

A Light In The Darkness

One Stop Shop



Volume 2
Issue 3
SUMMER 2025

**The Power
of
Change**

**Creative
Corner**

**Why Do
Bad Things
Happen to
Good People?**



In This Issue...

STUDIES

	40	Susan's Encouragement Corner
Scripture	3	47 Creative Corner
Women of the Bible	4	50 Sisters Helping Sisters
Bible Study	8	51 Prayer Requests

ARTICLES

Natural Remedies	10
Essential Oils	12
Embracing the Bounty...	15
Plants for the Service of Men	18
Featured Article	21
Sister Spotlight	25
Along Life's Journey	27
Understanding Me	29
1 in 7	35
Recipes	39

51 Praise Reports

53 Kids' Corner

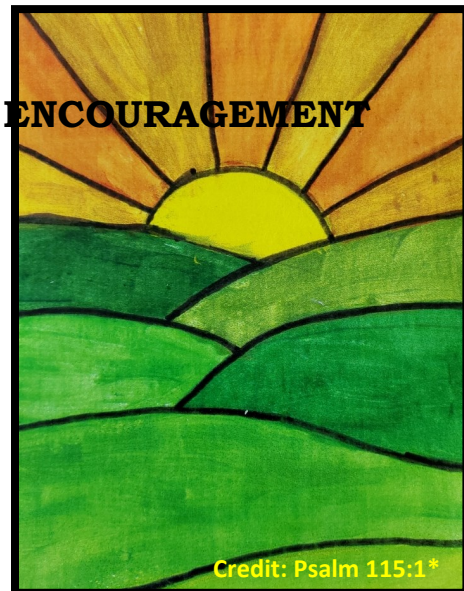
CONCLUSION

56	From the Editor
57	Business Directory
63	List of Contributors

The Power
of Change
29

Why Do Bad Things
40 Happen to
Good People?

47
Creative Corner



*Artist prefers to use Scripture reference as credit.

Front cover artwork courtesy of Angelica Gatti.



Scripture

Editors' note: Read the selections for Yom Teruah when they align with the first day of the seventh month on your calendar.

*Read together in the same week.

Hebrew	English	Torah	Haftarah	Brit Chadash	Midweek Chapters
Korach	Korah (bald)	Num 16:1-18:32	1 Sam. 11:14-12:22	Jude 1:1-25	1 Thess 4-5
Chukat	Ordinance of	Num 19:1-22:1	Jdgs 11:1-33	Heb 9:11-28; Jn 3:10-21	2 Thess 1-3
Balak	Balak (destroyer)	Num 22:2-25:9	Micah 5:6-6:8	Rom 11:25-32; 2 Ptr 2	1 Tim 1-6
Pinchas	Phineas	Num 25:10-29:40	1 Kgs 18:46-19:21	Jn 2:13-25	2 Tim 1-4
Matot*	Tribes	Num 30:1-32:42	Jer 1:1-2:3	Acts 9:1-22	Titus 1-3
Masei*	Journeys of	Num 33:1-36:13	Jer 2:4-28; Jer 4:1-2	James 4:1-12	Phile 1
Devarim	Words	Deut 1:1-3:22	Is 1:1-27	Acts 7:51-8:4	Heb 1-5
Va'etchanan	And I pleaded	Deut 3:23-7:11	Is 40:1-26	Mat 23:31-39	Heb 6-9
Eikev	As a result	Deut 7:12-11:25	Is 49:14-51:3	Heb 11:8-13	Heb 10-13
Re'eh	See!	Deut 11:26-16:17	Is 54:11-55:5	Jn 7:37-52	Jam 1-5
Shoftim	Judges	Deut 16:18-21:9	Is 51:12-52:12	Mat 3:1-17	1 Ptr 1-5
Ki Teizei	When you go out	Deut 21:10-25:19	Is 54:1-10	1 Cor 5:1-5	2 Ptr 1-3
Ki Tavo	When you enter	Deut 26:1-29:9	Is 60:1-22	Luk 24:44-53	1 Jn 1-5
Nitzavim	You are standing	Deut 29:10-30:20	Is 61:10-63:9	Jn 15:1-11	2 Jn 1-Jude 1
VaYelech	And he went	Deut 31:1-30	Hos 14:2-10	Rom 10:1-17	Rev 1-7
YAH'S	APPOINTMENTS	-----	SPECIAL READING		
Yom Teruah	Day of Blowing Shofars	Gen 21:1-34; Num 29:1-6	1 Sam 1:1-10	1 Thes 4:1-18	

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Women of the Bible

Tamar has always intrigued me. She wasn't out for her own revenge; she had a very calculated plan. She knew how the law of the land functioned and she was determined to use it, not for her own interests, but for what she knew she was promised, lawfully. Her boldness, courage, and tenacity were not the norm for women of her day. Tamar didn't use her indomitable characteristics selfishly; no, she had a greater calling, something beyond her own interests.

We know very little of Tamar's ancestry; not an important detail for the story. What we learn of Tamar first are her circumstances. She was married to Er, but his wickedness in the sight of Yahweh cut his life short. (Gen. 38:6-7) As the customs dictated, Tamar was then married to Onan, Er's younger brother. Onan knew that his seed wouldn't be his own. He decided to cut short the custom of raising seed in his brother's name. (Gen. 38:8-9) That didn't impress Yahweh either; Onan didn't get away with it. Tamar was widowed a second time. (Gen. 38:10) There are no definite time markers to let us know

how long everything took from her first marriage to her second widowhood, but we do know that Shelah, now the only one responsible to fulfill the marriage law, was too young for marriage. Judah promised Tamar his third son when he was grown, but we also learn that Judah may have been fearful of death overtaking his last son ("Lest peradventure...") and withheld him. (Gen. 38:11) Judah had broken his promise to his daughter-in-law Tamar.

Time passed and Tamar was well aware that Shelah was grown. She had waited in her father's house, perhaps for a handful of years. Shelah was not at fault, but Judah was. Tamar was determined that she would bear seed for this family. She knew enough of the customs to be able to wield it in her favor, but she didn't jump for the opportunity. Instead, she waited. (Gen. 38:11-12)

At this point in the account, we learn that Judah's wife had passed away, he grieved, and news reached Tamar that Judah left to go sheep shearing. She noted that Shelah had not been given to her in marriage. She took matters into her own hands because the promise made by Judah was broken. She dressed carefully like the harlots of her day, making sure that her identity was concealed completely. Slipping away to the



Credit: DOL Clip Art



location where Judah would be, she was already executing her plan. (Gen. 38:13-14)

Her Plan

The story unfolds with Judah not recognizing his daughter-in-law, placing him as an innocent participant in this dangerous game. He solicited her - with no idea of who she was - and she asked for something in return, her price. Judah offered a kid from the flock, but she wanted a pledge, like his signet and bracelets (Strong's H6617, twine), and staff. (Gen. 38:18) He agreed and gave them to her. Without realizing it, Judah had put her in a protected position. They met together and she returned home; it seemed as soon as he left, Tamar left. When he sent a kid by the hand of his friend, this "harlot" was nowhere to be found and the locals knew nothing of any such woman ever being there. Judah's friend returned frustrated, but Judah shrugged it off. Tamar had returned home and carefully changed back into her widow garments. She knew her cycle. She knew to wait for

things to happen. They did. (Gen. 38:15-23)

Three months passed and someone noticed that Tamar was pregnant. They saw the signs. Word got around and reached Judah as someone informed him that his daughter-in-law had played the harlot. Judah called for judgment. As far as he was concerned, she had broken the marriage covenant and the punishment was to be burned by fire. (Gen. 38:24) Tamar came prepared with the pledge to expose Judah's activities. She showed his bracelets and signet and staff, asking who they belonged to because that was the man who impregnated her. Now the tables turned fast. Judah immediately admitted that she was more righteous than he was. He acknowledged his bracelets, and signet, and staff, along with his broken promise about Shelah. (Gen. 38:24-26) Judah never slept with her again. (Gen. 38:26) Also note there is no mention of her being given to Shelah for marriage.

The next scene jumps to the delivery. Here we learn that Tamar had twins in her womb. It was hard labor



Credit: SJ Clip Art



(Women of the Bible continued)

and there was a struggle. The midwife tied a thread on one hand that reached out, but then the other baby was born. Tamar delivered twin boys. Pharez (Peretz) was named for the breach he caused by coming out first, since the midwife did not tie the thread around his hand. The chapter ends with the naming of the second twin boy, Zarah (Zerach), which means “rising of light” (Strong’s Hebrew 2226), the intended firstborn with the scarlet thread on his hand. (Gen. 38:27-30)

Tamar was well spoken of in two other mentions in Scripture, but it is always included that Judah was the father. (Ruth 4:12; 1 Chron. 2:4) Her son is included in the Messianic line (Peretz) which illustrates that Yahweh can bring good out of any “less-than-ideal situation.”

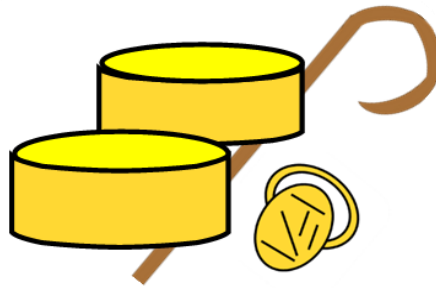
Taking a Closer Look

Wow. What a life to live. Tamar seems to always leave me in a daze. She had the audacity pulling something off like that, but it tells us something about her character. She was not only determined, but tenacious to follow through what she saw as rightfully hers. It dazzles me to think about it, but she didn’t do it her way; no, she did it and collected evidence to prove her point. There was no mention of revenge or venge-

ance; actually, there is no mention of her feelings, which may lend to the possibility that she was not driven by emotion. Her courageous actions and risks also prove that her intent was not without the awareness of the dangers of her choices. That didn’t stop her from moving forward, with her seeming helplessness and the odds insurmountably stacked against her; she knew that her choices would change the course of her life and affect everyone around her.

Deuteronomy 25:5-10 explains the custom and instruction similar to what Tamar exercised. Brothers who dwelt together (Strong’s H3427) had a duty. If a brother died and he was married but childless, it was his brother’s duty to marry his brother’s wife

and raise the firstborn as though it was his deceased brother’s child. In essence, he would lose the firstborn. In the case of Er and Onan, Onan did not want to fulfil the custom. If Tamar lived in a time after Deuteronomy was written, she would have had the right to bring the matter up to the elders (at the gate) and proclaim Onan’s refusal to raise Er’s name in Israel. (Deut. 25:7) Onan would have to be honest and admit his refusal. (Deut. 25:8) He would then be required to allow Tamar to remove his shoe and spit in his face for not building up his brother’s



Credit: DOL Clip Art



house. (Deut. 25:9) Onan would have then gone on to live in disgrace. (Deut. 25:10)

Tamar was also aware of the dangers of being caught pregnant without a husband. We learn of a similar situation in Leviticus 21:9. Daughters of the priests were especially kept pure, but if found to be polluting their bodies (Strong's H2490), the consequence of that was harsh, death by fire. In the case of a woman pregnant without a husband would have been enough evidence of polluting her body (no token of virginity) and to be stoned. (Deut. 22:21) In regards to Tamar, having the evidence of Judah's signet, and bracelets, and staff saved her life. Also, we must remember that Tamar lived in the pages of Genesis. Her tenacity demonstrated her motivation, goals, and protocol in a very daring course of action. Her choices changed her life!

Lessons to Learn from Tamar

1. *Waiting is the best first choice of action.* When we see an injustice occurring right before our eyes, the best thing we can do is to wait on Yahweh. Sometimes we don't see the larger picture; by waiting on Yahweh (and praying for understanding), we can act with clarity and not be driven by our emotions. It will also protect us from making unwise choices that are based on partial knowledge. Tamar didn't jump out of her father's house and rant and rave at Judah for delaying his promise of Shelah to



Credit: DOL Clip Art

her. She noted that the promise wasn't fulfilled and waited.

2. *Know the Scripture inside and out.* Bringing justice forward is not up to us. It's not about how we are going to get vindication, but how we choose to approach it. It's not about asserting our rights or the rights of others, but how to protect the integrity of everyone involved. Scripture dictates how to handle specific matters, protecting everyone's integrity. By knowing it inside and out, we learn that there is a specific protocol to follow. Tamar didn't hatch a brilliant plan, instead she challenged the customs of her settlement. She didn't assert her rights, but protected her integrity every step of the way.

3. *Document your actions.* In any dispute, evidence always speaks louder than hearsay (words only). Keep the evidence of your action to prove your intent; this is accountability. It proves that your choices and actions align with your intent. Tamar was about to do something drastic in order to secure her position in Judah's family. She ensured that she had evidence when the time came for her unveiling and exposure. In the end,



(Women of the Bible continued)

the evidence she held not only saved her life, but also exposed the broken promises to her.

4. *Use courage wisely.* Courage isn't the absence of fear; it is deciding that there is something more important than fear. True courage risks for the greater good; not our own, but everyone involved. To act with courage is to take others' best interests into consideration. Tamar's courage was revealed in the risks she took. She boldly went forward outside of tradi-

tional customs, not for her own benefit, but for her late husband's family's best interests.

Saige Jenkins



Credit: Terry Truskey

Bible Study

Oftentimes we hear a word and, without a definition, sometimes (speaking for myself, Vanessa) I'm totally unclear about the meaning of what I'm reading or what the person is trying to say. In my neck of the woods, people often use words without knowing their meaning. Sometimes the ignorance of the sentence comes off funny and sometimes it's just plain annoying. For this study, I want to clearly define diligence for you.

Diligence:

Careful and persistent work or effort.

Careful. That means we are paying attention to the matter, observing what we are doing with extra care,

handling a thing with kid gloves like we would a baby.

Persistent. Persistence happens when we have to get through or accomplish something often with difficulty. If the task at hand was easy there would be no need to be persistent. I believe Yahweh included persistence in our genetic makeup in order to overcome trials and life's hardships.

