

Sisters for Yah

Memories

Good memories. Bad memories. We all have them both. We love the nostalgic good memories, but for many of us, the bad memories persist. What can we do about the bad memories that have hurt us and shaped who we are, for better or worse? It's true that memories fade over time. But some memories are so traumatizing, that they come back to us over and over. I love Genesis 41:51, which tells us, "*Joseph named his older son Manasseh, for he said, 'Elohim has made me forget all my troubles, and the family of my father.'*"

Manasseh means "to forget." Take a look at Philippians 3:13: *No, dear brothers and sisters, I am not all I should be, but I am focusing all my energies on this one thing: Forgetting the past and looking forward to what lies ahead.* I think we all should be doing exactly that. Yahweh, Who forgives us, can also help us forget bad memories.



What should we be remembering instead? *Tell the people of Israel to keep My Sabbath day, for the Sabbath is a sign of the covenant between me and you forever. It helps you to remember that I am Yahweh, Who makes you holy, Exodus 31:13, and also, Deuteronomy 4:9: Watch out! Be very careful never to forget what you have seen Yahweh do for you. Do not let these things*

escape from your mind as long as you live. And be sure to pass them on to your children and grandchildren.

We also must not lose our first love either. Hebrews 10:32 reminds us of the following: *Don't ever forget those early days when you first learned about Messiah. Remember how you remained faithful even though it meant terrible suffering.* As joyful as we were when we first came into the faith, most of us endured painful trials, such as losing jobs and family members because of our faith.

We don't ever want to be like ancient Israel. It's heartbreaking to read Jeremiah 3:21: *Voices are heard on high on the windswept mountains, the weeping and pleading of Israel's people. For they have forgotten Yahweh their Elohim and wandered far from His ways.* Stay on the right path!

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How Death Brings Much Fruit

It's interesting how some things must die in order to be productive. For instance, certain seeds will not germinate into a plant unless they freeze during the winter. We see this example in John 12:24: *Most assuredly, I say to you, unless a grain of wheat falls into the ground and dies, it remains alone; but if it dies, it produces much grain.*

Yahshua knew that His death would bring salvation to the world. The moment we accept Yahshua's sacrifice and are baptized in His Name, our sinful nature died (Rom. 6:6), but there remained sinful aspects of our character that had not gone to their graves willingly. Before you were baptized, were you self-centered? You may discover lingering selfishness, even after baptism. Did you have a bad temper? You may still notice moments when anger rears its ugly head. My point is, baptism does not automatically remove all our bad habits and tendencies. We have to fight daily to overcome.



**"Not seeing results?
FEEL LIKE GIVING UP?"**

Consider this: **The last thing to grow
on a fruit tree... is the fruit."**

- Unknown

Truly, we must overcome to the end to be saved. We must never allow our sinful tendencies to remain alive. They will stifle the Fruit of the Spirit if we don't overcome them. It may take some time to build new habits, but it can be done. We must always remember that people are watching us. If we don't set the right example, we bring Yahweh's Name to shame. Our tempers might prevent someone from coming to Yahshua. Likewise, our selfish tendencies may hinder us from being a blessing to others. We must allow Yahweh to put to death anything in us that could prevent us from overcoming to the end. Growth is a painful process. It may be true that we are

who we are in our personalities and such, but is that how we should be? Instead of saying, "But that's just how I am," you should be able to say, "No, that's how I was." We must allow Yahweh to complete His work in us, and we will see what fruit our lives produce.

Lamb and Lion

Yahshua is described as both a lamb and a lion. Many years ago, I heard a pastor once boldly declare, "Those who don't worship Him as a Lamb now, will certainly worship Him as a Lion in the future!" That statement got me thinking, of course. Many believers today have said, "If only I could have walked with Yahshua, as the disciples did, then it would be so much easier to be a believer." This thinking reveals that many people simply don't understand the greatness of the risen Messiah we serve today. Most people glamourize what life would be like in the first century, but quickly forget that most believers were martyred in horrible ways. It was not a nice time. Living under Roman occupation was brutal and unpredictable. People love to think of Yashua peacefully walking along a seashore, forgiving sinners, and loving children. But they forget that He rules all creation and is returning with a sword and a rod of iron. He is vastly more powerful in reality than the imagined "gentle master."

