

Ministering Grace

www.galaatgrace.com

The Ladies of Grace monthly newsletter
September 2009-2010

\$4.00 Faith by Mrs. Julie Frost

God tells us what faith is in Hebrews 11:1. "Now faith is the substance of things hoped for, the evidence of things not seen."

A couple of weeks ago we had \$4.00. I mean...that is ALL we had. Now, we have had a difficult time financially since we moved here so this really did not phase me all that much. We had a bill due in two days and a trip to the grocery store would have been nice, as the meals were getting interesting. When I asked my husband what we were going to do, he said, "Julie, we are going to pray." That is exactly what we did, as we have many times over the past eight months when faced with very similar circumstances. Now, I could have chosen to worry and fret about that bill, the grocery issue, and the \$4.00 we had to our name. I chose to try to not worry. Philippians 4:19 says "But my God shall supply all your need according to his riches in glory by Christ Jesus." Do you know it is an awesome thing to claim the promises of God?! The next day, one of our friends sent us a text telling us that he had been reading in his Bible about bearing one another's burdens. He told us he had wired \$350 to Wal-Mart and that it was there waiting for us! Amen! Later, when I told our friend we only had \$4.00 he said, "Why didn't you tell me? I would have sent you the money earlier." I asked our friend, "How much better was it to have God lay on your heart through Scripture to send that money than to have us call you and say we only have \$4.00...hint..hint...?" Faith is knowing that God is going to do what He says He will.

Today, I spoke with a friend whose husband is on unemployment, and times are tough. I told her that we are the macaroni and tomato family! It is filling, and I can make it pretty tasty with butter, salt, and pepper. The one time we ran out of butter, it was just filling! Even without the butter, the "need" for nourishment was still met. God promises to meet our needs.

God's Word is filled with promises! It is our job to claim those promises by FAITH. If I cannot claim those promises with faith then I cannot claim Romans 10:9 and 10 concerning salvation. In order for one of God's Words to be true then they ALL must be true. In Matthew 6:25-34 we read how our heavenly Father feeds the ravens of the air. He tells us to consider the lilies of the field in regards to our raiment. In verse 31, our heavenly Father sums it all up by telling us "Therefore take no thought, saying, what shall we eat? Or, What shall we drink? Or, Wherewithal shall we be clothed?" God is going to take care of His children.

Dig for those precious promises in your Bible. Pray the Lord will increase your faith. Then be ready! I, personally, have found that it does not always feel good to have my faith stretched. Well, neither does exercise when we first start, but we sure do like the end results. Every test of faith in which I allow God to work shows my heavenly Father to be more faithful, more loving, and more kind. I like the results of the faith-stretching!

Meeting Schedule

"Where Jesus Walked: Lessons from the Holy Land"
Meetings begin at 6:30 p.m. unless specified otherwise.

Next meeting: October 6, 2009

A Little Humor by Mrs. Kacie Jamison

Dear Lord,
So far today,
I've done all right.
I haven't gossiped.
I haven't lost my temper.
I haven't lied or cheated.
I haven't been greedy, grumpy,
Nasty, selfish, or overindulgent.
I'm very thankful for that.
But in a few minutes, Lord,
I'm going to get out of bed.
And from then on,
I'm probably going to need a lot more help!
Amen.



Memory Verse Mark 9:23-24

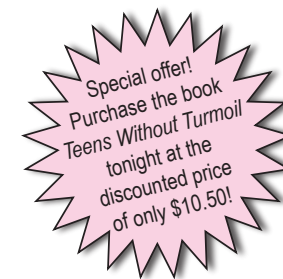
"Jesus said unto him, If thou canst believe, all things are possible to him that believeth. And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief."

This month's issue:

- "Without Faith" by Mrs. Tammy Sapp
- Book Review by Mrs. Caryn Bane
- "\$4.00 Faith" by Mrs. Julie Frost

Featuring:

- New newsletter layout!
- New articles, humor, meal tips, and much, much more!
- Missionary wives' email addresses for your contacting convenience!