*"Keep your heart with all diligence,
for out of it spring the issues of
life." (Proverbs 4:23,
NKJV now and throughout.)*

In the book of Proverbs chapter 4, verse 23, we are taught to keep our heart with all diligence (Strong's H4929). We are to guard it carefully



and persistently and it's going to take some work. What kind of work? Well, if we look, the Hebrew word (listed under the Strong's Concordance as H4929) is *mishmar*. *Mishmar has the meaning of "custody, guard... --(c) that which is guarded. Prov. 4:23, 'keep thy heart [with all mishmar] above all the things which are to be guarded.'"* (Gesenius' Hebrew-Chaldee Lexicon) *Mishmar is a place of confinement, prison, guard, jail, guard post, watch, observance.* (<https://www.blueletterbible.org/lexicon/h4929/kjv/wlc/0-1/>).

Bible Hub describes Strong's H4929 further as:

In summary, [*mishmar*] is a multifaceted term that encompasses the ideas of guarding, keeping, and preserving, with applications ranging from physical security to spiritual vigilance. Its usage in the Hebrew Bible underscores the importance of diligence and responsibility in safeguarding what is valuable, whether it be material, moral, or spiritual.

Usage: The word [*mishmar*] appears in various contexts within the Hebrew Bible, often relating to the act of guarding or keeping watch. It can refer to a physical guard or watchman, a place of confinement, or the act of keeping something safe. It is used in both literal and figurative senses. (<https://biblehub.com/>

[hebrew/4929.htm](https://www.blueletterbible.org/lexicon/h4929/kjv/wlc/0-1/))

Then there's Proverbs 12:27. *"The lazy man does not roast what he took in hunting, but diligence is man's precious possession."* (Prov. 12:27)

Proverbs chapter 12 verse 27 (Strong's H2742) tells us the precious possession of a person is diligence. (Interestingly, the root word [kharats', H2782] means "to cut into, to sharpen" in Gesenius' Hebrew-Chaldee Lexicon). Strong's usage in this proverb lists kharuts as an adjective (sharp-pointed, sharp, diligent) and as a noun (strict decision...). Kharuts is detailed attention, like sharp-pointed precision, with strict decision, pinpointed. (<https://www.blueletterbible.org/lexicon/h2742/nkjv/wlc/0-1/>)

Bible Hub also points out:

Usage: The word [*kharuts*] appears in various contexts within the Hebrew Bible, illustrating its diverse meanings. It is used to describe physical objects like gold and threshing instruments, as well as abstract concepts such as **determination and eagerness**. (Emphasis added.)

That's specific, but my (Saige) question is, how do we apply that in our modern lives?

When I (Vanessa) was starting the company that Yahweh put me in charge of, I had no option but to continue carefully and persistently. The



(Bible Study continued)

trucking industry would swallow a girl whole if I hadn't. I was only 29! Every day a new challenge was presented. My days were full of challenges like nearly daily breakdowns, insurance claims, injuries from accidents, drivers having all-out meltdowns from infidelity, depression, loneliness; add to that employee problems - just to name a few. In the business world, diligence is a must-have, a requirement to stay abreast and afloat.

Yesterday I was pondering what it takes to be diligent and follow Yahweh and keep His Torah. I hope it is a different experience for you with your family but for me, I have been told (not to my face) that I'm part of a cult and the most recent attack happened with a close family member visiting while prepping for Unleavened Bread. I was told that "it's borderline absurdity." That hurt. I'm obeying the instructions my Father left me to the best of my ability and

the people I love and trust the most are the cruelest about my faith. Of course, they have to be the family members I've done the most for. In this life we will have trials, tribulations, and struggles, there's no doubt about it. As long as we move forward with diligence, we'll succeed.

Be diligent and serve Yahweh with purpose.

Vanessa and Saige



Photo Credit: Sariah Fleurjuste

Natural Remedies

Hello ladies!

This day finds me joyful that another magazine is underway (at this time of writing)! Each issue excites me, knowing I'll learn something valuable from our writers. I believe that continuing to educate ourselves is important not only in the

Scriptures, but also in life. There's so much to learn. Many things that Yah created are great for our bodies and we need to know about them. On the contrary, so many newly-developed, man-made products are seriously harmful to us. You'll find those harmful substances to be the norm



nowadays and abundant everywhere you look. Our society has made many fateful turns. On a personal note, I tend to gravitate towards them... French fries, cheeseburgers, fried foods. Oh my! So good, but soooo bad! A former busy lifestyle caused me to make very poor decisions. I'm learning to navigate towards celery and beef, and get rid of the fast-food lifestyle I was formerly accustomed to. Knowledge has helped me to make these changes. They are necessary. I am so grateful for all of the contributions the Daughters of Light make. I'm sure you are too.

Now that homeopathic remedies are making a comeback in our society, I hope you'll take the time to learn a few important remedies for your household. Your individual needs are likely going to be different from mine. In my household we are clumsy! We need remedies for cuts, scrapes, and burns. Your needs may be different. Perhaps poison ivy or food poisoning are often present. Even more serious things, like respiratory infections, headaches, earaches, and hair loss can be present. Whatever you are facing, there's likely a remedy, an herb, or a natural antibiotic to combat that malady you are facing. Feel free to ask if you need suggestions.



Credit: [Walmart.com](https://www.walmart.com)

Remedies can be easily purchased online. Not to panic, they're usually very inexpensive and arrive quickly. I do recommend having a plethora on hand (as you can afford to do so). Never would I recommend deviating from your budget. We are called to be diligent with our finances, however, I find remedies to be necessary and not wasteful spending. They don't expire like over-the-counter (OTC) drugs. If you're not sure where to buy them (they can be harder to find in stores), Hahnemann Labs is a pharmacy you can order from. (The web address is [hahnemannlabs.com](https://www.hahnemannlabs.com)) They are more expensive than other pharmacies and Amazon – but remember – this is something that goes into your body. Quality is important!

I want to introduce you to Aconite today if you're unfamiliar with it or remind you of it if you are. Aconite pulled me out of a jam once. Last year around Thanksgiving I was going on my usual trip to the mountains. To my surprise, while loading the car (I travel with way too much stuff, loading the car is a chore), I discovered it was a very warm day, 68°. I didn't need a jacket (didn't bring one). Soon afterwards, I needed fuel and stopped in Knoxville, TN and I was met with a very cool breeze. Too cold for me! The wind went straight to my bones. I was chilled by the



(Natural Remedies continued)

wind. That symptom is a big deal for Aconite. In those few exposed minutes, I caught a cold. I didn't have my remedy kit with me and waited until I got home to have Aconite handy. Once I did, I took one dose of 30c (that is a common dose for acute conditions), then four hours later I took a second dose and, voilà! all better... no joke. The stuffy, the yucky, the mucky was GONE! I love remedies. I could have fought for days or weeks with Sudafed, NyQuil, DayQuil, Mucinex, etc.; even antibiotics or (heaven forbid) steroids, which commonly used to be the case for me. It wasn't un-



Credit: amongseeds.com

common for me to be prescribed many rounds to clear up an infection. I was sick a LOT. Turns out my body just needed to be purged of the pharmaceutical garbage I was feeding it.

The first thing you might do is a search on Aconite. It is a poisonous flower. It is also a beautiful flower. Many remedies are made of poisonous and sometimes unclean

things. Use caution when putting anything in your body, even a remedy.

Best of love to all of you. May your days flourish and Yah gift you with kindness.

Vanessa

Essential Oils

On this walk through the Word, I have gathered a list of plants and herbs that YAH has given us to heal ourselves with. Most are seen today as essential oils, herbs/spices, and extracts. It is definitely not an exhaustive list of all that can be found. I have thoroughly enjoyed this study and would love to hear from you all with any that you find in your walk.

Eze. 47:12, "And by the bank of the stream, on both sides, grow all

kinds of trees used for food, whose leaves do not wither and fruit do not fail. They bear fruit every new moon, because their water flows from the set-apart place. And their fruit shall be food, and their leaves for healing." (TS2009, now and throughout.)

Heb. 6:7, "For ground that is drinking the rain often falling on it, and is bearing plants for those by whom it is tilled, receives blessing from Elohim,"



Mark 6:13, “And they were casting out many demons, and they were anointing with oil many who were sick, and they were healing them.”

ALMOND OIL

Genesis 43:11; Exod. 25:33, etc.

ALOES (Sandalwood)

John 19:39; Psalm 45:8; Prov. 7:17

ANISE (Bitter herbs)

Matt. 23:23; Exod. 12:8; Num. 9:11.
(Bitter herbs include lettuce, homebound, horseradish, mint, endive, parsley, chicory, coriander, watercress, dandelion, and tansy.)

BALM OF GILEAD (Includes senna and cassia)

Ezekiel 27:17; Genesis 37:25, etc.

BDELLIUM, FRAGRANT GUM

Genesis 2:12.

BROOM OR JUNIPER

Job 30:4

CALAMUS (SWEET CANE POSSIBLY LEMONGRASS)

Exod. 20:23; Ezekiel 27:19

CAPER BERRY

Ecclesiastes 12:5

CASSIA

Exod. 30:20-25

CEDAR WOOD (BALSAMIC)

Isaiah 41:19



Credit: DOL Photography

CINNAMON (Senna)

Exod. 30:23, Song of Solomon 4:14

CITRON OIL

Song of Solomon 2:3; Rev. 18:12

CORIANDER

Exod. 16:31

CUMIN

Isaiah 28:25, 27

FRANKINCENSE

Exod. 30:34; Matt. 2:10, 11



Credit: DOL Photography

GALL (Galbanum)

Exod. 30:34; Matt. 27:32, 34; Lam. 3:19; Psalm 69:21

GARLIC

Num. 11:5

GOURD/CASTOR BEAN PLANT

Jonah 4:6

GREEN BAY TREE OIL

Psalm 37:35, 36

HEMLOCK

Hosea 10:2-4

HENNA (POSSIBLE CAMPHIRE)

Song of Solomon 4:13

HYSSOP

John 19:29; Psalm 51:7

JERSALEM WILLOW

Leviticus 23:40



(Essential Oils continued)

MALLOW
Job 30:4

MELON (Cucumber/Watermelon)
Num. 11:5

MINT
Exod. 12:8;
Luke 11:42

MUSTARD
Matt. 13:31;
Luke 17:5;
Mark 4:30-32



Credit: DOL Photography

MYRRH—
Old Testament
(*clstuscretlcus*)
Genesis 43:11; Esther 2:12

MYRRH—New Testament
(*commiphoramyrha*)
Matt. 2:11; John 19:39, 40

MYRTLE TREE OIL
Ezekiel 47:12

OIL TREE, (Oleaster, Wild Olive Tree)
Isaiah 41:18-20

OLIVE OIL
Exod. 27:20; Micah 6:15; Psalm 23:5

ONYCHA, also known as benzoin
Exod. 30:34-36

ROSE OF SHARON OIL
Song of Solomon 2:1; Isaiah 35:1-2

RUE
Luke 11:42

SAFFRON
Song of Solomon 4:14

SPIKENARD
Mark 14:3; Song of Solomon 1:12

STACTE/STORAX
Exod. 30:34

WORMWOOD OIL
Lamentations 3:15, 19

Psalm 23:5, “You spread before me a table in the face of my enemies; You have anointed my head with oil; My cup runs over.”

Angela Koehn



Credit: DOL Photography



Embracing the Bounty of Foraging

Herbs

There is something sacred about the summer garden. Each morning, as the sun stretches across the fields and the birds lift their songs to the heavens, we step into a space that is more than just soil and seeds — it is a testimony to our Father's endless provision and care.

In this season of warmth and growth, our gardens become a true one-stop shop for health and healing. Right outside our door, we can gather the very herbs that support our bodies, lift our spirits, and soothe the little bumps and bruises of daily life.

What a wonder that the Creator, in His perfect wisdom, tucked such treasures into the plants that spring from the earth!

Here are just a few simple, powerful herbs you can grow in your garden this summer:

Spearmint — A bright, cooling herb, perfect for teas that refresh the body

and lift a weary spirit.

Jewelweed — Known as the "touch-me-not," this vibrant plant is a first-aid staple for poison ivy, bug bites, and skin irritations.



Credit: DOL Photography

Calendula — Sunny orange blossoms that soothe inflamed skin and support gentle healing.

Yarrow — A faithful ally for cuts, scrapes, and even sunburns, slowing bleeding and easing discomfort.

Chamomile — Little daisy-like flowers that calm anxious hearts and settle restless bodies.

Basil — Not just for your kitchen! Basil strengthens the immune system and helps the body recover from heat stress.

Lemon Balm — A lemony-sweet herb that lifts the mood, cools the body, and invites peaceful sleep.

Each of these herbs can be



(Embracing the Bounty of Foraging Herbs continued)

harvested, dried, infused into oils, brewed into teas, or made into simple remedies that bless our homes and families. Drying or freeze-drying the herbs first preserves their potency, removes water content that could spoil an oil infusion, and concentrates the Father's healing gifts into their purest form.

And it's not just the herbs themselves — simply being in the sun, tending the soil with our hands, and walking among growing things is its own form of healing.

The sunlight helps our bodies produce vitamin D, strengthening bones and immunity.

The act of working with the soil has been shown to lift mood and even fight depression — some scientists call it "earthing," but we know it is simply walking the ancient paths our ancestors knew well.

Spiritually, the garden reminds us of Eden — the first home our Father

gave humanity — and invites us back into the simplicity of daily fellowship with Him.

When we pause to notice the beauty of it all — the mint reaching toward the sky, the bees buzzing over the calendula, the scent of crushed chamomile between our fingers — our hearts naturally swell with gratitude.

How amazing is our Elohim, who thought of every need we would ever have, even before we could ask?

Cooling Summer Spearmint Tea

This simple tea is one of our favorites during the heat of the day. Spearmint not only tastes refreshing, but it also naturally cools the body from the inside out.

