

Sisters for Yah

Examine Yourself

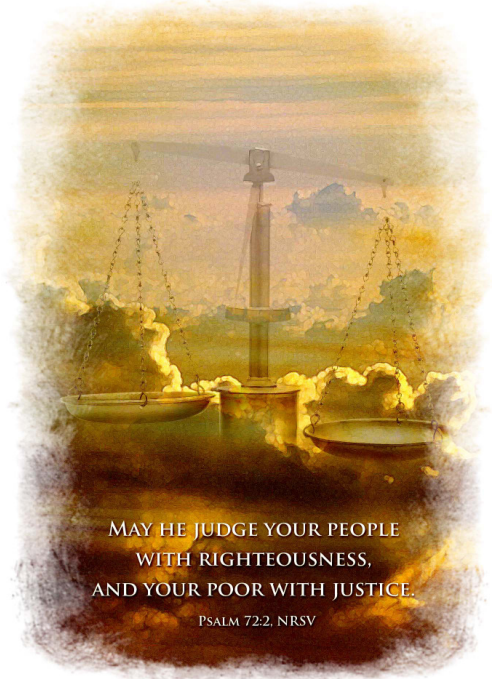
Part of life is having our progress measured in many ways from the time we are born. Babies are given wellness checks to make sure they are healthy and growing properly. Then school-age children are given tests throughout their time at school. When we enter the work force, we get evaluated by those in management. Then as we age, we can expect physical examinations by our physicians.

But most people never think to do a “spiritual examination.” An interesting Scripture appears in Luke 2:52, which tells us, *“And Yahshua increased in wisdom and stature, and in favor with Elohim and man.”* Yahshua became well known in His day by His words and actions. Many people came to trust Him. His wisdom and compassion drew people to Him. Yahshua also grew in His relationship with His Father, Yahweh, and continued to please Him.

We all begin life as infants. Consider what the Apostle Paul said (paraphrased): When he was a new convert, he behaved like a spiritual child, but as he matured in his faith, he grew to be a spiritual adult. See 1 Corinthians 13:11. It’s fine to act like a baby when you ARE a baby, but we all must become adults at some point. We must strive for maturity, Hebrews 6:1.

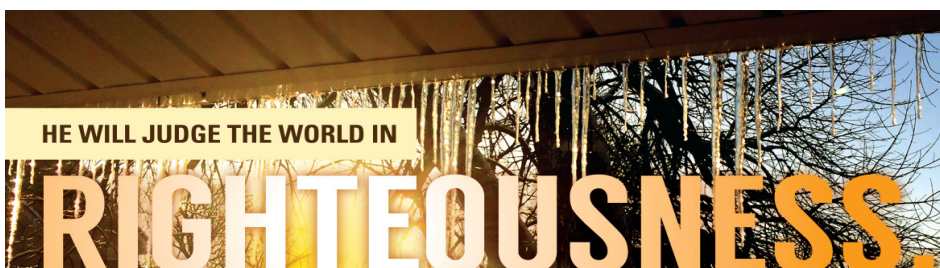
Being a new believer is not an easy thing. Spiritual growth takes many years. We are not born knowing how to relate to others. In addition, new believers have many battles to overcome. Envy, anger, unforgiveness are just a few things that new believers have faced. But once we become conformed to the image of Messiah, we may find ourselves growing spiritually in leaps and bounds. The closer we draw to Yahweh, the more obedient we become. Our old habits become easier to dispel. It is very helpful for us to examine our spiritual growth and progress from time to time. We all have areas in which we

need to make changes. We must never become satisfied with a mediocre relationship with Yahweh. Many of us have prayed that Yahweh reveal any areas in our lives that needed to be changed. All of us received answers to that prayer!



