

Sisters for Yah

Why Forgiveness is Essential

Most of us are familiar with the model prayer, given by Yahshua in Matthew 6:9-13. Verse 12 tells us, "And forgive us our debts, as we forgive our debtors." Other translations read, "Forgive us our sins as we forgive those who sin against us." Few things are more precious to receive, than forgiveness. After carrying the burden of our sin, it is wonderfully freeing to know that the one we have wronged has completely forgiven us.

Yahshua knew that we would daily incur debts against Yahweh, as we inevitably fall short of Yahweh's standard. Many of us realize that not a day goes by that we do not need to ask Yahweh to forgive us for our shortcomings. We battle our flesh daily.

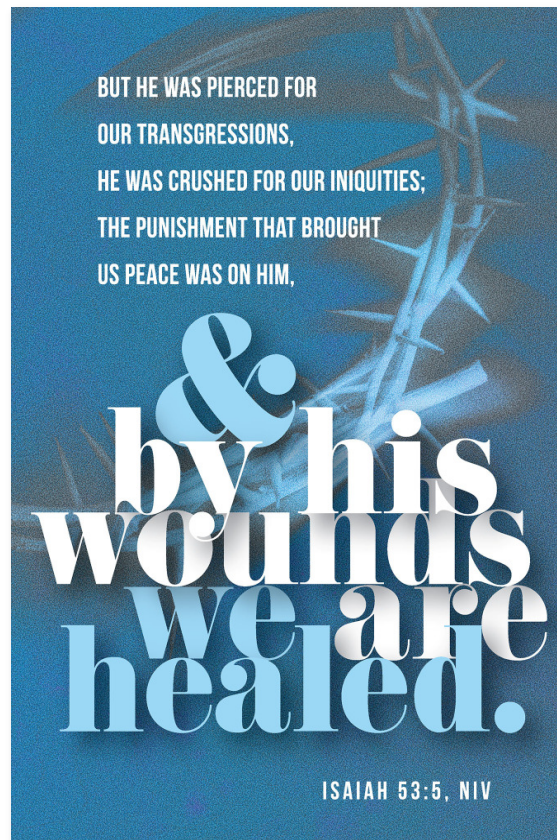
Yahshua told that we should receive forgiveness from Elohim as we forgive those who sin against us, for Yahweh will forgive us the same way we forgive others (Matt. 6:15). Yahweh's nature is forgiveness (Exod. 34:6-7). If we are Yahshua's disciples, we must follow His example. If Yahweh will forgive our most relentless enemy, we can do nothing less. Yahshua did not say that only certain offenses are unworthy of our forgiveness. We have no Biblical excuse for allowing unforgiveness in our hearts.

If you choose to withhold forgiveness from someone, your worship and prayers will be hindered (Matt. 5:23-24). Ask Yahweh to make you aware of those dark corners in your life where you are harboring resentment. A keen awareness of your own need for forgiveness will put others' offenses in their proper light. We can certainly ask Father Yahweh to make us like Messiah so that even when we are persecuted, we can pray, "Father, forgive them."

Many people don't realize the physical and mental impact of holding on to resentment and unforgiveness. There are documented scientific studies that show that our mental states can affect our physical bodies. One study mentioned that holding on to bad emotions can cause high blood pressure, insomnia, and depression. So, forgiveness can even have a healing effect on our health!

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Denying Ourselves

Hear these words of our Master Yahshua: “Then Yahshua said to His disciples, *“If anyone desires to come after Me, let him deny himself, and take up his stake, and follow Me.”* (Matthew 16:24)

What effect does sin have in our lives? It causes us to be self-centered, shifting our hearts from Yahweh to self. In essence, salvation is an about-face from self-centeredness to Yahweh-centeredness. Repentance in the Hebrew is *teshuva*, which is a complete turning around and going back to Yahweh. We believers must spend, and be spent, in denying ourselves. Indeed, our great “temptation” might be to affirm ourselves while we follow Yahshua. A perfect example of this is in Mark 10:35-37. James and John had chosen to follow Yahshua, but proceeded to request for the two most prominent positions in the Kingdom. They wanted a discipleship that would not impede their personal desires and aspirations. Just like them, we too, often say, “Yahshua, I want to be pleasing to You, but I want to stay where I am.”