Ingredients:

1 heaping handful of fresh spearmint leaves (or 2 tablespoons dried)

1 quart boiling water

Optional: a few slices of lemon, or a touch of raw honey

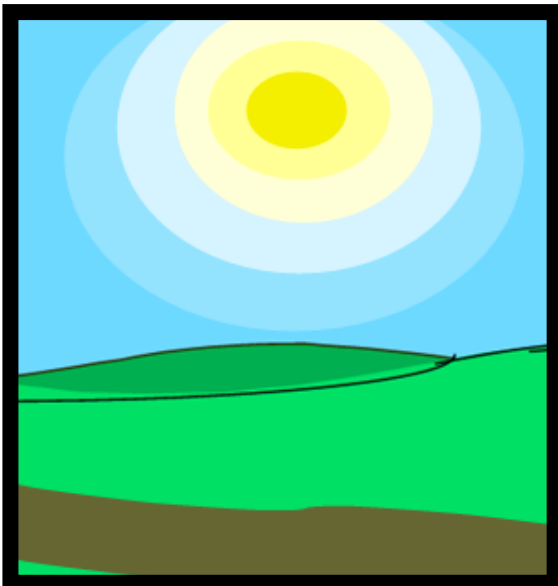
Instructions:

Place the spearmint leaves in a heatproof jar or pitcher.

Pour boiling water over the leaves and cover.

Steep for about 15 minutes for a light tea, or longer for a stronger flavor.

Strain and chill in the refrigerator. Serve over ice, and add lemon or honey if desired.



Credit: DOL Clip Art



Sip slowly and feel the refreshment from head to toe! Perfect after a long day working under the summer sun.

Extra-Strength Jewelweed Healing Salve

For those summer days when bug bites, poison ivy, or little scratches find us, this richly nourishing salve offers fast, powerful relief.

Made with tallow and castor oil — both ancient remedies in their own right — this salve soaks deep into the skin, pulling in the healing compounds of the herbs and restoring the body the way our ancestors would have.

Ingredients:

1 cup freeze-dried jewelweed (chopped)

½ cup freeze-dried plantain leaves

½ cup freeze-dried calendula flowers

(Optional) ½ cup freeze-dried yarrow leaves and flowers for extra healing

1 cup rendered grass-fed tallow

½ cup cold-pressed castor oil

2 tablespoons beeswax (optional, for firmness)

15 drops lavender essential oil (optional)

10 drops tea tree essential oil (optional)

Instructions:

Gently melt the tallow in a double

boiler.

Stir in the castor oil and herbs, keeping the heat low (about 100–110°F).

Let the herbs infuse for 3–4 hours, stirring occasionally.

Strain through a cheesecloth, pressing out every drop.

Return the infused oil to the pan, adding beeswax if desired, and stir until melted.

Remove from heat and stir in essential oils.

Pour into tins or jars and allow to cool completely.

Apply this balm to any itchy, irritated, or rash-prone skin. It is a beautiful, powerful testimony of the healing gifts our Father has hidden in plain sight.

Every time we reach for a cooling tea, a healing salve, or a handful of fragrant herbs from the garden, we are reminded: our Father loves us. He provides for us. He is faithful in every season.

May we walk humbly in that gratitude, rejoicing in the goodness He has placed right at our fingertips.

Blessings and shalom,

Alisa Bridges



Credit: DOL Photography





Plants for the Service of Men

Col. 1:16, *“For by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether [they be] thrones, or dominions, or principalities, or powers: all things were created by him, and for him.”* (KJV)

Shalom Sisters!

This month’s article is going to be a little different than my previous articles. Typically I break down the components of the medicinal properties of the plants Yah has gifted us with for our healing, but I wanted to go deeper in that process this volume. Going deeper into the fullness of the plants that we use, not only for medicinal purposes but also for our food, and other means.

You see it’s a process to break down the plants to its molecular level and give each benefit from each component that makes it up, whether it be an expectorant (loosens and expels), an astringent (causes constriction to reduce discharge) or a demulcent (produces mucus to coat and soothe tissue) as well as many others; each plant has a property, most have multiple properties to help us in so many different ways.



Credit: DOL Photography

In this article, I want to get to the bottom of those properties: where do they stem from, why do they help us, (whether we are making tea, making a stir fry, or using the hardness of a tree's trunk to make a hunting bow). I want to delve into why they are so helpful. The answer (though quite simple) may be seen by most as a complexity in so many different ways.

In the beginning Yah created the heavens and the earth; He spoke everything into existence. This includes the plants that currently serve us in our everyday life. Since He has spoken them into existence, they are as everything else is, a part of His Word. As His Spirit hovered over the earth, He commanded each plant to grow in the likeness of the other, He gave each plant its properties to flourish and support us in every way we may need. From partaking of them for food, to cover man’s nakedness (after Adam and Eve chose to partake of the tree of the knowledge of good and evil), He has set all things in place for them to fulfill their designed purpose.

With that understanding, you’d think all things would stop there, right? Their designed purpose would

work accordingly in the way the Creator spoke them, the moment they sprouted from the ground. For example, we know that if we have a bug bite, we can reach out for plantain and use it to soothe the affected area, possibly drawing out the venom of the insect or animal, if present. If we are hungry we can go in the kitchen, whip up some salad, maybe grab a banana and receive the nutrients we need to give us energy for a couple of hours, like possibly bake some bread from our wheat field, feel full and fulfilled. But in an everyday sense, for every situation, does that always work?

I don't know about you all, but there are plenty of times where I have grabbed something to eat and as much as I thought it would satisfy me, it seemed that I was still hungry for something. I've grabbed a balm (healing ointment) and it seemed like it just wasn't working the way it should. There are countless times that though the plant has the ability to fulfill its task in our life, for some reason, it doesn't seem to measure up to what we know it is supposed to do; and the question is: Why is that?

We can find the answer scattered throughout Scripture; verses like, "Man can not live off of bread alone, but every Word that proceeds out of the mouth of Elohim." *Deut. 8:3; Matt. 4:4; Luke 4:4*) What about the scriptures in *2 Chron.*

16:12? The king sought after so many physicians, yet he still couldn't receive the healing. I can assume, here, that the physicians were using the salves, balms, and tinctures that would address the health issues he was having. Yet, they did not give way to their healing properties that we know Yah has put in them from the beginning.

That same scripture as well as other scriptures tell us why, whether it is Egypt being sent the balms and medicines to no avail, or Daniel eating plants to receive the full benefits, giving him and his friends strength and fullness unlike any meat could accomplish at that time in Babylon. What was the difference between the men eating meat and Daniel and his friends eating legumes? What is the difference that ties all the earlier scenarios together? Those other captives did not seek Yah; Asa did not seek Yah; and Egypt was not in the good graces of Him. Ultimately, where do these plants that serve us receive the ability to serve us? They receive it through Yah's permission. What does that mean for us?

So many times we go to what we know. We have a problem; we look for a solution. We are sick; we go to what we believe our bodies need for sickness. We are hungry; we immediately grab something to eat. Often times we forget that we have a Creator who has



Credit: DOL Photography

A Light In The Darkness

(Plants for the Service of Men continued)

made provision for us. We get so used to what He has provided for us in the physical that we automatically go to what is readily available, missing out on the spiritual growth we can be receiving from Him by going to Him for everything, by asking Him permission before doing anything. The times we are hungry and insatiable, He may be wanting us to fast for something or someone, to take that day to dedicate to Him. The moment we are sick, we could ask Him for His healing, knowing He is the Great Physician, or we could ask Him for direction on where we should go to receive the healing. Maybe the typical plant that we would use won't be as effective this time, or the plant may not need to service us at all because He can show us His miraculous power of healing.

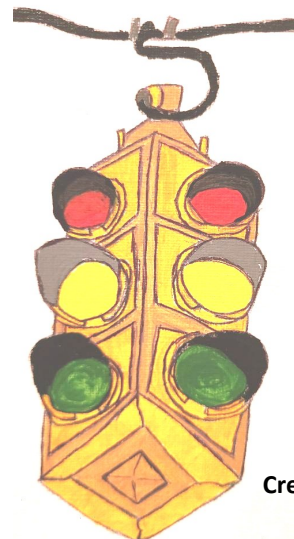
I wanted to take this time to offer up a reflection that we can possibly do together. When we are being serviced by these plants, are we recognizing it is only through His permission that these plants have their properties? Do the doctors have their knowledge? Are we seeking Him before we are seeking any remedy?

Yah has blessed us with an abundance of resources and help here on this earth, but nothing can compare to His Spirit, His guidance, and His direction. That is what sets us apart from the witches and warlocks; it sets us apart from these "new age" practices. We recognize that all

things stem from His Spirit. So, as these plants serve us in so many ways, let's seek out His will first, to give thanks to Him because just as He allows them to give us our nourishment, healing, and (in Adam and Eve's case) covering. He may have something else in store for us and we don't want to be like king Asa, or be in disobedience by not fasting. (A lot of times He prepares us to fast and we don't yield to His voice.) Plants are made to be in service for men, but it is only through Yah's Will that they yield their benefits to us.

I pray this allows you to see the importance of seeking Elohim in all areas of your life, whether it be for healing, food, or labor, serve Him by seeking Him on how He can help you. He wants all of you, and He wants all the glory in everything we do, for He knows all, He does all, and He is the reason all things work together for our good!

Yahweh Bless
Sister Jona



Credit: Saige Jenkins



Featured Article

Tim 3:16-17, “All Scripture is inspired by Elohim and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of Elohim may be equipped for every good work!” (NKJV now and throughout.)

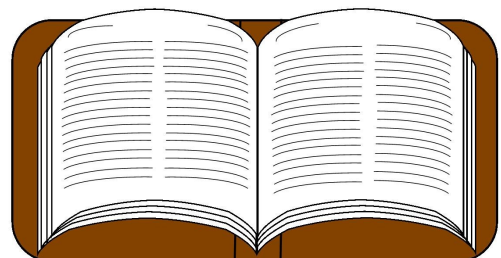
Shalom Sisters!!

I find it fascinating that I am writing this article during Passover and the Feast of Unleavened Bread, because everything that this feast represents is what Yah has been showing me throughout my research of the following topic. It took me some extensive research — I am talking about months of articles, and bible study, and then even after the research, I still could not sit down and make this article. I kept praying that Yah would give me the words to say and that He would lead my fingers so I could get my words and research down on paper; after countless phone calls, check-ins, and conversations with other sisters, I still had not been receiving the direction I wanted to take to start this. Then, all of a sudden, He finally pressed upon me to write. Although I find it fascinating, I know that *Yah’s thoughts are higher than my thoughts and His ways are higher than my ways* (Isa. 55:9), so there must have been a reason for Him to have me tarry so

long.

Our theme this issue is *one-stop shop*, which I find so fitting with the Scripture that He imparted on my heart. If we believe Elohim inspires all Scriptures, then we must trust everything He says within His Scriptures, even when we don’t understand it. In a world full of different options and solutions available to us for our living, our job is to go to the Scriptures, pray, and seek Him for His will in every situation. In some situations, such as: Shall I get a job here?, or Should I move?, you have to really listen for His Spirit to impart wisdom on you, or wait for Him to send another person whose spirit is tested for Him to give you an answer. Yet, when it comes to righteousness and purity, He blessed us with His Word to be our final authority; one thing we know is He has set things in place for a reason, even if we are unaware of His reasoning. He has created us; He knows what is best for us, for our bodies, and for our families.

The question that was laid at my feet to research was, “In an emergen-



Credit: DOL Clip Art



(Featured Article continued)

cy, or during an illness, should we be permitted to use remedies that include unclean animals — if the animal is so diluted that it can no longer be traced by the naked eye, diluted down to what is called an *essence*?”

I am going to break down how I came to the answer to this question below; however, I want to make you aware that it will contain scientific terms and formulas. I thoroughly enjoyed this process and taking the time through prayer and studying His Word to get His full understanding. I will tell you now, before going through the full process, that the ultimate decision was Him reminding me that a little leavening will leaven the whole lump and that no action that we make should stem from fear, or from having tribulations.

He reminded me that nothing should come before His Word and His Law, and He also comforted me that in a time where tribulation may result in death, we must have a mindset of hope and faith in Him that He will get us through it as He did Daniel in the lion's den. He will present a means to overcome that will not contradict His word, or if we do succumb to the illness, we should remember that our time here is temporary and it is His timing when we shall take our last breath.

He reminded me that He is the au-

thor and finisher of our story, and we are not to take matters into our own hands using methods that are restricted by Him. *Whoever desires to save his life will lose it, but whoever loses his life for His sake shall find it.* (Matt. 10:39) This earth is not the end of our stories. In all we do, we must remember that because we are

His, the end of this life is not final; we have eternal life with Him. This was an eye-opening moment for me, not just related to this question, but it reminded me to have this mindset continually. When trials and tribulations come, I still must look to His word for guidance.

This study prompted me to think of choices I may have to make, and being

that I am a mother I sometimes can make cloudy judgements. I began to think about me leaving my children without a mother to help shape and mold them. I thought about my husband being a widower – even the thought of him taking care of the kids alone puts fear in me with the thought of leaving this earth. I was racking my brain asking, who will homeschool, who will help my husband with the house chores? I was reminded by His Spirit, that although Yah has currently blessed me with these tasks, they are not actually in my control. I must realize that the



Credit: Ps. 115:1*

*Artist prefers to use Scripture reference as credit.



steps of a man are established by Yah and know that He is a provider, a comforter, He is the Great I AM. His Word says whoever loves their family more than Him is not worthy of Him. Willingly disobeying His command to appease ourselves or our family is considered loving them and ourselves more than loving Him because He says if you love Me you shall keep My commandments. This was a lot of meat I had to chew on as I evaluated every thought.