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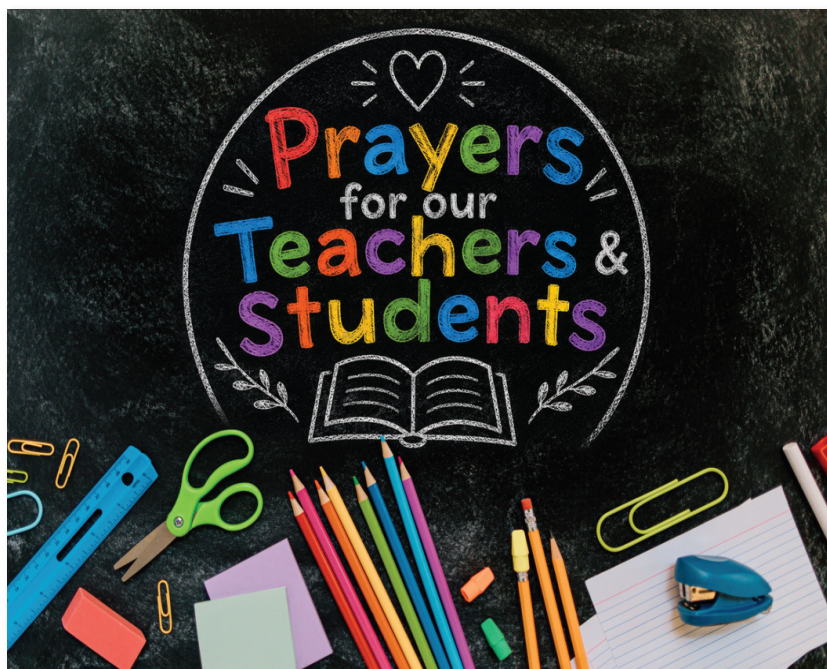


BACK-TO-SCHOOL SAFETY TIPS FOR KIDS



While most of our young believers are home-schooled, we do have some who live in big cities around the country attending public school. Most of this information was published in our local periodical, *Rural Missouri*, but I did add a few from other sources:

1. When walking to school, always walk on the sidewalk if one is available. If there is no sidewalk, walk facing traffic.
2. Before crossing a street, stop and look left, then right, then left again to see if cars are coming.
3. Make eye contact with drivers before crossing and always use crosswalks if available.
4. Stay alert and avoid distracted walking.
5. If your parents allow you to ride your bike to school, ride on the right side of the road, with traffic in single file.
6. Come to a complete stop before crossing the street; walk your bike across the street.
7. Again, stay alert! Avoid distracted riding.
8. Wear a helmet and bright clothing.
9. When riding the bus to school, stand at least 6 feet away from the curb while waiting for the bus.
10. If you must cross the street in front of the bus, walk on the side of the road until you are 10 feet ahead of the bus. You and the bus driver should always be able to see each other.
11. At school, use a backpack with wide padded straps. It should be safe and comfortable.
12. Use both straps when wearing your backpack to evenly distribute the weight on your shoulders.
13. Don't overstuff your backpack. It should weigh no more than 5 to 10 percent of your body weight. Many students have suffered pulled muscles and pinched nerves due to an overly heavy backpack.
14. Be extra careful with rolling backpacks. They can create a tripping hazard in crowded hallways.
15. For personal safety, make sure you know your full name, phone number and home address, but do NOT give out personal information to anyone you don't know.
16. Never talk to strangers or accept rides from people you don't know. Your parents will tell you who you can accept rides from.
17. To prevent illness, wash your hands regularly and avoid touching your face.
18. Don't share food or drinks with classmates to prevent problems with allergies.
19. Don't share hairbrushes or toothbrushes.



20. Please tell your parents, teachers, and principal if you are being bullied in anyway, physically or verbally! Bullying has become a serious problem in recent times.

21. Tell your parents immediately if anyone is behaving inappropriately with you. Your parents will explain what is inappropriate behavior.

22. Say no to classmates who offer you drugs, alcohol, cigarettes, etc. Your health and safety can be damaged by these items.

23. Tell your parents and teachers immediately if you see any classmates hiding weapons of any sort.





Scriptures to Meditate Upon

Luke 11:34-36, *Your eye is the lamp of your body. When your eye is healthy. Your whole body is full of light, but when it is bad, your body is full of darkness. Therefore be careful lest the light in you be darkness. If then your whole body is full of light, having no part dark, it will be wholly bright.*

Matthew 6:33, *Seek first the Kingdom of Elohim, and His righteousness, and all these things shall be added to you.*

Matthew 13:43, *The righteous will shine like the sun in the Kingdom of their Father.*

Matthew 6:1, *Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven.*

Matthew 5:20, *Unless your righteousness is better than the righteousness of the teachers of religious law and the Pharisees, you will never enter the Kingdom of Heaven!*

Luke 13:29, *People will come from east and west, and from north and south, and recline at table in the Kingdom of Elohim.*

John 3:5, *No one can enter the Kingdom of Elohim unless they are born of water and the Spirit.*

