



# Sisters for Yah

## Search me, O Yah!

Hebrews 4:12 tells us, “*For the Word of Yah is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints, and marrow, and is a discerner of the thoughts and intents of the heart.*”

Does Yahweh’s Word ever cause you discomfort? When you read the Bible, does it make you uneasy? Do you find when you listen to sermons, that the Scripture seems aimed directly at you? We all most likely can say, “Yes, sometimes.” The reality is, that Yahweh’s Word is alive and He can read our thoughts and judge our intentions.

But remember that when Yahweh’s Word speaks to us, it is always for a purpose. Yahweh knows our hearts and knows what we need to do to bring our lives into conformity with Messiah. If you have a problem with sinful talk, the Word that comes to you will address the tongue. If you are struggling to forgive, Yahweh’s Word will confront you with His standard for forgiveness. If pride is a stronghold in your life, Yahweh’s Word will speak to you about humility. Whatever sin needs addressing, you will find you are confronted by Yahweh’s Word on the matter.

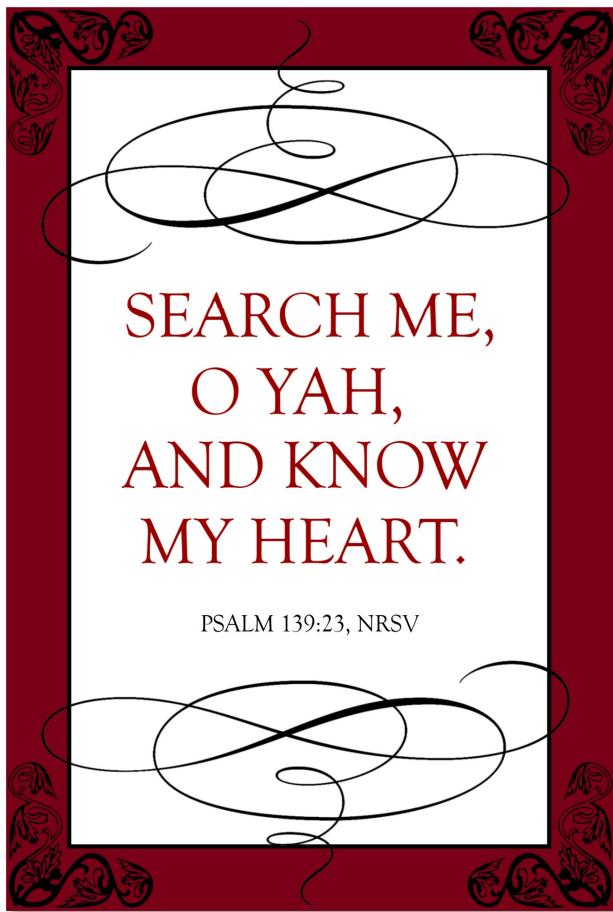
One way to escape the discomfort of conviction is to avoid hearing Yahweh speak to you. You may neglect reading your Bible and stay away from places where it is taught. You may avoid those whom you know will uphold the truths of Scripture. But we all know these tactics are not the best to do. Rather, the best thing to do is to pray as the psalmist did: “Search me, O Yah, and know my heart” (Psa. 139:23). Regularly allow Yahweh’s Word to wash over you and find any sin or impurity. (See Ephesians 5:26.) Always make the connection between your life and what Yahweh is saying to you through His Word. Make a habit of taking every word from Yahweh seriously, knowing that it is able to judge your heart and mind.

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SEARCH ME,  
O YAH,  
AND KNOW  
MY HEART.