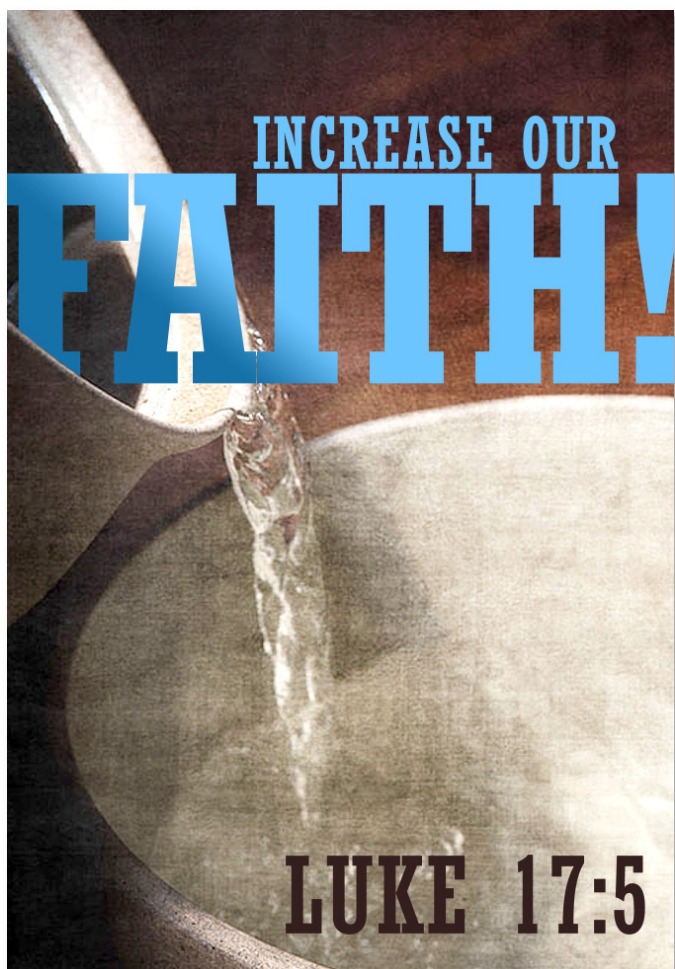
It is certainly human nature to be self-centered. People go to great lengths to keep their lives unruffled and undisturbed, safe and secure. We are often tempted to give our time and effort to the goals of this world. Now, don’t misunderstand. There is nothing inherently wrong with goals and aspirations. You do not need to give up your jobs and hobbies, unless, of course, they are taking you away from Yahweh. My point is, that Yahweh should be our top priority. We are told that those who do not work, shall not eat. So having a job/career is very important. We are expected to take care of our families. And taking care of our families requires an income. The problem is that some people focus all their attention on gaining worldly success and forget Yahweh.

Denying ourselves also involves putting the needs of others before our own. This doesn’t mean we should neglect self care. In my life, I have traveled by airplane numerous times. Before takeoff, the

flight attendant will always give a little safety demonstration about what to do in an emergency. They will always remind passengers that in the event that oxygen masks are needed, one must put on one’s own mask first before assisting others with theirs. That makes sense, because you really can’t help anyone else if you are dead, right? Yahweh bless as we seek His perfect ways.

