

Sisters for Yah

The Power of Praise

Psalm 35:10: I will praise Him from the bottom of my heart.

Psalm 86:12: With all my heart, I will praise you, Oh Yahweh my Elohim. I will give glory to Your Name forever.

1 Chronicles 23:30: Each morning and evening they stood before Yahweh to sing songs of thanks and praise to Him.

Psalm 104:33: I will sing to Yahweh as long as I live. I will praise my Elohim to my last breath.

Romans 15:6: All of you can join together with one voice, giving praise and glory to Yahweh, the Father of our Master Yahshua Messiah.

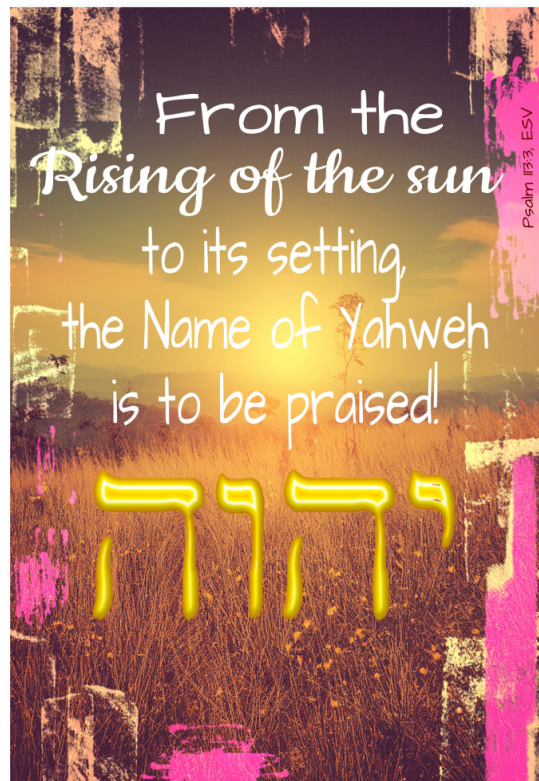
Psalm 31:21: Praise Yahweh, for He has shown me His unfailing love.

These are just a few of the many verses about praise. There are more 200 mentionings of praising Yahweh in Scripture. It is clear that praising Yahweh can be an individual or community action. So, why should we praise Yahweh? For one thing, it acknowledges His greatness and sovereignty over all creation. Praising Yahweh can strengthen our relationship with Him through gratitude and worship.

Praise can also encourage a positive mindset and foster inner peace. Scripture says that Yahweh inhabits the praise of His people (Psa. 22:3). It reminds us of His love, mercy, and grace in our lives. It also provides comfort and hope during difficult times. It is hard to feel gloomy while singing songs of praise to Yahweh.

Praise in a community can be a powerful thing. Years ago, I attended a very small Sabbath fellowship. We sang beautiful songs of praise. It was wonderful, of course. But then I attended my very first Feast of Tabernacles. Hearing those same songs being sung by thousands of believers all at once lifted my heart and I still remember getting chills from the experience.

Never underestimate the power of praise. Yahweh deserves our praise every single moment of every single day. Memorize Psalm 34:1: I will praise Yahweh at all times. I will constantly speak His praises.



Inside this issue:

The Power of...	1
Helpful articles	3
Recipes	4

Feeling Distant?

There are mountains and valleys in the life of every one of Yahweh's people. Occasionally, we might feel distant from Yahweh. A wise woman once told me that all people experience "dry spells" in their walk with Yahshua. We all yearn for the glorious "mountain top" experience, but often we grow more in the valleys. One of the most important things Yahweh's people can do is pray regularly. Set aside time each day for open and honest communication.

Self-examination is also very important. Ask yourself some hard questions. Is there anything in my life that might be hindering me ... like an habitual sin that might be separating me from Yahweh? Am I harboring any unforgiveness? Do I tithe regularly? Write out a list of areas you need to improve. And then repent of any areas you are falling short. Remember that repentance is much more than a simple "I'm sorry." Repentance involves turning back to Yahweh. Sometimes brokenness is a good thing. Many people have had to hit rock bottom before a permanent lasting change could take place.

Read Scripture. Engage with the Bible to seek guidance and inspiration. Read the many blessings that Yahweh promises us when we choose to love Him with all our hearts and minds. Many have actually found comfort in the Book of Job. Job lost everything but still stayed close to Yahweh. In the end, Yahweh restored double to Job.

Reflect and journal. Journaling is a wonderful way to express your feelings and insights from reading Scripture. Also it is a great idea to write prayer requests. This way you can go back and read how Yahweh answered your prayers. Some prayers will have a "no" answer, of course, but often-times Yahweh will reveal a better answer than what you were hoping for. Trials can strengthen us. They can make us more compassionate to the suffering of others.

Don't neglect attending Sabbath services. For those who are not able to be here in person, we offer weekly live-streaming every Sabbath at 1:30 pm CST. Joining a community of believers can foster connection and support, even long distance.

Serving others can create much purpose and meaning in your life. Volunteer your time and talents, helping those in need, thus reflecting Yahweh's love. Even a simple phone call, text, or email to someone struggling can make a big difference. I remember years ago a group of us went to a local nursing home to sing songs of praise to the elderly. They enjoyed it tremendously. Most of them were rarely visited by their own family members. Another time, some of us went to a park to help feed the homeless. Many were touched by Yahweh's love and wanted to know more about His way of life. We don't recommend putting yourself in danger by going by yourself (especially women).