PSALM 139:23, NRSV



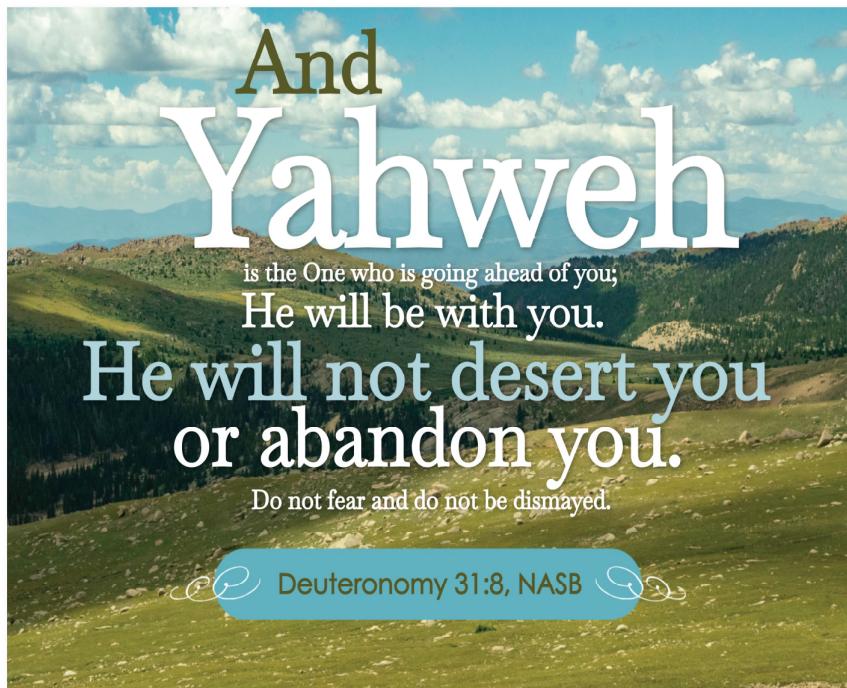
## Caleb Asked for a Mountain

*Now therefore, give me this mountain of which Yahweh spoke in that day; for you heard in that day how Anakim were there, and that the cities were great and fortified. It may be that Yahweh will be with me, and I shall be able to drive them out as Yahweh said, Joshua 14:12.*

Caleb's faith in Yahweh never wavered, though everyone around him doubted. Yahweh convinced Caleb that the children of Israel should enter the Promised Land, but the people were intimidated by giants and fortified cities (Num. 13:28-33). Their unbelief forced Caleb to wait forty years in the wilderness before he finally entered the Promised Land. Even after all those years, Caleb was as confident as ever, in Yahweh's power.

When Yahweh was dividing the land among the Israelites, the people were asking for the lush valleys and grassy plains. Caleb asked for a mountain. The Israelites had driven their enemies into the mountains, where they had built a fortress. This did not intimidate Caleb. He asked for a challenge! He did not trust in his own strength but in Yahweh's presence. Caleb longed to see Yahweh work in power, and he knew he would be less likely to rely on Yahweh if he dwelt in easy places. He chose a situation in which he would have to trust Yahweh! Caleb knew his inheritance from Yahweh was on the mountain. He refused to allow the difficulty of obtaining it to stop him from enjoying all that Yahweh had promised him.

If we always choose the easy way, asking for peaceful valleys, we may never see Yahweh's power displayed. Mountains mean nothing to Yahweh. Mountains crumble before our Mighty Creator.



### **“Vengeance is Mine”**

One of the hardest areas in which to trust Yahweh is in the matter of justice. When we perceive an injustice, we want to see the guilty party punished. We want justice to prevail, especially if we are the victim. We become impatient if we are not avenged quickly. Yet, Yahweh warns us that vengeance is not our prerogative. It is good to desire justice, but we are NOT to seek vengeance. (See Micah 6:8.) When someone offends us, our responsibility is to respond to the offence with forgiveness. (Read Matthew 5:44.) And though we may not see ultimate justice in this life, Yahweh assumes the responsibility to see that justice is done.

Peter claimed that Yahweh is not slow about His promises to us, but He is patient and long-suffering before He brings about judgment (2 Pet. 3:9). Ultimately Yahweh has prepared absolute justice. There will be no sin committed that He will leave unpunished. Everyone will ultimately give account for everything they have done (2 Cor. 5:10). If we are impatient and seek revenge, we presume we are wiser than Yahweh, and we reveal a blatant lack of trust that Yahweh will do the right thing. Only by trusting Yahweh's wisdom will we be free from our anger and preoccupation with avenging those who have wronged us. We must guard our hearts against revenge and trust Yahweh to exercise His judgment to those who oppose Him.