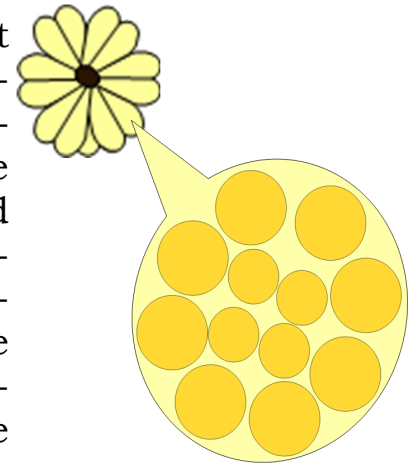
We must trust Him through the good and the bad and trust that His Word is true. We must know He has a reason and a purpose for everything He has set in order. So, as I chewed on that meat, I had to realize there were areas in my life I needed to remove some leavening, and trust that He is who He says He is. With that understanding the Spirit answered the question loud and clear. You shall not eat any unclean thing.

Being the merciful, loving Elohim He is, He allowed me to see through research just how dangerous it can be to partake in just a little, or what many call an *essence*, of something unclean and He helped me by first giving me an understanding of the definition of an essence. The inventor of homeopathy Samuel Hahnemann describes the essence of the substance as something that, although it is no longer perceptible by the senses, it is remembered by the solution it is dissolved in (what they call potentization). This sparked me to

search for what causes the solution to remember the substance and what is potentization? Potentization is the process of diluting a substance by forcefully shaking it until it breaks down into tiny particles.

The smaller the particles, the stronger the properties of the substance will get; for example 6X vs 30C. The 6X would be less potent because it is less diluted than the 30C, meaning the 6X particles are larger than the 30C particles. This in turn results in them not going as deep in the body. This process is used in homeopathy treatments, resulting in the belief that less is more. In other words, the smaller the particles are broken down, the more properties of the substance you will receive, along with the substance covering a greater area of the body due to them now becoming nanoparticles, making the substance more potent.

Nanoparticles are something that truly spark my interest. The way they work is astounding, it is the nanoparticles that leave the essence of the substance. These nanoparticles, being microscopic, get their potency from being able to penetrate the body of the cell, creating a faster release of their benefits to



Credit: SS Clip Art

(Featured Article continued)

to the body. This is why methods like homeopathic treatments work so quickly. The downside is that not only do the beneficial properties penetrate the cell, but the harmful properties penetrate as well, so we know that if the substance we are taking is unclean, we are getting the harmful properties of the substance Yah is trying to protect us from at a faster more potent rate, allowing that substance the availability to pass through even the DNA cellular wall.

The question you may be asking is, how do we know it has nanoparticles? Well, it is difficult to find them with substances like plants or animals, but Dr. Chikramane and his colleagues decided to do the potentization method on different metals, and the results concluded that even at dilutions of 200C, they were still able to identify (with special technology) the original materials in a nanoparticle form.

I really must emphasize, although we may not know why Yah has made certain laws and commands, it is important for us not to question what He has set in place. Science has not caught up, and I will assume it will never catch up to everything that Yah knows related to what is beneficial or harmful for our bodies. So we must do the only thing we know how to do as children of The Most High. We must allow His Word to remain superior and no matter what form something may come in — even if it

looks beneficial, no matter what we may go through and no matter how we may feel — we must lean on and trust in His Word, His Truth, and His commandments. I pray this has been as informative to you and your walk as it has been for me. I continue to remember to be anxious for nothing. Through prayer and supplications we bring our request unto the Most High and His peace that surpasses all understanding will guard our hearts and our minds through Yahushua Ha'Mashiach who is His Word made flesh.

Be Encouraged, Your Sister in
Messiah
Jona



Credit: Jamie Graham



Sister Spotlight

My name is Lisa. I am a single homeschooling mom to six children; one is grown and five are still at home. Here's a little bit about me before I came into my understanding about Torah. I was raised a Roman Catholic and walked away from all religion at the age of 16. I also moved away from home and started my life as a young adult. As life would have it, I got pregnant at a young age and had my oldest son when I was 22 and it truly changed everything for me. Motherhood was a joy, and I went from not wanting to have children to knowing that I wanted to have many! At that time in my life, I was agnostic. I didn't deny the existence of God, but I didn't acknowledge or teach His existence to my child either. This was in large part because I walked away from Catholicism, seeing all the errors and things that seemed contradictory to the Bible itself.

When my son was three, I met someone (a coworker), who was not exactly Torah as we keep Torah now, but he did keep the Sabbath and all of the Old Testament laws as we do. That was my first introduction to the

truth.

As we spent more time together, and I debated his beliefs with my agnostic view of religion and life in general, the Father was working in my life. I remember reading a book (I'll remember it forever), it

was called *The Case for Christ*, by Lee Strobel. As it was for me, the living proof that I needed that Christ/Yeshua walked on the earth, died, was buried and rose again. I was convicted to find the Bible that I still, had buried in my things from my youth and begin to read it again.

We eventually married and began the journey of

life together. This (in turn) led me to spend more than a decade involved with a church that had some core foundational beliefs and understandings that were correct, but now that I can look at it in hindsight, I can see what it truly was: a cult. I walked away from that many, many years ago. I truly believe it destroyed my ex-husband's faith as well. I was in such a spiritually lonely place for so many years, still to this day, I am thankful to the Father daily for bringing me to Missouri with so



Credit: Lisa Smythe



(Sister Spotlight continued)

many like-minded and loving believers.

I don't know that I have any unique perspectives in observing the Torah that are much different from anyone else. We prepare for the Sabbath by doing our deep cleaning for the week. I prepare meals the best I can so that my cooking is minimal or nonexistent on Shabbat. We love observing and celebrating the holy days and learning about Yahweh's plan for us.

I do cover [my head] full-time and have for many years now. I don't believe it's salvation at all, but I personally feel called to cover and I am rarely seen outside my home not in a dress. I feel like, as a woman, it's my glory to the Father to be as feminine as possible, given the current state of the world and my potential influence and example to nonbelievers.

Most of the challenges I face are simply because I'm a single mom. Not having a father-figure in the house is hard, especially with so many boys! Male leadership is such an important role in the family and godly leadership is so important for our young men. I strive to keep them in a community and surrounded with believers of mothers and fathers who are strong in their



Credit: Ps. 115:1*

faith and can be a solid example in their lives.

Yahweh has proven himself to me time and time again by showing up in our times of great need, moving us safely across the country when I barely knew where I was going and always providing a place for us to live.

My encouragement to you would simply be this: trusting in the Father is the greatest thing you can ever have. Praise Him and your hardest moments will bring you the very most comfort and joy. Don't be afraid to learn new things and listen closely to the Father's calling for your life because it may be when (and where) you least expect it that you could be the servant that Yeshua needs you to be.

Lisa Smythe

Facebook:

<https://www.facebook.com/share/15snLASCQU/?mibextid=wwXlfr>

Hearth and Harvest Homesteading
YouTube:

<https://youtube.com/@hearthandharvesthomestead?si=XNaP-ZM4C-yG-poO>

TikTok:

https://www.tiktok.com/@the_simple_faithful_life?t=ZT-8wMGwMxN9kh&r=1

*Artist prefers to use Scripture reference as credit.



Along Life's Journey



Credit: DOL Photography

Life's road has led me to many cross-roads; many times I have made choices that took me away from my Father in heaven and left me wanting, at times, writhing in agony.

I am working to enact a new perspective in my life. For each task and desire, I am asking Yahweh to reveal how and if it serves Him. My desire is to serve Yah and His people with everything I do and have. I desire to have Yah as my ONE STOP SHOP!

Yah has shown me that even small, mundane tasks and objects have parallels within His word. The following list is an example of those parallels, illustrated through the parts of a vehicle:

Key = Call of Yah

Door = Seek

Seat = Shema'/Hear

Brake = Word

Ignition = Confess/Submit



Credit: DOL Clip Art

Turning key = Repent

Battery = Hope

Spark plug = Faith

Motor = Yahweh

Oil = Prayer

Oil filter = Truth

Fuel = Studying

Fuel filter = Discernment

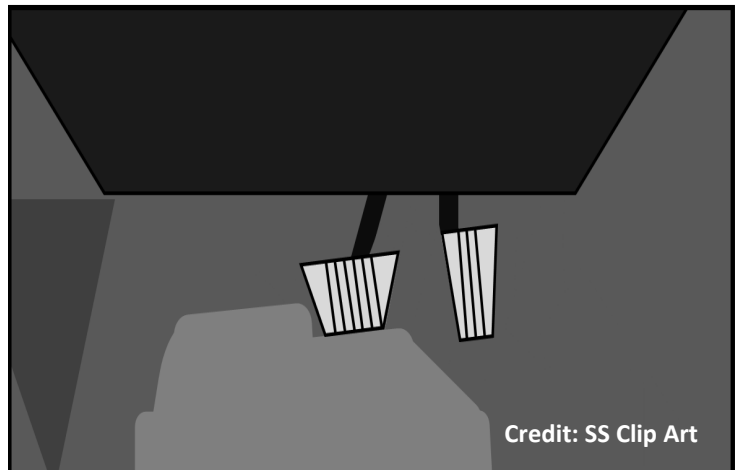
Alternator = Yahushua's example

Transmission = Walk

Fluid = Love

Steering Wheel = Torah

Horn = Warnings



Credit: SS Clip Art



A Light In The Darkness

(Along Life's Journey continued)



Credit: SS Clip Art

Gears = P: Pray
D: Disciple
N: kNeel
R: Rejoice
1: Work
2: Serve

Foot feed = Scripture

Exhaust = Seeds of Truth

Wheels = Wisdom, Tongues, Healing, Knowledge

Windshield = Spirit

Radio = Sing/Praise

Wipers = Washing Away Falsehood

4WD = Fellowship

Headlights = Way

Spare = Prophecy

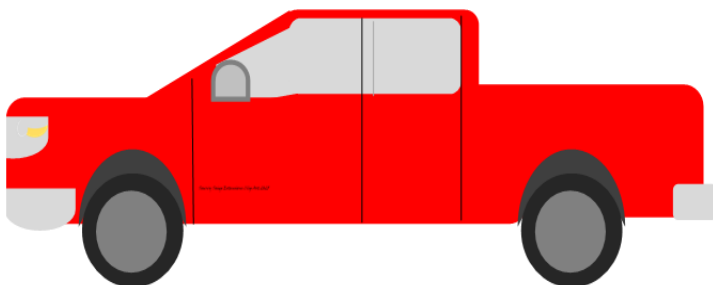
Blinker = Leading Others in the Way

Jumper Cables = Miracles

Bugs = Traditions of Man

Rocks = Temptations

Chips = Willful Sin



Credit: SS Clip Art

Keleah Gonne



Understanding Me

The Power of Change

Wouldn't it be nice to have the power to change others? Is it possible to even dream that? Would you believe me that it is possible? I didn't believe that at first. I didn't think it was possible until one day I thought I would try it out. The power of change is possible when we do it Yah's way.

Backstory

As a family in full-time ministry, the seven of us lived in the same motorhome. It was the top of the line for 1987, a Superchief (Winnebago). We didn't start out that way. We started with a fifteen-passenger van for seventeen months on the road. Thank-



Credit: Saige Jenkins

fully Yahweh blessed us with 7 months of staying in houses (a night here, two nights there, even a month). Then a couple blessed us with a 1976 GMC Class C



Credit: Saige Jenkins

motorhome. We were ecstatic! We had our own kitchen and bathroom.

A year later, the faithful motorhome was starting to fall apart, literally. A wall started to separate. We worked for our next motorhome as subcontractors (early 2000s) and together we made enough for the Winnebago,



Credit: Saige Jenkins

Class A. It felt like we were moving up in life. We had central vacuuming, two air conditioners, an ice maker, lights in the corner cabinet, and even a tiny hallway. What an upgrade!

Poor Sibling Relationship

It was in this motorhome (after our eldest sister got married) that I realized my relationship with the youngest, our brother, was not the best (actually, it was almost non-existent). I wanted to have a better relationship, but he wasn't all that interested in it. Maybe it was the age gap – after all, I was almost a decade older than him. I started to observe and reluctantly found my answer: I wasn't investing in him. Not only that, but I



(Understanding Me continued)

was criticizing him a lot. A LOT. Who wants to be around someone like that?

Seeking Yah's Wisdom

Bringing it to prayer and asking Yahweh for the wisdom on how to approach this self-created problem I had, I learned that I could make a huge change in his life. This was more than just asking his forgiveness for the way I acted, but it started there. Yet, I wanted to be sure that it worked, so I decided to do an experiment with what Yahweh showed me.

Observation

As I started to observe him, quietly, I noticed that he would be sitting on the couch and I would sit down beside him (because that was the available spot for me) and he would almost immediately get up and walk away. My wide eyes must have snitched about my shock because he turned around and said, "It's not you, I just have to --."

Yeah, right. I doubted that. It happened too frequently. When our sis-

ter sat beside him (the next youngest), he engaged in conversation like they were best friends. My hopes slumped every time. I really wanted to have a meaningful relationship with him, but it looked hopeless. I guess that's why I really wanted to see if what Yahweh showed me would work. Imagine that! Questioning Yahweh's ability!

The Method of Change

As I watched, I felt like an outsider, but it didn't stop me from trying. I started with a very specific phrase and only said it when he was around. We had used this phrase before as a family to reiterate immediate obedience. In a family of seven, order was necessary to stay abreast of the constant threat of chaos. We used to respond to parental commands with "Yes [Dad/Mom], I will do that right away." Then we completed the command immediately. Soon, we were obeying on the spot and the phrase slowly slipped from our lips, but the immediate obedience stayed, implemented and made into a habit.

I changed the phrase to be specifically "Yes, Mom, I will do that immediately." I said it only when he can hear when Mom asked me to do something. Then I reinforced my words with immediate action. I also specifically added another action: I wouldn't look around to see who was watching. I focused on being caught



Credit: Saige Jenkins



up with other things. We had done this years ago as a family, so it was nothing new, except I was reinforcing the behavior only in myself. At first, it seemed like he was shocked that I said that and then obeyed. To top it off, I continued on without making any remarks (which I would quip in the past).

Yahweh's Formula

Yah's Spirit prompted me to accept him for who he was. As I observed him, I was to look for positive traits. Wow. That was going to be a hard one. I was more inclined to criticize. After all, I was good at that. To look for positive traits – good characteristics – would take my full concentration. I had to block out all the criticism and find some good. Well, that wasn't easy, but it was possible, and I searched for it.

