

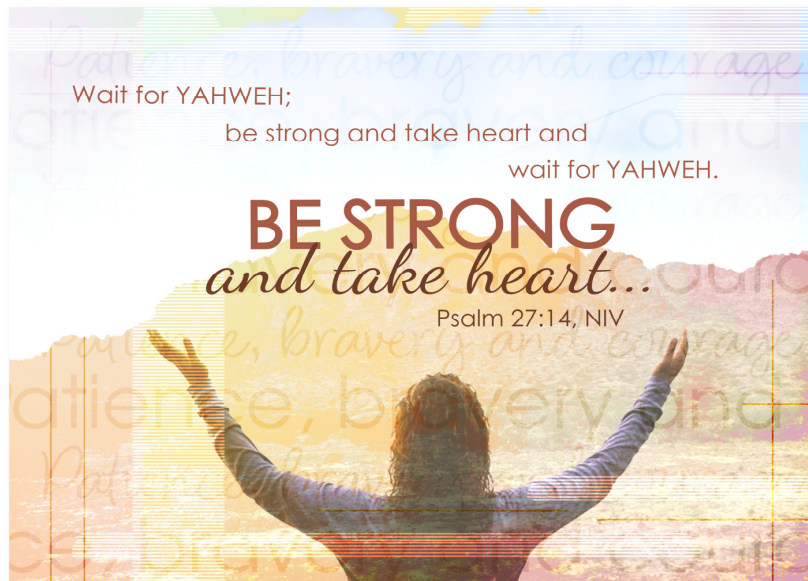
Sisters for Yah

Waiting on Yahweh?

Wait on Yahweh; Be of good courage, and He shall strengthen your heart. Wait, I say, on Yahweh, Psalm 27:14.

Waiting is one of the hardest things to do. We want to be people of action. We feel better if we are doing something to address our need, but waiting forces us to rely on Yahweh.

David learned what it meant to wait. He was chosen by Yahweh to be the next king of Israel, then spent years waiting for the day that Yahweh's Word would come to pass in his life.



As he waited, a paranoid, egocentric king occupied the throne that had been promised to him. David spent his time hiding in caves and living among his enemies. As he waited, he saw good friends murdered and his family and possessions taken. He saw Israel's enemies wreak havoc on his nation. Perhaps no one ever faced greater adversity while waiting upon

Yahweh's promise than David. He certainly understood what it meant to become discouraged and fearful.

But David was rewarded for waiting upon Yahweh, becoming the greatest king in Israel's history and, more importantly, through his trials he became a man after Yahweh's own heart. The psalms he wrote during his days as a fugitive have been cherished words of encouragement for people throughout the ages. His willingness to wait has blessed us all! The Messiah proceeded from his descendants.

Times of waiting on Yahweh can be some of the most precious moments in your life (John 11:1-6). If you are waiting on Yahweh for something, read Isaiah 40:31 and find encouragement as you wait for Him to fulfill His perfect will in your life: *But those who hope in Yahweh will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.*

Meditate on these comforting words! Allow its deep meaning to comfort your troubled soul.

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When contentment becomes a struggle

Our world promotes dissatisfaction with life. We are constantly bombarded with newer and better things that will make our lives more complete if only we would obtain them! If we listen to the world, we will always be comparing the lifestyles and possessions of others with our own, and we will always be dissatisfied. If our contentment comes from possessions, activities, or other people, these can be altered or removed. If our contentment comes from our relationship with Yahweh, there is absolutely nothing that can take that away.

We read in Philippians 4:11, *Not that I speak from want; for I have learned to be content in whatever circumstances I am.* I know, easier said than done. Yet, much peace can be had by being content ... no matter what.

The apostle Paul had enjoyed authority and the benefit of status as a Pharisee. But he had also been imprisoned and bound in stocks in the depths of a jail cell. He had stood before, and been stoned almost to death by an angry mob. Yet, he could give them all up and still be filled with the joy of Yahweh. His contentment did not depend on his environment but on his relationship with Yahweh.