If you struggle with your obedience to Yahweh, take a closer look at how He is portrayed in the Book of Revelation. If you are succumbing to temptation, call upon Yahweh. Yahshua lived as a human, and was tempted in all points that we are. He understands the flesh and He will certainly mediate for Yahweh's true people.





Why Watching is Vital

A watchman's job was critical. An approaching army left residents of an ancient city with little time to escape or prepare for battle. Everyone's life depended on the alert watchman as he scanned the horizon for any threat. The people needed to be alerted as quickly as possible. In Habakkuk it says: *I will stand my watch and set myself on the rampart, and watch to see what He*

will say to me, and what I will answer when I am corrected.

As a believer, you and I are watchmen. We should watch ourselves, our friends, our families, and our assembly families. It is essential that we be very attentive to what Yahweh is saying. It may be that a friend is in crisis and needs to hear Yahweh's Word. Yahweh can give you the words of encouragement to share with a friend. When your children face difficult challenges you can read Yahweh's Word and find answers. Indeed, sometimes Yahweh does reveal just the right answer that you need at the right time. We must be spiritually alert. The devil prowls around seeking to devour. Yahweh can indeed warn us and protect us from any spiritual attacks. But resisting the devil is important, because our resistance will cause him to flee. He will move on to an easier target.

Spiritual vigilance is also vital. When we are careless and let our guards down, we and our families can suffer negative consequences. I remember a lady years ago who was very strong in the faith. She was instrumental in my spiritual growth when I first came into the faith. But she let her guard down and took up smoking. She left the faith, and the last I heard she had died. It was shocking to me as I remember all the good advice she had given me as a new believer. This was a very powerful lesson for me in staying vigilant, for we are truly in a life and death battle. In closing, Yahweh takes our assignment as "watchmen" very serious. (Read Ezekiel 33:6.)

Abundance

Turn to 2 Corinthians 9:8, which tells us: *And Elohim is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work.*

What comes to mind when you think of abundance? Wealth, good health, unlimited access to resources? Yahweh does promise to meet our every need, not our every greed. We are to be content with food and raiment, 1 Timothy 6:8. When you seek to perform a good work that Yahweh has given you, He will always supply ample grace to sustain you. Even when your good work bears fruit, you may find no thanks from those you have helped. But even so, Yahweh will give us eternal life. Yahshua knows what it's like to do good, but get rejected for it. Indeed, we are walking in His footsteps. We are reminded that we have a heavenly reward, not necessarily earthly blessings. His grace is always sufficient to finish the task He gives you. Yahweh will see us through to the end, but we have a part to play. We must stay close to Yahweh and not go our own way. We may have hopes and dreams, but none of those will be added to us unless we seek first the Kingdom.

... you have brought us out to a place of
abundance.



Psalm 66:12, ESV

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Easy Cookie Pudding

3 cups milk
2 boxes instant French vanilla pudding mix
8 ounces cream cheese
1/2 cup powdered sugar
1 (8 ounce) container of whipped topping,
such as Kool Whip
1 t. vanilla extract
30 crushed sandwich cookies, such as Oreos

Mix it all up. Let it set overnight. Enjoy!
Note: We made this for our Sabbath fellowship meal and it was a big hit!



Broccoli Pasta

4 turkey bacon slices, cooked and crumbled
1 bag frozen broccoli florets
1/2 cup grated parmesan
1 can evaporated milk (not sweetened condensed milk)
8 ounces dry pasta, any shape, cooked according to package directions
Salt and pepper to taste

Combine bacon, broccoli, cheese, and milk in a medium saucepan. Bring to a simmer. When broccoli is heated through, add the pasta and stir.

Southwest-style Baked Potatoes

2 large russet potatoes
1 cup cooked black beans
1 cup corn kernels
1 cup salsa
Salt and pepper to taste
Sour cream, to serve, optional

Preheat oven to 400 degrees. Prick the potatoes with a fork and wrap in foil. Bake 45-60 minutes until they pierce easily with a fork. Combine the beans, corn, and salsa and heat through. Slice open the cooked potatoes and top with the filling. Season with salt and pepper if desired. Top with sour cream if you like.