That wasn't all. I think Yahweh is very synergistic when it comes to change. It's not about changing one thing, but changing several small things that make a big difference. It's a "one-stop-shop" for change.

Yah's Spirit nudged me to give him my full attention when he spoke to me. Yes, I was guilty of not doing that. It was strange to look him in the eye and listen without spitting back or silently criticizing. It felt foreign to have a quiet mind and be in the present moment.

In hindsight, I realize that I didn't notice the gawking as he realized what I was doing. No words were ex-



Credit: Saige Jenkins

changed, but the eyes were wide. What?! She's listening to me? Yes, I was, and to demonstrate that I heard correctly, I would also repeat back. Even when he shared stories in a family setting, I would still give him my full attention.

Yahweh didn't stop there. It had been at least four days and His Spirit was prompting me to encourage and compliment him with the positive traits I found. My little brother (who was as tall as me) was shocked! Did I just compliment him? Seriously?! In the past, I wouldn't stop a smirk from forming on my lips, but that day, I was already humbled enough to be sincere in it. It is very humbling for a critic to be complimenting without dripping with sarcasm. That's a work of Yahweh in the heart!

Habit Forming Synergy

Within a week I was doing all these things day in and day out, as the opportunity arose. Looking back,

(Understanding Me continued)

Yahweh knew that pride would set in if I thought I was the one doing everything. It's amazing, isn't it? Yahweh's in charge and the humility that comes from that helps us stay in line with His plan. If I was in charge, pride would have chewed up and swallowed any hope of lasting change.

Ten days passed. I sensed Yahweh was implementing a new habit in my life. I was more responsive to honor my parents' requests. I was more tender-hearted towards the youngest siblings. I realized I was also less critical of others. Hmmm, interesting. I was still using the very specific phrase for Mom and Dad. I was even using it for others. It was part of my vocabulary, again.

Waiting

Fourteen days passed. I was still waiting, but not impatiently. I resolved within myself that my brother would eventually follow my example, it would likely happen sometime in a 6-month period. I was okay with that. Things take time. Anyway, I was in the kitty-corner kitchen, cutting vegetables. Mom stood not too far from me by the fridge. The two youngest ones were on the couch laughing and talking. Mom called out to her son and gave a command to do something outside with the motorhome.

By this time, I was giving everyone my full attention. As I looked at Mom



Credit: Saige Jenkins

talking to my brother, I saw him get up and start to walk towards the door; as he did, he said, "Yes, Mom, I will do that immediately."

He looked almost shocked at the words that left his mouth. I turned my eyes back to the knife and cutting board and concentrated on what I was doing. After the door slammed shut, I had to smile. Fourteen days! It worked. Praise Yahweh! It worked. That felt good.

It felt good to know that there is a way to change people, especially those around us. It isn't about telling them what to change and how to do it, but to lead by example. When we change ourselves, the people around us also change. There is a brighter future for all of us.

Epilogue

I still made a few mistakes - some of them problematic - following that day. You see, the problem was that I slipped back into old ways and years later, I still don't have a relationship with my brother. While I was working on changing him, Yahweh was work-



ing on our relationship.

My mistake was not continuing to invest in our sibling relationship. Now, we are all grown up and married. We all have our own lives and we live far from each other. It saddens my heart that I didn't maintain what I had started. Lasting change comes from daily maintenance.

I have since learned that lesson and invested in the people around me because they are worth it. Everyone is worth it.

Gleaning the Lessons

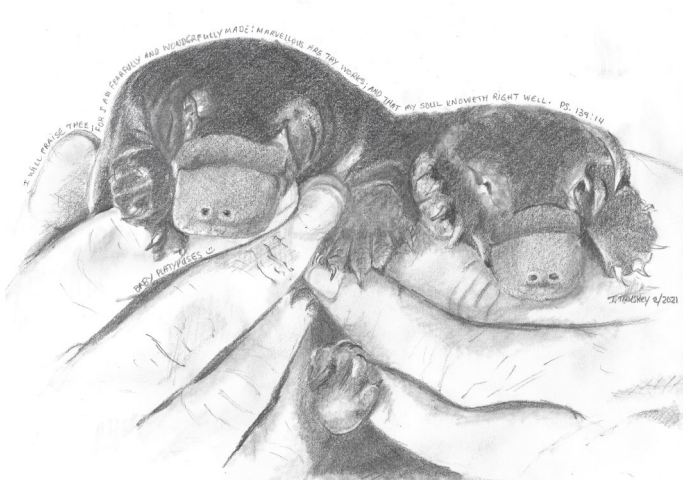
What did Yahweh do that was so effective? I have reflected on that “experiment” a lot over the years. It’s been almost two decades since that happened. Yahweh has been patient enough to break it down for me again and again.

1) *Repent and ask forgiveness.* Repent to Yahweh. Ask His forgiveness. Forgive yourself. Repent to others and ask their forgiveness. Don’t tell them you’re going to change; that

can become an empty promise quickly. Stick to asking their forgiveness. Work on changing. (Ps. 86:5; Matt. 6:15; Acts 3:19; 1 John 1:9)

2) *Create an environment of safety.* People don’t change when their defenses are up. They are more likely to change when it feels safe. We are the same. As long as there is a threat of some kind, we stay the same to protect ourselves. When there is no threat of any kind, we feel safe enough to let down our guard and in that safety, over time, we realize that changes need to be made. (Ps. 46:1; 51:13; 62:8; Prov. 14:26)

3) *Cultivate new perspectives on how you see things.* As a perfectionist, my weakness is to pick out the clouds in the sky on a clear sunny day. I tend to see the downside of everything. This mindset doesn’t change easily or quickly because it’s rooted in the heart. If we are to make a lasting change in our perspective, it isn’t enough to spend a day looking at things differently. We have to go deeper and understand that we do not see ourselves as Yahweh sees us. Likely, we see ourselves against a standard that we have created over the years. It’s more than plausible that we are not keeping to that standard either. To cultivate a new perspective, ask Yahweh to open your eyes to see how He sees things. Then let Him do the work in your heart. It will happen quietly. One day



Credit: Terry Truskey



(Understanding Me continued)

you will notice a subtle change in the way you look at life. (Ps. 15:2; 37:4; 37:31; Prov. 2:2; 3:5; 23:7; Mark 11:23)

4) *Integrate appreciation and gratitude into your life.* Start out with writing grateful lists. List four things that you are grateful for. Yes, list the electricity, water, and whatever comes to mind. The catch is listing four different things the next day, and every other day after that. Start expressing appreciation to others. It takes nothing to do nothing (as one woman told me outside a library in Georgia, back in 2004). Saying “Thank you for your hard work today” to the delivery driver counts. (Ps. 18:49; 100:4; 1 Chron. 23:30; Luke 17:16; Eph. 1:16)

5) *Cut out judgmental thoughts and criticism.* This is tough to do, but it is necessary if we are going to succeed. Don’t leave the space empty. Replace it with compassion.

Criticism & compassion can’t co-exist.

(It will be one or the other.)

If you are judging others in your heart, know that criticism is soon to follow and once it gets in your heart, it won’t leave. I’m serious. Every time I kick it out, it comes back in with the next judgmental thought. We literally have to switch over to compas-



Credit: Ps. 115:1*

sion. One way that works is to pray for the individual when you observe them. As that judgmental thought forms, turn it into a prayer. Another approach is to see everyone on an equal footing as yourself. There is no one better or worse than you. Everyone is on the same level. (Exod. 2:6; Deut. 30:3; Mark 1:41; 8:2; Luke 10:33; 1 Peter 3:8)

Concluding Thoughts

You may or may not realize it, but in order to change others, you change first. You are changing yourself without making a big deal of it. You are focused on you, concentrated on what you are doing. It’s not about what you are missing out on or how you are being mistreated. It’s about what you can do to change your environment, your circumstances. It starts with you.



A Light In The Darkness



Credit: Saige Jenkins

The results may not happen within a few weeks, but that doesn't matter. What you are doing is changing you, the inner you. When I am about to endeavor major changes in my heart, I give myself about three months to see a difference, but I start right away. I count the tiny victories as signs of progress.

Months later, when you look back, you may notice that you have results. You may see that your integrity is stronger; you are trustworthy; you are humble, not always proud; you are dependable. You may notice that your relationships are strengthened. You may feel like you have matured. Maturity happens when we become less self-centered and more others-centered. It's no longer about "me" and "what I do" that others need to see, but it's about others and what I can do to serve Yahweh by serving them.

Saige Jenkins

1 in 7

DOL Domestic Violence Column

Disclaimer: Marital conflict is inevitable. There are some marriages where both the husband and wife are guilty and need to learn how to walk in the Spirit towards each other to resolve their conflict. We are not to give up on each other, but there are marriages where someone is living in an abusive situation who needs to bring their spouse to accountability. The author of this issue's column has followed the necessary steps of Matthew 18 to resolve her marital conflict. Seek the covering of elders and a congregation before judging your husband to be an unbeliever. Full study at: <https://www.eliyah.com/dnr>.

Yah has been telling me loud and clear after eighteen years in an unhealthy marriage that other women NEED to hear this! I walked away after eighteen years with five children (10 and under) to start a new life, where I had peace and joy. You can do it too! For three years I've been doing it, solo, navigating single mom life, but truly not dealing with the feelings that come with breaking free from a long painful marriage. I'm ready to heal.

My Backstory

There have been lots of changes these last three years: leaving a



(1 in 7 continued)

broken marriage, starting over in a new place with nothing, and really knowing no one, leaning on the Father for everything daily and learning that I can trust Him in everything, Yahweh is so good, though. We are surrounded and supported by a wonderful community I never knew existed, living in a beautiful place where we feel safe and loved. I am literally seeing my dreams come true with a place to garden, chicks and ducklings running about, and raising my little warriors for the kingdom.

Eighteen years married, three years separated...I'm finally able to even talk about this pain. We both knew our marriage was over, but the control meant that I wasn't allowed to take the children away. So, I ran with five kids, our puppy, plus what I could squeeze into my minivan. I planned each stop towards my destination, where we would camp and how long I would drive. The first night was the most nerve-wracking *ever*.

Red Flag Awareness

It was a long road. A hard road. One I wouldn't wish on any woman. If you're living in the middle of it now, you can get FREE! If you lived through it and made it, I'm so proud

of you! If you see red flags, run while you can!

To the woman who hears, "You can't do it without me," that's your abuser controlling you. I promise you are stronger than you ever imagined. There are three things that a woman

should never be subjected to: name calling, gaslighting, and/or being grabbed or shaken by an angry man.

I long for more people to know what gaslighting is.

Some examples are:

- You're remembering it wrong.
- I only did that because you made me.
- If you weren't so sensitive, I wouldn't have to yell.
- You're the reason I act this way.

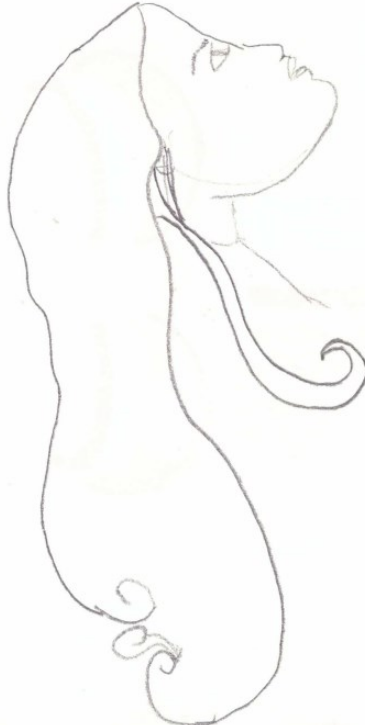
I've heard this more times than I can ever even count.

I really believed for so many years that I WAS THE PROBLEM. Then someone educated me. My whole world changed in an instant. You don't know what you don't know, but if this is your reality and you're seeing this now, you can get help.

The Most Common Question

"If it was that bad, why didn't you leave sooner?"

There is no way to even begin to explain this to someone who hasn't been there.



Credit: Echo Valera



The best answer I can give here is because we want to be sure we are not robbing our children of an ideal family setting. We are afraid we are the bad guy or crazy for breaking up what [Yah] joined together. That's so true! It took me a lot of years of struggling internally because I don't believe in divorce.

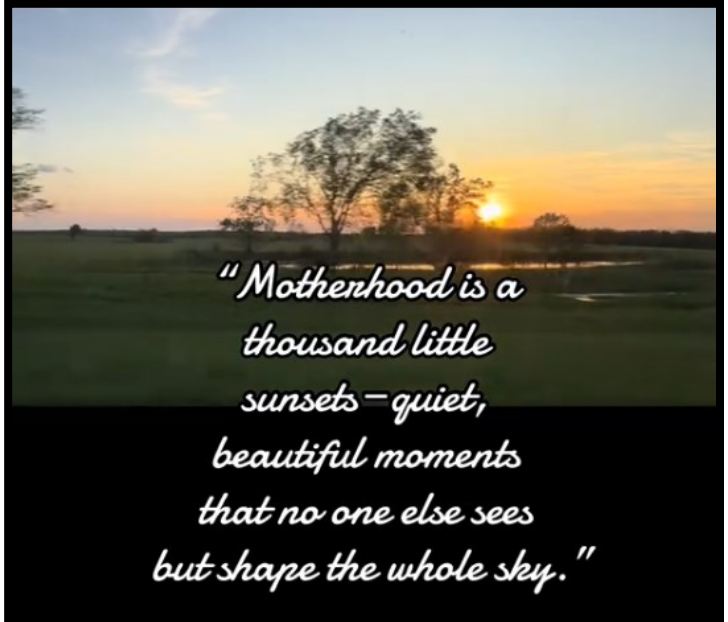
I stayed because I was scared... of what people would say... of where we'd go... of how I'd survive. My smile and laugh used to be a cover-up for how much pain I was in daily. One day, I watched my child flinch at a slammed door... and I knew. He was learning this too. So, I chose us. I chose peace. I chose to be the cycle-breaker. Now my smile isn't hiding anything. I. Am. Happy.