FOR WE BROUGHT NOTHING INTO THE WORLD, AND WE CANNOT TAKE ANYTHING OUT OF THE WORLD. BUT IF WE HAVE FOOD AND CLOTHING, WITH THESE WE WILL BE CONTENT.

1 TIMOTHY 6:7-8, ESV

Contentment can free us to enjoy every good thing that Yahweh has given us. Contentment demonstrates our belief that Yahweh loves us and has our best interest in mind. Discontentment stems from the sin of ingratitude and a lack of faith that Yahweh loves us enough to provide for all that we need. Strive to be grateful for all that Yahweh has given you. A grateful heart has no room for envy or discontentment.

In recent years, there has been a movement called 'minimalism'. More and more people are embracing this trend. Minimalism is basically living a simple life with only the items you need and enjoy. Hoarding possessions is the opposite of minimalism. The idea is that we don't need a hundred pairs of shoes, or closets bursting with clothing we don't wear or need. Many people (even those in the faith) suffer from shopping addiction. They buy unneeded items when they are sad or bored, even though those items end up in the back of their closets, never to be seen again.

I personally know people who have decluttered their homes and have told me how "free" and "light" they feel. While decluttering, some have even found items they had forgotten they even had. One lady went out to buy a new toaster, completely forgetting that she already had two in storage! The Bible tells us not to store up earthly treasures where moth and rust can destroy. Instead, we are encouraged to store up "real" treasures that lead to eternal life. Shopping addiction is very similar to any other addiction. It provides an

immediate "fix." A rush of feel-good chemicals flood our brains. But guilt comes very soon after the thrill of buying something new is gone. Shopping addicts have said that distraction works very well to overcome the temptation to buy something. Calling a friend, or taking a walk in the park can give you the healthy lift that you need. More importantly, bring every thought into captivity, and pray until the temptation leaves you. Yahweh always makes a way of escape! There is no sin that cannot be overcome. Our Father is able and willing to help those who truly come to Him.

The Only Way

If you are walking daily with Yahweh, you will not have to “find” His will. You will already be in it. We read in John 14:6, *Yahshua said to him, “I am the way, the truth, and the life. No one comes to the Father except through me.”* If we walk with Him in obedience day by day, we always will be in the will of Yahweh. The Holy Spirit’s role is to guide us step-by-step to do Yahweh’s will. I remember someone asking me once, “What does the Holy Spirit do in your life?” I replied, “It convicts me of sin!”

It’s so interesting that even in my busy day, things come to mind that I know are from Yahweh. Sometimes I get good ideas that I know are not from my own mind. And Yahweh always brings to my mind things for which I need to repent. Walking closely with Yahweh each day guarantees that we will be exactly where He wants us to be. Only those who reject the prompting of the Holy Spirit’s activity in our lives will put themselves outside of Yahweh’s will.

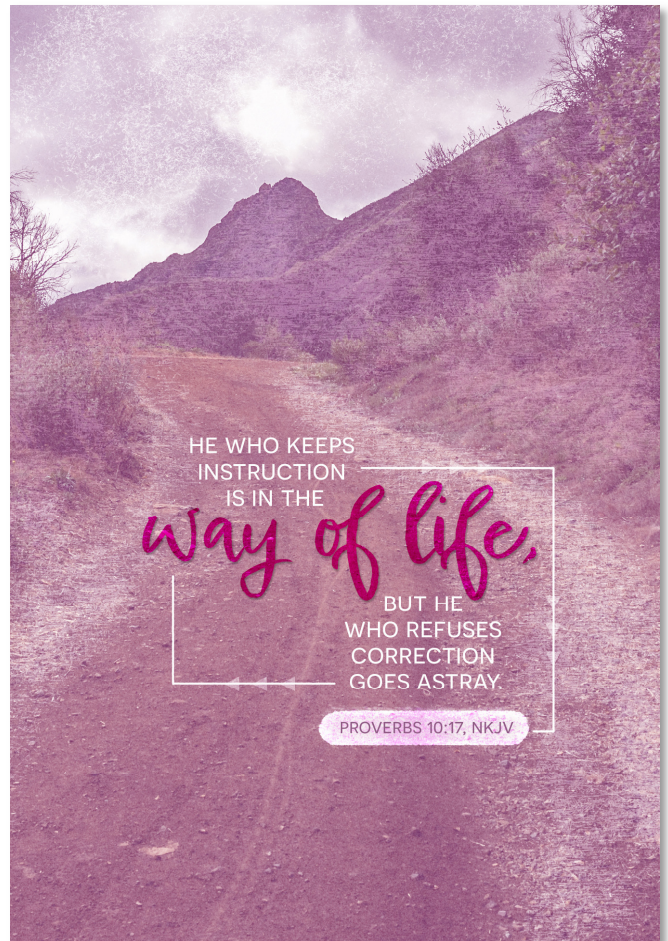
The disciples never had to ask Yahshua where they should go next. They simply looked to see where He was going and stayed close to Him. Yahshua was their “way.” They didn’t need a map as long as they had Yahshua with them. Too often, we would prefer a road map of our future rather than a relationship with the Way. It often seems easier to follow a plan than to cultivate a relationship. We can become more concerned with our future than we are with walking intimately with Yahweh today.