## **TEN COMMANDMENTS FOR TRAVELERS**

(Author unknown)

1. Thou shalt not expect to find things as thou hast at home, for thou has left home to find things different.
2. Thou shalt not take anything too seriously, for a carefree mind is the start of a good holiday.
3. Thou shalt not let the other travelers get on thy nerves, for thou hast paid good money to enjoy thyself.
4. Remember to take half as many clothes as thou thinkest you'll need, but take twice the money.
5. Know at all times where your passport is, for a person without a passport is a person without a country.
6. Remember that if we had been expected to stay in one spot, we would have been created with roots.
7. Thou shalt not worry for he that worrieth hath no pleasure, and few things are that fatal.
8. When in Australia, be prepared to do as the Australians do.
9. Thou shalt not judge the people of the country by the person who hath given you trouble.
10. Remember thou art a guest in other lands, and he that treats his host with respect shall be honored.

### *You Have A Friend*

(Author Unknown)

When days are long, and nights never end,  
 Remember that you have a Friend  
 When there are many trials to bear,  
 and no one really seems to care;  
 When all your mountains seem to erupt,  
 and you feel like giving up,  
 When all your plans have gone awry,  
 you just can't face another day;  
 Don't give up. You have a Friend—Yahshua  
 Messiah.

### *Blessings, not luck*

Out in the world, it is common for people to wish each other “good luck.” Some people even wear charms or “lucky” clothing items supposedly designed to keep them safe and repel bad things from happening. But we know there is no such thing as “luck.” Yahweh guides our lives; we must trust in Yahweh, not depend on fate or chance. So instead of saying how “lucky” we are, we should give Yahweh the credit by using the term “blessed” by Him. (Read Psalm 31:15.)



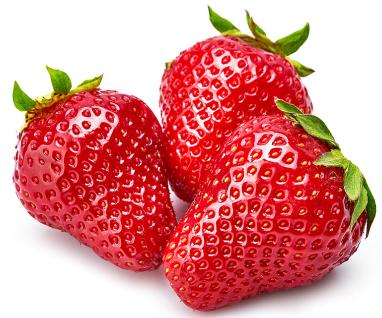
## YAIY

Yahweh's Assembly in Yahshua  
2963 County Road 233  
Kingdom City, Missouri 65262

Main Line: 1-573-642-4100  
Toll Free: 1-877-642-4101  
Fax Line: 1-573-642-4104  
Website: [www.SistersForYah.org](http://www.SistersForYah.org)



## Vegan strawberry smoothie



1 cup strawberries  
1 cup pineapple  
3/4 cup almond milk (or any type of milk)  
1 T. almond butter

Blend and enjoy! You can use any kind of berries for variation. Blueberries are especially refreshing. Peanut butter can be substituted for the almond butter if you prefer.

Note: Try adding a dash of cinnamon and a t. of vanilla extract to bump up the flavor.

## Roasted Red Pepper Pasta

2 T. olive oil  
1 onion, chopped  
3 cloves garlic, peeled and chopped  
16 ounce bag of pasta, any shape  
1/2 cup chicken broth  
1 cup feta cheese  
16 ounce jar roasted red peppers, drained and chopped  
Salt and pepper, to taste  
2 t. dry parsley

Bring a large pot of water to a boil. Add the pasta and simmer about 10 minutes. Drain and set aside. Heat the oil in a skillet. Sauté the onion and garlic about 3 minutes until fragrant. Add the rest of the ingredients and heat through. Mix the pasta with the sauce and toss to coat. Serve with a crusty bread and side salad for a complete meal.

Variations: Chopped cooked chicken can be added for more protein. Also makes a nice side dish for fish. You can also boost the nutrient content by adding your favorite veggies.