If you are there now... I see you and you need to love yourself enough to go.

Decisions

There were so many times that I can remember feeling unloved, unworthy, not enough somehow. Attention-seeking and bad relationships became a way of life for me at a young age. One day, I finally chose myself and everything changed.

Sharing this is hard on me, honestly. I've been pulled (by Yah) to share this for a while now, but it's raw and uncomfortable. To the woman who's afraid to leave: you don't have to figure it all out. You just have to take one step. Pack one bag. Make one call. Trust that you deserve peace be-



*"Motherhood is a
thousand little
sunsets—quiet,
beautiful moments
that no one else sees
but shape the whole sky."*

Credit: Your Faithful Sister

cause you do.

I stayed stuck for too long. Miserable. Feeling trapped. Lonely where we were forced to live. It's three years free and counting. Strength comes from getting out of your comfort zone.

The Children

It's not just the physical stuff, it's also the mental load of raising children alone that is so heavy...but you are strong. You can do it. You are so capable. I believe in you. If you are in a dangerous or abusive situation physically, emotionally, or spiritually there is help available. There are resources to restart your life. Don't stay stuck!

Some days are easier; some days I'm reminded that I'm lonely and raising children by myself is twice as hard.

They are a statistic, growing up in a broken home. It makes me want to



(1 in 7 continued)

hang my head and just cry, but then I remember why I left (because it was bad).

Our life was unhealthy.

They were learning toxic behavior.

Anything that we struggle through now is better than what we were going through then. We are strong and we are happy.

Self-Care

I'm not tired, I'm utterly exhausted. I won't sleep though. I'll do dishes, work to keep my mind busy, check on my animals and children in the quiet of the night, and eventually a new day will dawn.

I'll be the first to tell you that during the trauma I was always busy to the point where I couldn't sit still even during a car ride. The children were all taken care of, all was "well," but if my husband was driving I'd find myself organizing my diaper bag just to be "busy" with something. I

still see it in myself today and I can especially let it ruin my Shabbat if I'm not conscious about it.

If I'm being honest, I used to not be able to take up quiet space or remember how important grounding was. I couldn't find peace in just playing with my children. (Healing is a wonderful feeling.) To the woman trying to heal from trauma and control in her life...you are allowed to take up space. You are allowed to rest. Healing is not a race – it's a return to yourself.

I'm healing out loud because my silence almost ended me. I lost hope. I lost my happiness. I lost my marriage, but I never lost my faith. I try to be super intentional to make time to do something different on Shabbat that forces me to quiet down, slow down, and hear the Father more in my life. Keeping a daily prayer journal will also help guide you and take your prayers to the next level with the Father!

Final Words

To the woman trying to heal from trauma and control in her life...you are allowed to take up space. You are allowed to rest. Healing is not a race – it's a return to yourself.

Freedom and joy are waiting on the other side of forgiveness.

Your Faithful Sister

(Ready to take a step? Please contact daughtersoflight@elijah.com)



Recipes

Chicken Gravy in the Crockpot Stew

3 to 4 boneless, skinless chicken breasts
 2 packs chicken gravy mix
 2 cans cream of chicken soup with herbs
 32 oz chicken broth
 2 ½ or 3 pounds potatoes, cubed
 1 ½ pounds cut up carrots
 ½ teaspoon garlic powder
 Salt and pepper to taste

Cut up chicken breasts and add to the crockpot; along with cubed potatoes, carrots, chicken broth, cream of chicken soup, gravy mix, and garlic powder.

Cook on high for about 3 hours then reduce to low and let cook with occasional stirring until chicken is done and falling apart.



Credit: DOL Photography



Credit: DOL Photography

Honey Garlic BBQ Crockpot Meatballs

2 pounds frozen meatballs, thawed
 2 bottles (18 oz) BBQ sauce of your choice
 1 tablespoon honey
 2 tablespoons minced garlic

Spray crockpot with non-stick olive oil spray.

Add meatballs.

In a medium bowl combine BBQ sauce, honey, and garlic, mixing well.

Pour over top of meatballs and stir to coat.

Cover and cook on high for 2 ½ to 3 hours.

Stir to evenly coat before serving.

Then just watch them disappear.



Susan's Encouragement Corner



Credit: Susan Freeman

Hello, my beautiful sisters in the faith. It is time for us to meet again, and I am so happy we can all get together and share some time together. I had been praying and asking Father to lead me in

what our next chat should be about. I was reading my scripture one morning and I heard that still, small voice in my head say...*Why do bad things happen to good people?*

I know I have heard many people ask about this very topic, including myself, but, wow, not exactly an easy topic to tackle from a faith-based perspective. I have to admit, during my studying for this topic, I have been hit squarely between the eyes with a number of things I had not even thought of or considered. So, let us study this together, ladies, and I know I am having to open some new thought processes. Maybe it will be for some of you too. Also, some of you may be much further along in your walk with Yah and this information may not be new to you, but we can all share it together.

One of the first things I read when looking up this subject was "Who is good?" No one is good, except One and He volunteered to suffer in the

worst ways imaginable for us. Okay, I had to take a step back on that truth. Who are we that think we are so good that we should have no trials in life, no losses, and/or worse? Rather a humbling thought that I know struck me right between the eyes!

Romans 3:10, "There is none righteous, no, not one!" (TS2009, now and throughout.)

Hurricanes, tornadoes, murder, children hurt, things they call "acts of [Yah]" - Yah gets blamed for lots of things that actually have nothing to do with Him. They are working by the curse that came to the earth after Satan came into the world, after the forbidden fruit was eaten by Adam and Eve.

Exodus 20:7, "You do not bring the name of Yah your Elohim to naught, for Yah does not leave the one unpunished who brings His name to naught."

A person who commits murder, steals, or swears a false oath, discredits himself/herself, but a person who does murderous or odious acts in Yah's name alienates people from Yah as well. Thus, Yah suffers from the acts of those who do evil in His name.

Romans 5:12, "For this reason, even as through one man sin did enter into the world, and death through



sin, and thus death spread to all men, because all sinned.”

Although Yah is intimately involved in every aspect of everything we are, we are also given free will to make our own decisions and sometimes those decisions are not good ones. So while He is involved intimately, it does not mean everything is a part of His plan. Because Yah stands outside of time, He can already perceive the beginning from the end and knows everything will work out as planned.

We say all the time “it's Yah's will,” but we need to make a distinction that there is such a thing as Yah's perfect will, the things He directly wants to happen. His very essence is goodness and life, love, reason, and wisdom, so whenever there is life, love, wisdom, truth, and beauty they are directly from Yah. When evil things happen, it's not part of Yah's perfect will because He created a world where He is not a tyrant. Yah allows bad things to happen because He knows freedom of choice is a greater good; He can bring about a greater redemption through even the worst things that happen. Yah does not will evil, but even when evil happens, it does not thwart Yah's plans. When someone dies, or is attacked and brutally violated, that is not part of Yah's design, but,

again, that doesn't thwart Yah's final plan because He can take a broken thing and make it whole again.

He can and wants to bring about the greater good even through things



Credit: Susana Malm

we just don't understand. Death is one example. The death of His Son, (horribly beaten and bruised) brought about our salvation. By His grace, we (in all our imperfections) can decide to choose Him with our own “free will”, accept His son, repent and turn our lives around, and have everlasting life. So, even through accidents, even through disease and suffering; He is our hope

always. Remember we are here for what seems like a long time, but it's just a blink compared to eternity.

Remember (and this may be hard to wrap your head around, but), like I stated earlier, there really are no “good” people. There may be some who are better than others *from an external perspective*, but all of us are fallen and Yah doesn't owe us anything (not me, not you); we, on the other hand, owe him everything.

Job:13:15, “Though He kill me, in Him I expect! But I show my ways to be right before Him.”

I don't know if you're familiar with the *Ripple Effect* (also known as the *Butterfly Effect*) which says that one event today can ripple forward to effect trillions of other events in the

✚ A Light In The Darkness

(Susan's Encouragement Corner continued)



Come to Me, all you who labour and are burdened, and I shall give you rest. Take My yoke upon you and learn from Me, for I am meek and humble in heart, and you shall find rest for your beings "For My yoke is gentle and My burden is light."

Mattithyahu (Matthew) 11:28-30

Credit: DOL Photography

Maybe a baby dying today ripples forward into the future to create a great evangelist, 500 years from now to rise up and save millions of people. I can't trace that ripple but our Father Yah who stands outside of time can.

There was a pastor in France J.M.L. Monsubre who 150 years ago said, "if Yah would give me his power for 24 hours you wouldn't believe the changes I would make. But, if Yah gave me his wisdom also, I would leave things as they are."

Think of this, this article has a ripple effect. Yah moved me to write this. Researching it brings me much more information and knowledge on this topic, it gets me into Father's word. I then write this article

in the magazine so the information is forwarded to you, who in turn can share it with others....

future. Even though we can't see how that happens, Yah can. Just as a butterfly flapping it's wings in another country can stir a wind to cause a hurricane somewhere else, we can't see this but an omnipresent being like our Father can. So the *ripple effect* can help us understand that when we see a bad thing happen, like someone dying young (or a baby dies), even though we will cry and mourn that loss because we are human, we can also trust Yah, that some good will come from it, if not now then in eternity. Why?

Oh Yah! How glorious and amazing You are! You amaze me every day. How blessed I feel that even with all my health issues, through study of Your word, I am learning that Your love is always surrounding me. With You, I know I can face the things that come my way. Without You I would be lost and drowning in my own tears, instead of smiling and loving You. Thank You Father Yah. Thank You.



When you think about it, the first and last breath I will take, I borrowed from Yah. If you borrow something and don't give it back, it's stealing. We should not be asking why bad things happen to good people, but why Yah has such mercy on us that he doesn't wipe every one of us off the face of the earth. We are all sinners.

Romans 3:10-12, "There is none righteous, no, not one. There is no one who is understanding, there is none who is seeking Elohim. They all have turned aside, they have together become worthless. There is none who does good, no, not one."

Psalm 14:3, "They have all turned aside, they have together become filthy; no one is doing good, not even one."

Psalm 53:1-3, "The fool has said in his heart, 'There is no Elohim.' They have done corruptly, and they have done abominable unrighteousness; No one does good. Elohim looked down from the heavens on the children of men, to see if there is a wise one, seeking Elohim. They have all turned aside; they have together become filthy; No one is doing good, not even one."

How can a holy and righteous Father, knowing what I thought and did yesterday, not kill me in my sleep? That is a better question. Why are we here? Why has He not destroyed us all? One of the problems is we start with "us" as the measure

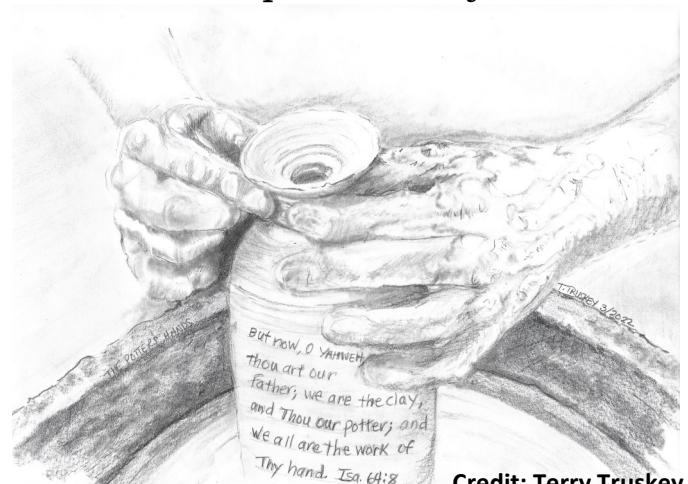
of all things. We judge Yah based on how He carries out "our" agenda for the world; as a result we want a father who is omnipresent but not sovereign. Then I can wield His power; but if He is both omnipotent, omnipresent, and sovereign we are at His mercy.

Psalm 73:1-3, "Elohim is truly good to Yisrael, to those whose heart is clean. But as for me, my feet had almost stumbled, my steps had nearly slipped. For I was envious of the boasters, when I saw the peace of the wrong-doers."

Asaph watched the wicked gather riches around him and complained they have no struggles, their bodies are healthy, and they are free of common burdens.

Psalm 73:4-5, "For death has no pangs for them, and their strength is firm. They are not in trouble as other men, and they are not plagued like other men."

Asaph began to envy them and wonder why Yah would allow such a thing to happen. How often can we relate to Asaph? We try to devote



Credit: Terry Truskey

(Susan's Encouragement Corner continued)



ourselves to Yah, to keep His commands, do His feasts, yet we witness others get new possessions, luxuries, while we may live in poverty.

What Asaph finally realized was that this was their final destiny. They are swept away as a dream with no chance of eternity with Yah.

Psalms 73:16-20, "Yet, when I tried to understand this, it was labor to my eyes. Until I went into the set-apart place of El then I perceived their end. Indeed, you set them in slippery places; you make them fall to ruins. How suddenly they are ruined! Completely swept away through destructions. Yah, when you awake you despise their image, as one does a dream after waking."

They have earthly riches and good health which is just temporary, but they are spiritual beggars because they do not have the true riches of eternal life. Their prosperity is just an illusion created by Satan.

Matthew 5:43-48, "You heard that it was said, 'you shall love your neighbor and hate your enemy,' But I say to you, love your enemies, bless those cursing you, do good to those hating you, and pray for those insulting you and persecuting you. So that you become sons of your Father in the heavens. Because He makes His sun rise on the wicked and on the good, and sends rain on the righteous and on the unrighteous. For if you love those loving you, what reward have you? Are the tax collectors not doing the same too? And if you greet your brothers only, what do you do more than others: Are the tax collectors not doing so too? Therefore, be perfect, as your Father in heaven is perfect."

It is a mistake to believe that good things happen because of how good the person is or that bad things happen only because someone is being a bad person.