Yahshua will never give us a substitute for Himself. He is the ONLY way to the Father. That is why it is critical that we clearly know when Yahweh is speaking to us. (Read Isaiah 30:21.) If we are disoriented to how Yahweh speaks, we will not understand when He is giving us a revelation about what He is doing. If we want to know His will, we need to make the time to cultivate our relationship with Yahshua and learn to discern His voice. He is more than willing to show us the way.

So how does Yahweh speak to us today? mainly through the pages of Scripture! It’s been said that the Bible is Yahweh’s love letter to His people. Another way that Yahweh speaks to us is through other believers. And, of course, we can pray that He will show us what to do! Sometimes we want to do certain things, but are blocked from doing it. For instance, the apostle Paul wanted to go to Asia, but was blocked by the Spirit from going there (Acts 16:6).

Our meditation should be about Yahweh and His Word. In Psalm 63:6, we read, *I lie awake thinking of you, meditating on You through the night.* Also see Psalm 62:1, 5, *I wait quietly before Elohim, for my salvation comes from Him ... I wait quietly before Elohim, for my hope is in Him.* Meditation is also thinking about what Yahweh tells us through His Word. We should delight in doing everything Yahweh wants; day and night we should think about HIS LAW.

One final note: Meditation is also a time of seeking Yahweh’s guidance and instruction, and a time of reflection on His past blessings. In Psalm 16:7, we read, *I will bless Yahweh who guides me; even at night my heart instructs me.* And Psalm 143:5 tells us, *I remember the days of old. I ponder all Your great works. I think about all You have done.* Let your hearts be comforted!



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Healthy Apple Spinach Salad

- 2 cups chopped spinach
- 1 sliced apple
- 2 T. finely-chopped celery
- 2 T. finely-chopped pecans
- 2 T. Italian dressing

Toss all the ingredients in a big bowl. This is great as a side dish. However, you can make it a main dish by adding protein such as chicken chunks, chopped hard-boiled eggs, fish, or steak pieces. If you don't like spinach, you can easily substitute lettuce. If you prefer, to use a different dressing instead of Italian.



Mint Chocolate Chip Cookies

- 2 1/2 cups all-purpose flour
- 1 t. baking soda
- 1/2 t. salt
- 1 cup soft butter
- 1 1/4 cups sugar
- 2 eggs
- 1 t. peppermint extract
- 1 (12 ounce) bag chocolate chips



1. Preheat oven to 375 degrees.
2. In a large bowl, mix flour, baking soda, and salt until well blended. Set aside.
3. In medium bowl, beat butter and sugar until combined. Add eggs and peppermint extract. Beat until combined.
4. Add wet ingredients to dry ingredients; beat until combined.
5. Stir in the chocolate chips.
6. Drop spoonfuls of the dough onto a baking sheet.
7. Bake 11 to 14 minutes, or until edges are slightly brown.
8. Cool on wire racks.