
1/2 cup dry pasta, any shape, such as elbow macaroni or rotini
1/4 cup prepared Italian dressing
Salt and pepper, to taste, optional
Grated parmesan cheese, for service



Combine all ingredients except cheese in a large saucepan. Bring to a boil. Reduce heat and simmer for 8-10 minutes, until pasta is tender. Serve hot, topped with parmesan cheese.

Orange Chicken Stir Fry

1/2 cup orange juice
2 T. soy sauce
3 boneless chicken breasts, sliced
1 bag frozen mixed veggies of your choice (a mix of onions and peppers are good!)
Hot cooked rice for serving

Heat a large skillet over medium high heat. Add the orange juice and soy sauce. Add the chicken and cook for 1 minute. Add the veggies and continue cooking until chicken is cooked through and veggies are crisp tender. Serve over rice.



Creamy Italian Chicken Pasta

1 T. cooking oil
3 boneless chicken breast, cubed
1 packet dry Italian dressing seasoning
2 cans evaporated milk (not sweetened condensed milk)
8 ounces dry fettucine noodles, cooked and drained



Heat the oil in a skillet. Cook the chicken till browned. Add the seasoning packet and stir. Pour in the canned milk and bring to a simmer. Add the pasta and heat through