We cannot assume that just because good things are happening in our circumstances that means Yah is happy with us. The passage in Matthew says even evil people get blessed; they get the sunshine and the rain just like the good people. Bad circumstances don't always mean Yah is displeased with us.

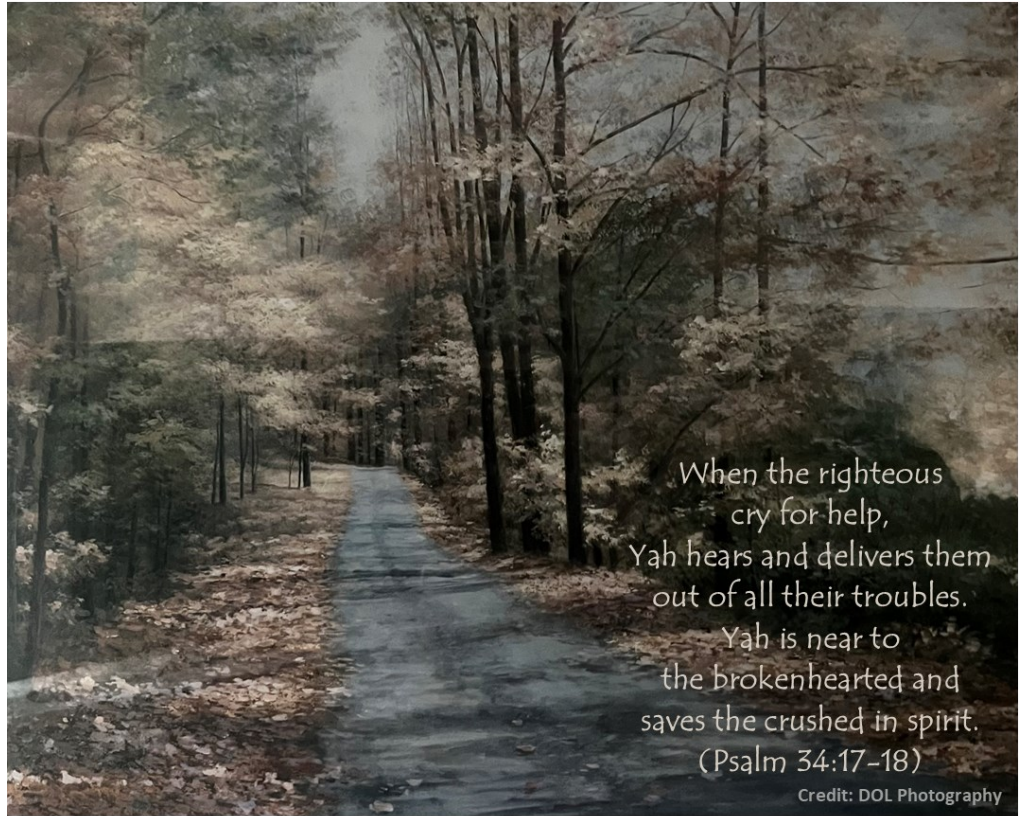
John 9:1-3, "And passing by, he saw a man, blind from birth. And his taught ones asked him, saying, 'Rabbi, who sinned, this man or his parents, that he should be born



blind?’ Yahushua answered, ‘Neither this man or his parents sinned, but that the works of Elohim might be made manifest in him.’”

It’s not the bad or good things that happen that tell us how Yah is pleased with us; it is the obeying, the loving, and the following him that gives us a deeper relationship with Yah. Yah’s presence in your life is the sign of Yah’s pleasure. So, when we

go through really bad times (or really great times), Yah’s pleasure will be shown to you if His presence is in your life and you are experiencing His friendship, His love, and all those things that intimacy with Yah brings into your life. Those are the signs of Yah’s pleasure with you in your life. It’s like heaven vs. hell. Heaven is not a place that you will want “things” in, it is a place to be closer to Yah. The new earth will be so glorious because our relationship will be completely pure, entirely without sin, and we will have the perfect connection with Yah like we never had on earth... On the other hand, hell is the worst place ever because you will not be in the presence of Yah. You will have no relationship with Him at all. It will be torture because Yah won’t be there.



From all this we can clearly see that the ultimate sign of Yah’s happiness or unhappiness towards us is His presence in our lives. You can take heart that when you are going through tough times, Yah shows His love for you, not always by sparing you from the difficulties of life, but by walking with you through the difficult seasons, glorifying Himself through your trials and bringing you joy in the process.

Psalm 16:11, “You show me the path of life; in your presence is joy to satisfaction at your right hand are pleasures forever.”

Remember, we reap in eternity what we sow on earth. That brings us back to the question, why do bad things happen to good people? This life is not the final place of reward and



(Susan's Encouragement Corner continued)

punishment. It is the season of testing; so, through this test we will choose which part of eternity we want to experience forever. When Yah allows us to go through extremely hard times, sickness, relationship problems, social issues, or even wars in this world, these are our opportunities as *followers of the way* to glorify Yah in the midst of these situations. At the end of our lives, Yah will hold us accountable for how we responded in those moments.

Back to our question: ultimately, why does Yah allow believers to go through hard times? ***It is because He wants to give us the opportunities to glorify Him in all that happens, the good and the bad.***

In the end, all that really matters is that we always know Yah is with His children. He will never forsake us, never abandon us; He loves us with a love beyond our understanding. He will be there waiting for us when Yahushua comes back in the clouds and gathers all His children to Him to a future in eternity with Him. With no

more pain, no more tears, and an understanding what it was all for and what it is all about. What a glorious day that will be whether we are in sleep awaiting Him or still here on earth! We will be able to be the ultimate bride and live forever with our Father and also our Savior.

Be blessed my beautiful sisters and until we meet again may Yah watch over you, may his face shine down upon you and give you peace. Much love.

Susan

For daily scriptural encouragement, follow Susan on:

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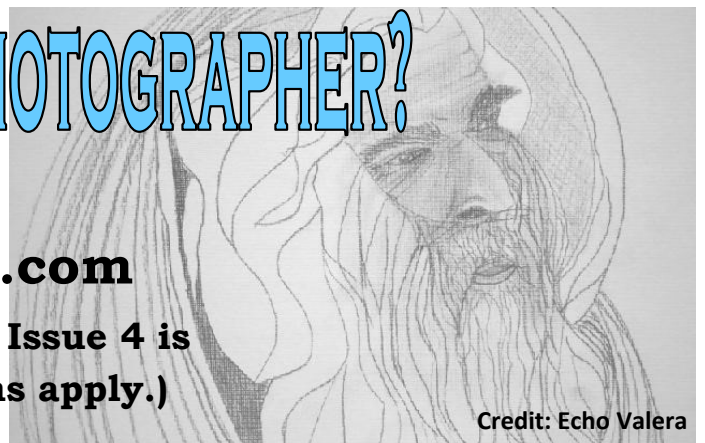
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ARTIST? ILLUSTRATOR? PHOTOGRAPHER?

Inquire/submit to

daughtersoflight@elijah.com

(Submission deadline for Volume 2 Issue 4 is 07/31/2025. Rules and regulations apply.)



Credit: Echo Valera

Creative Corner

In the Stillness

*In the darkest hour
 Just before the dawn,
 When the night is pressing in
 and it seems all hope is gone;
 In the stillness,
 Where there is not a sound,
 The softest voice,
 A still small whisper
 Fills my ears.
 And it tells me just close your eyes,
 Be still & know that I am YHWH
 In the stillness
 I can feel your presence.
 In the stillness
 I am wrapped
 In the blanket of your love.*

Hosanna

Photo Credit: Saige Jenkins



(Creative Corner Continued)

Lighthouse

High on a rock a lighthouse sits,
Shining its beam out on a storm-tossed sea.

The light must always be
Ever shining bright,
Because there might just be

Someone out there,
Lost and alone,
Searching for a place to call home.

But that lighthouse high on a rock,
Shining its beam out on a storm-tossed sea—
That lighthouse is you and me.



(Creative Corner Continued)

(Lighthouse Continued)

We can shine like a beam of light,
Illuminating the darkness of this world.

Just in case there's

Someone out there,

Lost and alone,

Searching for a place to call home.

You can be the one to guide them there,

If you be a lighthouse

High on a rock,

Shining your beam out on a storm-tossed sea!

Shining your beam out on a storm-tossed sea!

Hosanna

Photo Credit: DOL Clip Art

Sisters Helping Sisters

SHALOM!



Credit: Melissa Paris

**I am so
happy
that you
have made
it here!**

**I am Melissa Paris and this
is a ministry that is very
near and dear to my heart.**

SUKKOT SISTERS



This is basically a network of sisters who build each other up through reaching out to one another secretly. It could be something like a letter in the mail with a Scripture verse or a gift sent from Amazon. Everything is done anonymously. There are many ways that we can bless each other. This ministry has been extended to the youth, as well, so if you are ages 13 to 17 and you would like to participate, I will match you up accordingly.

As this program grows (I know that it will), and our sisterhood gets bigger, I truly believe that the lives of each and every one of us will be enriched and we will have all formed some lifelong friendships. After all, isn't that what sisterhood is all about?

If you are interested in knowing more about this ministry, please feel free to email me directly, or if you just want to say "Hi" that is a blessing, as well.

May Yahweh bless and keep all of you.
sukkotsistersofyah@gmail.com



Prayer Requests

Please keep in your prayers:

Those involved in vehicle accidents, for the recovery of their injuries and the support of families who lost loved ones.

Those with health challenges, that they may have the strength and fortitude to face each day; that they continue to draw on Yahweh's unlimited resources as they face their limitations.

Those who are silently struggling in abusive situations, that they may gain the courage to take the next step, bringing them closer to Yahweh Who will direct and guide them.

Those who face financial struggle and hardships, that Yahweh would make provision for them and reveal to them His plan for their lives.



Credit: Echo Valera

Praise Reports

Hello sisters, my name is Susan, and you might know me from Susan's Encouragement Corner. I'm writing to you today to share something deeply personal and profoundly impactful on my life.

Five years ago, in August 2020, I embarked on a journey of faith that has transformed me completely. As a single senior, I felt I'd started my walk with Yah rather late in life, but

the blessings I've received since then are immeasurable. Over these past five years, Yah has guided me through numerous trials and tribulations, shaping and refining me in ways I couldn't have imagined. Even when I didn't fully understand His hand in my life, His love remained a constant, unwavering presence.

One of the greatest gifts of this journey has been my involvement with



(Praise Reports continued)

the DOL Team and the opportunity to minister to other women through daily text messages. Sharing Yah's blessings and offering encouragement has been incredibly rewarding, and I'm deeply grateful for the connections I've made. It's a joy to share the light and hope that he has brought into my life and hopefully into the lives of others.

I hope and pray that we'll have the opportunity to connect in person someday, whether in this life or the next. Until then, may Yah's abundant blessings be upon you.



Credit: Susan Freeman

Warmly,
Susan

Have you ever had a disagreement with someone but neither of you raised your voices? I'm not sure that many people like confrontations — I know for myself that I don't.

A good friend messaged me recently and asked to see me. I wasn't sure exactly what it was about, but I had a feeling that it might not be good. We made a time to meet and talk on this mystery subject (at least for me).

I sat in the conference room, right beside the theater with a clipboard,

paper, and a pen. I wanted to take notes just in case I needed to remember important points.

She arrived in good timing and sat down. Calmly she shared her view about something I wrote. We had a disagreement. I automatically braced myself, but it was unnecessary. This meeting was one I could count on my hand (in the last few months) that wasn't confrontational.

Literally, we both talked and shared our perspectives; we learned some things from each other, things we wouldn't have otherwise known. The entire conversation was filled with a peace, genuine smiles and a few chuckles. (I can handle these kinds of confrontations!)

Disagreements don't always have to end with hurt feelings or yelling matches. It is possible to sit down and discuss what we don't see eye to eye on in a peaceable manner. Blessed be the name of Yahweh!

Saige Jenkins





Kids' Corner

Welcome to Kids' Corner!

This space is just for kids.

In this section I try to keep things fun. My kiddos love to do Bible puzzles, mazes, and such. I hope that your kids will enjoy these activities as well.

(Answers are found at <https://elijah.com/light/alitd-kids-corner/>)

From my home to yours,
Shalom, shalom.

Melissa

Fill in the Blank

1. O sing _____ Yahweh a new _____: sing unto Yahweh,
all the _____. Psalm 96: _____ (KJV on this page)
2. Let us _____ before His _____ thanksgiving, and
make a _____ noise unto Him with psalms. Psalm 9__ : 2
3. Trust in Yahweh with all _____ heart; and lean _____
unto thine own _____. Proverbs 3: _____



(Kids' Corner Continued)

Exile Is Coming!: Spot the Differences

Compare the picture on the top with the picture on bottom. Circle the 11 things that are different.