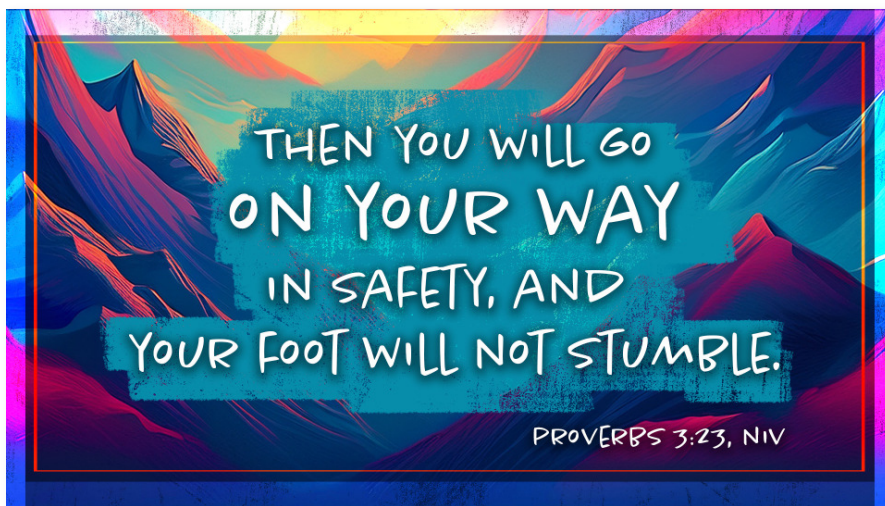


The disciples were sent out two by two. But ladies can get involved also. Some of us have volunteered in other ways, even sending cards of encouragement to those who can't attend the Holy days due to health problems.

Perhaps the greatest thing you can do to reconnect with Yahweh is to practice strong gratitude. Thank Him for everything! Regularly acknowledge the blessings in your life. Most people forget the little things like clean water and good food. Expressing gratitude is very important. Yahweh wants a thankful people.

ELECTRIC SAFETY TIPS FOR KIDS (and adults!)

- Never plug a bunch of stuff into one outlet or extension cord. It could damage the electrical system in your house or cause a fire.
- Children, always ask an adult for help when you need to use something that uses electricity.
- Never play near, or on a green transformer box.
- Don't climb the fence around an electrical substation. If a ball or pet gets inside the fence, ask an adult to call your electric cooperative. They'll come and get it out for you.
- Never yank a power cord from the wall. Instead, pull from the plug itself. Pulling on a cord can damage the appliance, the plug, or even the outlet.
- Avoid flying anything like drones or kites near power line substations. A kite and its string may conduct electricity, sending it right through you to the ground.
- Make sure all power cords are tucked out of the way. Pets might chew on cords, and people might trip and fall.
- Always look up and look out for power lines before you climb a tree. The electricity can go right through the tree branch, and right through you.
- Consider putting safety caps on all unused electrical outlets.
- Always, ALWAYS, keep anything that uses electricity away from water. Most electrical accidents around the house happen when people use electricity near water.



Feel-Good Tips

1. Spend time out in nature! Enjoying Yahweh's creation can lower stress levels considerably. And a little sunshine directly on your skin can boost vitamin D levels, too
2. Eat foods that contain prebiotic fiber (leeks, onions, garlic, greens, bananas, apples, kiwi, to name a few). They've been shown to heal the gut.
3. Compliment someone! Take a moment to say something nice to anyone, even a complete stranger. Giving a compliment has as much impact as receiving one.
4. Sip cocoa year round. Studies suggest just 8 ounces per day can boost your mood by 45%.
5. Don't sit too much. If you have a desk job, try to stand up for at least 5 minutes every hour.
6. Smile! One smile sparks another. Deep belly laughter is even better.
7. Fun is still the best stress cure.
8. Pray every day. And never neglect regular Bible study.
9. Eat an Israeli diet. A recent study confirmed that "kosher" diets are the healthiest on the planet. Not a big surprise for those of us who've been in the faith a long time. There's a reason Yahweh put the clean food laws into practice. He wants His people to be healthy. For those who are new to the Biblical food laws, try to eat lots of veggies, fruit, lean clean meats like fish and chicken. Beef in moderation is fine too. And olive oil is very healthy. (Request our free booklet: *Yahweh's Food Laws* for more information.)

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1 (6 ounce) container frozen orange juice concentrate (partially thawed)
1 cup milk
1 cup water
1 t. vanilla extract
1/3 cup sugar
12 ice cubes

Combine all ingredients in a blender. Cover and blend until frothy. Makes 4 servings.



Mini Deep-Dish Pizzas

1 jar pizza sauce (15 ounces)
1/2 cup grated parmesan
1 T. Italian seasoning
4 large flour tortillas
1 cup shredded mozzarella cheese
12 slices turkey pepperoni, quartered

In a small bowl, combine pizza sauce, parmesan cheese, and seasoning. Set aside after stirring well. Spray 12 muffin cups with non-stick vegetable spray. Using a glass tumbler or empty rinsed pizza sauce can, cut 3 rounds from each tortilla. Rounds should be just slightly larger than muffin cups. Gently press tortilla rounds into muffin cups, covering each cup on the bottom and up the sides a little. Spoon 2 tablespoons sauce mixture into each cup. Sprinkle with mozzarella. Top each cup with 4 pieces of turkey pepperoni. Bake at 400 degrees for 10 to 15 minutes, until golden and crisp. Let stand two minutes. Remove from muffin pan with a fork. Serve warm. Makes 6 servings of 2 mini pizzas each.

Notes: You can add any toppings you like! Some good choices would be: chopped onions, chopped bell peppers, black olives, chicken, beef, or turkey sausage, or seasoned ground beef (instead of the turkey pepperoni).