John 18:36, *My Kingdom is NOT of this world.*

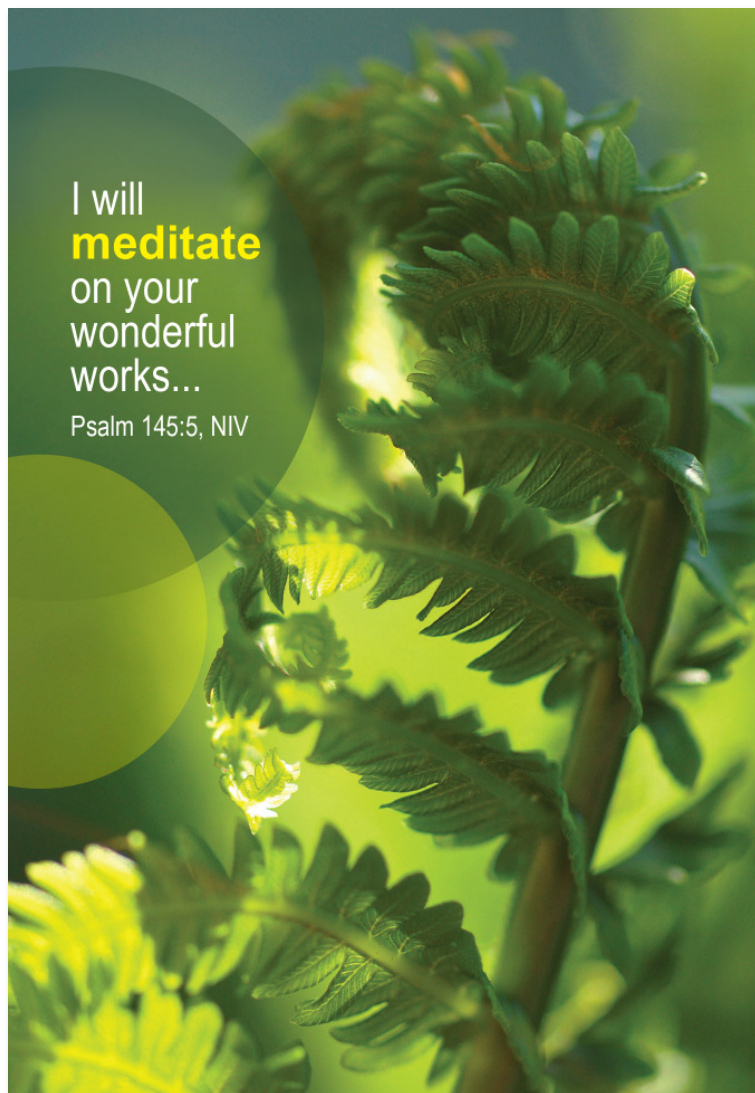
Matthew 7:15, *Beware of false prophets who come disguised as harmless sheep but are really vicious wolves.*

Matthew 7:21, *Not everyone who calls out to me, "Master! Master!" will enter the Kingdom of Heaven. Only those actually do the will of My Father in heaven will enter.*

Matthew 10:33, *Everyone who denies Me on earth, I will also deny before My Father in heaven.*

Matthew 12:36, *Everyone will have to give account on the day of judgement for every empty word they have spoken.*

Matthew 12:37, *By your words you will be justified, and by your words you will be condemned.*



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Morning Energy Breakfast

- 2 eggs
- Salt and pepper to taste
- 1 T. butter
- 1 cup fresh spinach leaves, chopped
- 1/2 cup fresh tomatoes, chopped
- 1 cup fresh raspberries, on the side (optional)

Crack the eggs in a bowl; whisk with salt and pepper. Melt the butter in a skillet. Cook the eggs. Add the spinach and tomatoes. Serve with berries on the side.



Southwest White Bean Soup

- 1 can chicken broth (15 ounces)
- 1 jar picante sauce
- 1 can drained white beans (15 ounces)
- 1 can drained corn (15 ounces)
- 2 cups shredded chicken
- Garnishes: shredded cheese, sour cream, and tortilla chips, if desired

Combine first 5 ingredients in a soup pot. Heat through. Serve hot with desired toppings.



Amazing Apple Coffee Cake

- 2 cups baking mix, such as Bisquick
- 2/3 cup milk
- 2 T. sugar
- 1/2 t. cinnamon
- 1 egg
- 1 apple, peeled and chopped (you can leave the skin on if you prefer)

Heat oven to 400 degrees. Spray an 8 inch cake pan with cooking spray. Combine ingredients and pour into pan. Bake for 20 minutes until center is firm. Allow to cool. Cut into squares.