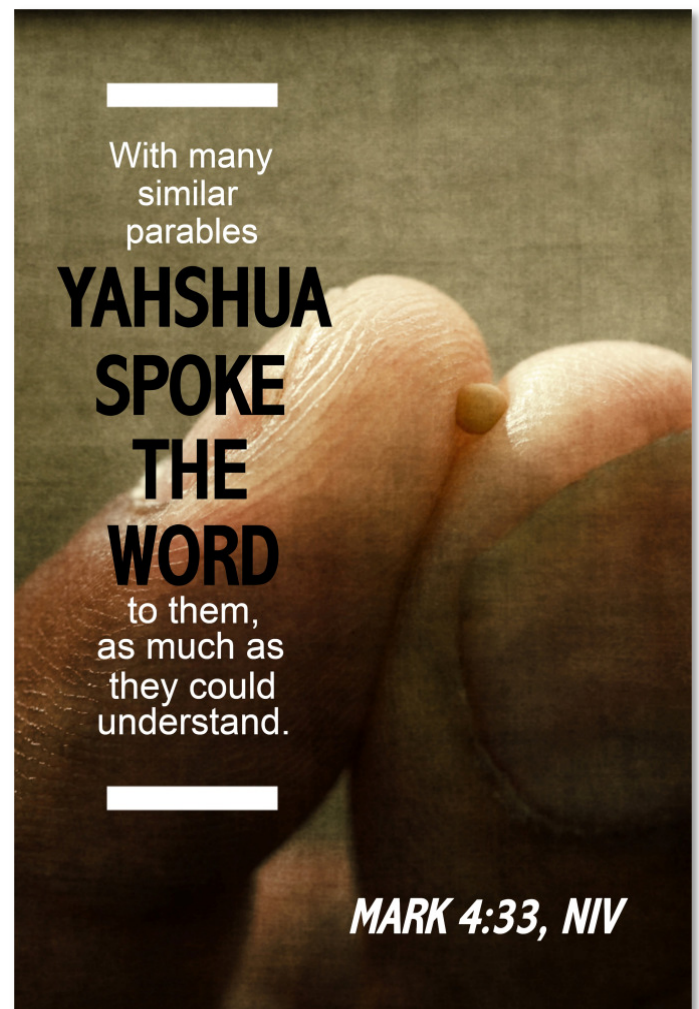
How to Halt Spiritual Decline

To halt spiritual decline, we must regularly repent of sin. We must be willing to invite Yahweh to search our lives to see if any attitudes, relationships, or activities need to be removed. He will reveal to you what you need to do. We must fervently obey His will. If we do this, we will grow in spiritual strength and be used mightily by Him. Regular prayer and Bible study is also essential. One sister in the faith shared with me years ago that she had decided to take a break from Bible study. She told me that she quickly realized that her walk with Yahshua was declining rapidly after doing so. So she went back to diligently studying Scripture and her spiritual life recovered immediately. This is a very good example for us. Stay strong, Sisters for Yah!



Words of Yahshua

- *"My Father's will is that everyone who looks to the Son and believes in Him shall have eternal life."* John 6:40
- *"Anyone who chooses to do the will of Elohim will find out whether my teaching comes from Elohim or whether I speak on My own."* John 7:17
- *"As the Father has sent Me, I also send you."* John 20:21
- *"Remain in Me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in Me."* John 14:4.
- *"By this My Father is glorified, that you bear much fruit."* John 15:4
- *"You didn't choose Me. I chose you; I appointed you to go and produce lasting fruit."* John 15:16
- *"Your Kingdom come, Your will be done, on earth as it is in heaven."* Matthew 6:10
- *"It is not the will of your Father Who is in heaven that one of these little ones should perish."* Matthew 18:14
- *"Whoever does the will of Elohim is My brother and My sister and mother."* Mark 3:35
- *"My nourishment comes from doing the will of Elohim, Who sent Me, and from finishing His work."* John 4:34
- *"All things that I heard from My Father I have made known to you."* John 15:15
- *"No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other."* Matthew 6:24
- *"Do not put Yahweh your Elohim to the test."* Matthew 4:7
- *"You shall worship Yahweh your Elohim and Him only shall you serve."* Matthew 4:10
- *"Let your light so shine before men, that they may see your good works and glorify your Father in heaven."* Matthew 5:16
- *"The Father Himself loves you, because you have loved Me."* John 16:27



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Egg and Vegetable Salad

12 hard boiled eggs, peeled and quartered
8 T. mayonnaise, or to taste
4 t. spicy brown mustard
4 T. apple cider vinegar
1 cup sliced pitted olives
4 small cucumbers
4 T. diced red onions
4 celery stalks, diced
4 medium carrots, diced
Salt and pepper, to taste
Large lettuce leaves, to serve



Serve the egg salad mixture on the lettuce leaves.

Broccoli Chicken Bake

3 cups chopped chicken, cooked
4 cups broccoli florets, steamed
2 T. oil
1/4 cup sour cream
1/2 cup heavy cream
1 garlic clove, minced
1 t. minced fresh basil
Salt and pepper to taste
1 cup shredded cheddar



Preheat oven to 375 degrees. Place the chicken and the broccoli in a large casserole dish and toss the mixture. Combine sour cream, heavy cream, garlic, basil, and salt and pepper. Pour the sauce into the casserole mixture. Stir to coat. Sprinkle with cheese and bake for 10 minutes until heated through.

Avocado Dip

1 avocado, halved and pitted
1 T. olive oil or mayonnaise
Juice of 1 lemon (about 3 T.)
1 T. chopped fresh cilantro

Combine all the ingredients. Serve the dip with your choice of veggie sticks or crackers.