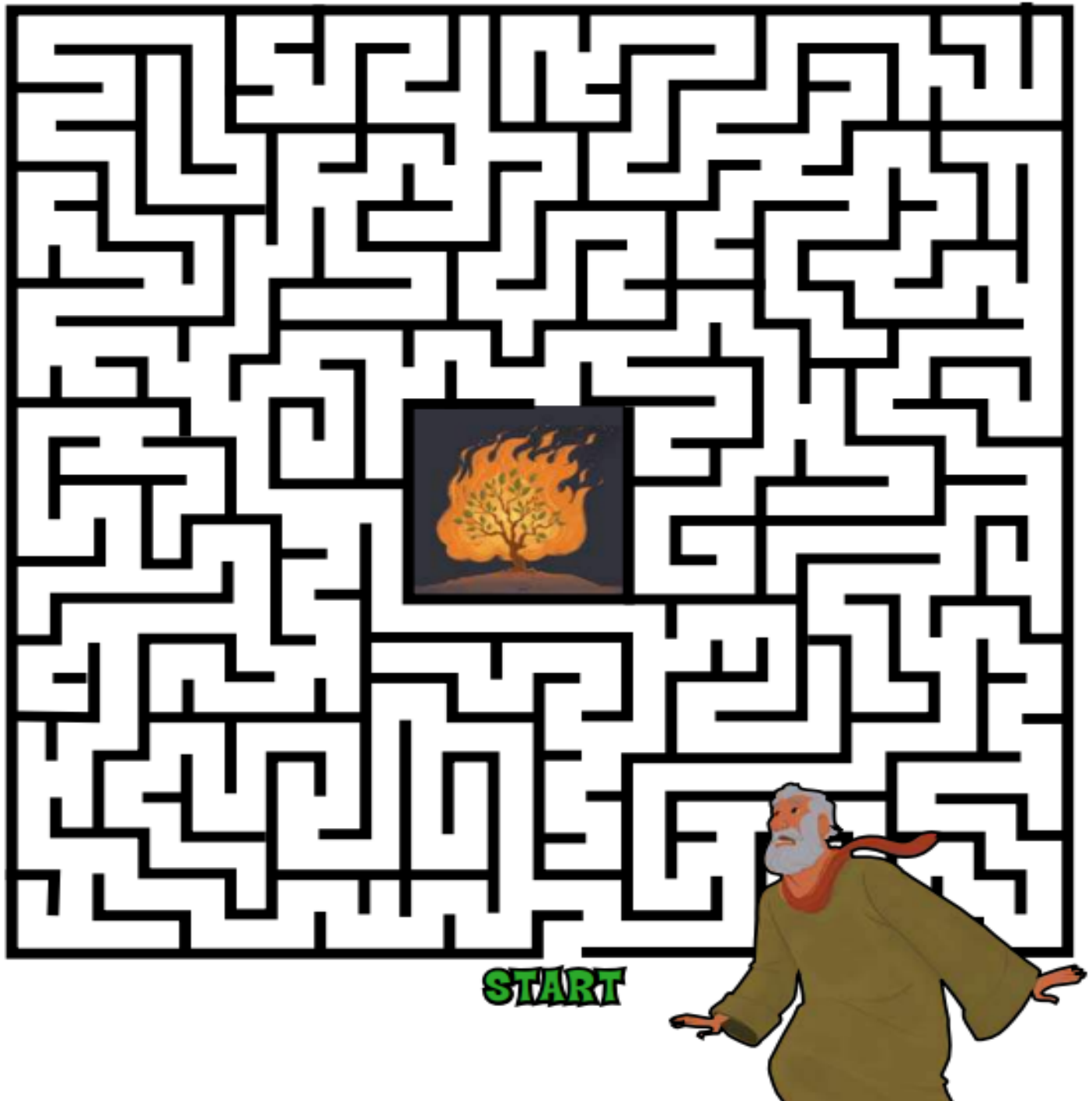




(Kids' Corner Continued)

Moses and the Burning Bush Maze

While Moses was tending a flock of sheep, he saw a bush burning. He was curious as to why the bush wasn't burning up. Help Moses find his way to this curious burning bush.



From the Editor

Hello ladies!

I've been looking forward to writing this article because a friend of mine came up with the idea for the title of this issue. I borrowed the idea from him. Let me explain. He's pagan and believes quite differently from us. One day many months ago this young man had an accident in a big truck and because he's pagan I became really curious about how he prays. He serves three separate gods. Weird, I know. Things like comfort, peace, protection, and healing are all things we wouldn't hesitate to ask Yahweh for. During this conversation he said to me "Vanessa, I don't have a one-stop shop like you do." It got me thinking. How right he was! We have ONE Elohim. That statement immediately reminded me of Deuteronomy 6:4,

Thou shalt have no
other mighty ones before me

Exodus 20:3

Credit: DOL Clip Art

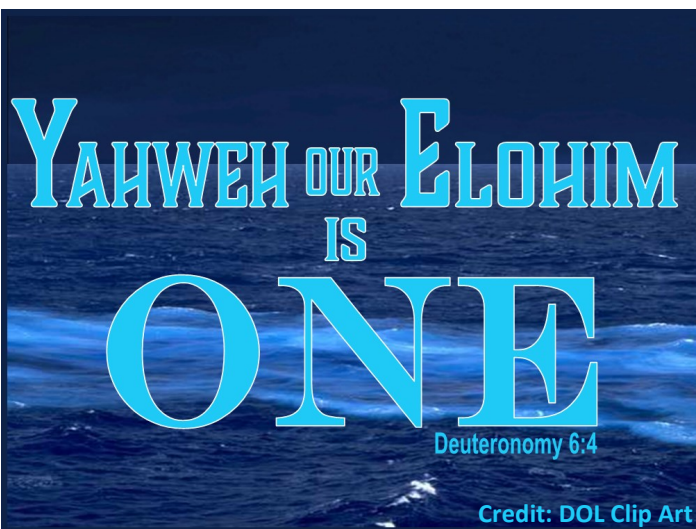
Hear, Israel!
Yahweh is our Elohim,
Yahweh is one!
(NASB, names inserted.)

We have no lack, no worry so to speak, and we cannot forget all His benefits! (Psalm 103:2 NASB) I realize that life throws us curve balls and there's always something we can worry about. I get caught up in worry all too often. Hoping I'm not alone here.

How amazing it is to serve Yahweh! We don't have to look elsewhere when we have everything we need in Him. I gotta tell ya, I couldn't serve three gods. How would you keep them all straight?

It is such a pleasure serving the Most High. I truly can't figure out how the rest of the world navigates through life without Him. I surely cannot. I depend on Him for my next breath — how could I ever live without Him?

Vanessa





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I transcribe books for schools & the graphics, no embossing.

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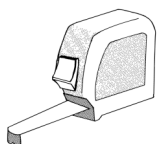
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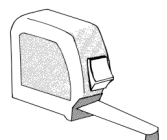
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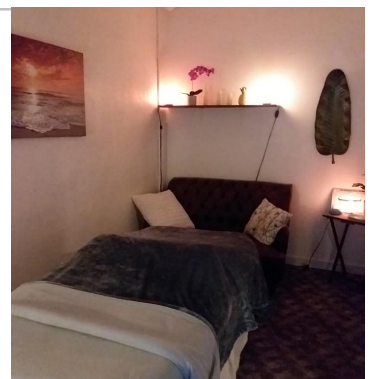
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A Light In The Darkness

Here's this
week's Sabbath
school lesson!

Shabbat
Shalom!

Kaleigh Abernathy

trainedupintorah@gmail.com



Sabbath
school for???

☒ Children

☒ Adults

☒ Whole family

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Shown left was in a raffle.



Dilki Shanika Swasey

Eden Earth Creations

I am a seamstress.

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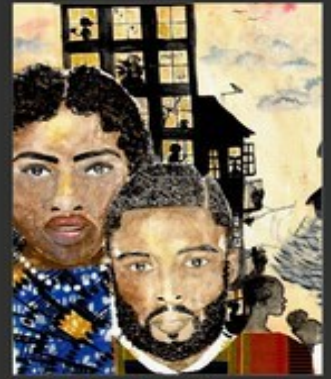
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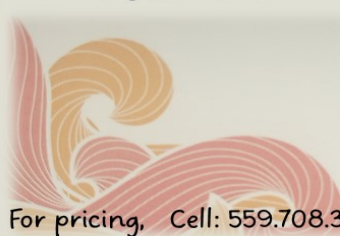
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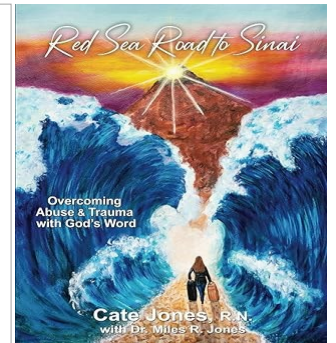
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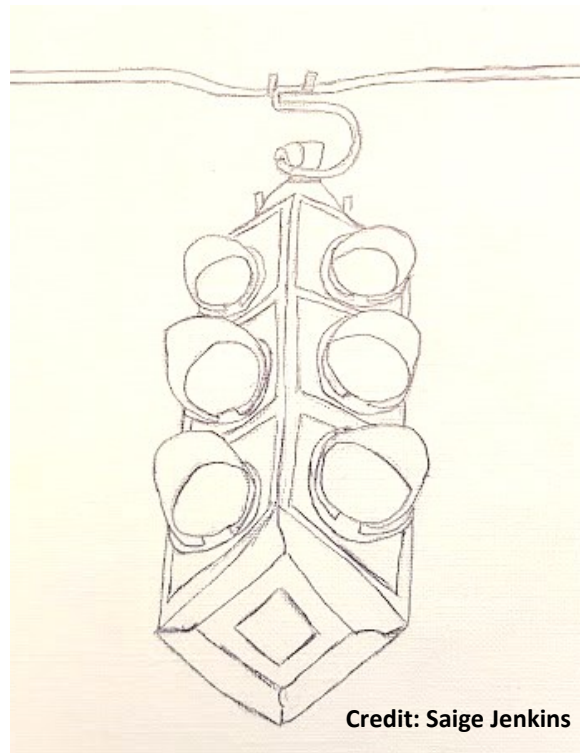
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Aconitum napellus bottle (p. 11),
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<https://amongseeds.com/flowers/1709-Monkshood-or-aconite-seeds.html>



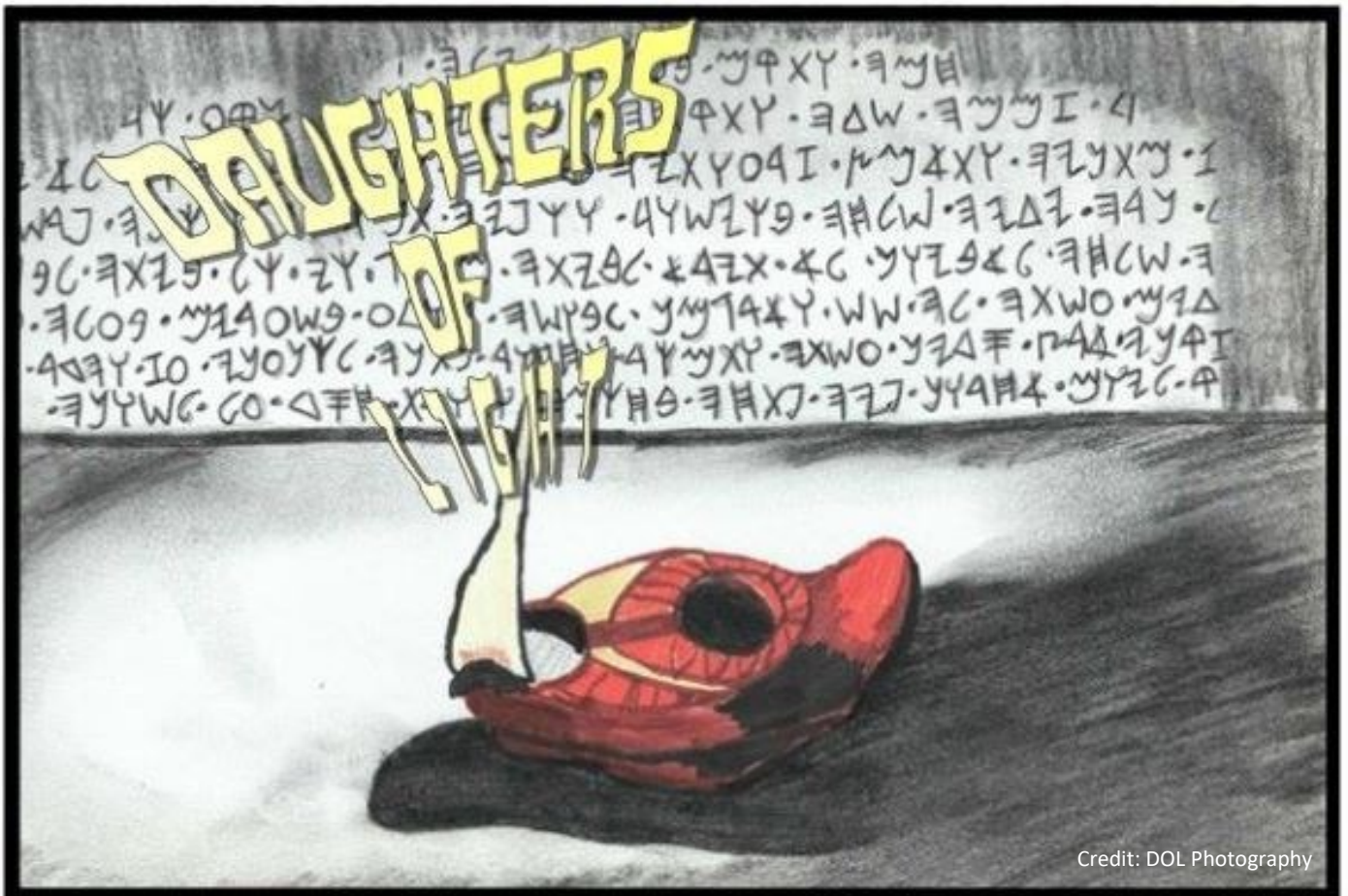
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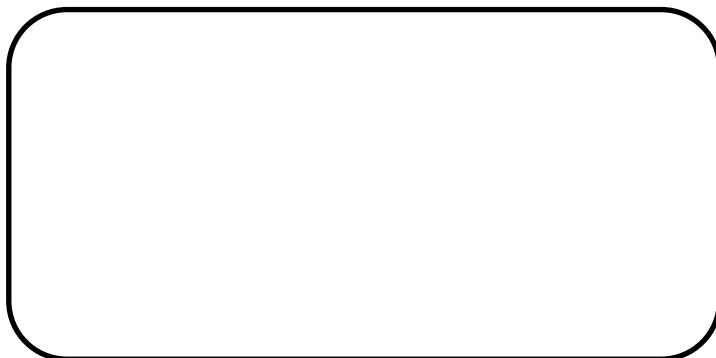
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Let your light
so shine before
men, so that they
see your good

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works and praise
your Father who
is in the heaven
(shamayim).

(Matthew 5:16)