Where Jesus Walked

1 Peter 2:21 "For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow in his steps."



Welcome from Mrs. Bane



Welcome to a new year at Ladies of Grace! I cannot recall when I was more excited about the commencement of our ladies' meetings. Much preparation, planning, and updating have been taking place and will be implemented in the upcoming months. One of the changes that I am particularly happy to tell you about is our website. Ladies of Grace and the Gala will have a shared website at www.galaatgrace.com. When the

Gala is approaching, the home page will primarily have Gala information; however, right now the focus of the entire website is Ladies of Grace! Please save the website as one of your favorites so you can peruse it often for changes. Later this week, pictures from tonight's meeting will be posted, as well as other miscellaneous information. I plan to change my homepage greeting often, at least twice monthly, and will incorporate interesting and helpful topics of interest to Christian ladies.

I hope you will take time each month to thoroughly read the monthly newsletter. Each month the articles will be about a designated topic; this month the topic is "Faith." There are two articles, one authored by Mrs. Sapp and one by Julie Frost. Both of these ladies are very Godly, and we can certainly learn from them as we continue to grow in faith.

Please take special note of the Book Review column. I have a burden for the ladies in our church to read good Christ-centered books on a regular basis. The books featured in this column are carefully selected; they are books I have personally read and know will be a help to every lady who will take the time to read them. Books authored by independent, fundamental Baptists who believe as we do are excellent sources for preparation for the future and finding answers for today! When I was in college, Dr. Wendell Evans said, "You will be the same twenty years from now, except for the books you read and the people you meet." The books I am recommending contain Scriptural truths that can change our lives to give us greater joy and victory!

Ladies, I am issuing a challenge to you to read one good book each month for each of the next nine months. I encourage you to choose the featured title in the newsletter, but whole-heartedly recommend any book that is carried in Gray's Gospel Shop. Preacher has given the approval to offer a small discount (one or two dollars off the regular price) on the title that is featured in the newsletter. The discount will be offered the night of the meeting only. You will want to keep this in mind so you come prepared to purchase the books each month.

Have a wonderful evening at Ladies of Grace. I love you!

Mrs. Bane

Balanced Health

Balanced Meals, by Mrs. Beulah Rao

Sound difficult? I try to eat the following 3 things in equal portions.

1. Lean protein
2. Real carbohydrates / whole grains
3. Vegetables (non-starchy if trying to lose weight)

I use healthy fats such as olive or canola oil or real butter. Healthy and real fats are essential building blocks for hormones. Don't eliminate any food group unless required for health reasons. Let water be your beverage of choice. No amount of know-how will put a balanced meal on the table without some planning and preparation. Make your weekly menu, and then make the grocery list. You now have a sure-fire way to serve and eat balanced meals!

Without Faith

by Mrs. Tammy Sapp

"Faith" is a word with many definitions. It means something different to each individual. In my mind, faith is bound together, both in the Bible and in our lives, with hope and trust and love - words that are critical in the life of a Christian. Without these, we have nothing. It is what makes us different. It is what gives our lives meaning. Without faith, we are just like the world. Without faith, we cannot have true love from God or others. Even when we talk about certain parts of our lives being "hopeless" at times, we still have the faith that God is real and understands what we are experiencing. II Corinthians 1:24 reminds us that "...for by faith ye stand." Without faith, Christians could not keep going in a world filled with hurts.

Countless other verses flood one's mind when asked to discuss "faith." In Hebrews, chapter eleven, God has much to say about faith. He begins with "Now faith is the substance of things hoped for, the evidence of things not seen." Faith is the hope and trust that God is going to prove His love toward us every day during our lives, as well as in heaven. We need to always be looking for that "evidence" of God's love to truly receive every single thing He gives us as blessings.

Don't Forget!

Contact one of our missionary wives this week to let her know we were thinking about her and praying for her!

Mrs. Virginia Harris - vharris6@cogeco.ca
Mrs. Lacey MacRae - jmacsgirl08@gmail.com
Mrs. Sherry Lester - sherbearlester@yahoo.com.au
Mrs. Megan Burns - jsbaptisto@yahoo.com
Mrs. Holly Williams - justins.wife@hotmail.com
Mrs. Michelle Shields - shellyrae2550@aol.com

Book Review

by Mrs. Caryn Bane

"Teens Without Turmoil" by Marlene Evans
(submitted by Mrs. Bane)

"Teens Without Turmoil" not only offers hope for the oft-dreaded teen years, but also provides a myriad of practical, do-able ways to make this a time of great joy for the teen and the parent! Marlene Evans addresses the perspectives of parent and teen as she approaches day in and day out struggles, divorced and blended homes, insecurity, worldliness and rebellion, how to treat a teen/friend who has left the church, teen suicide, parental promises, and how to thrive - the mom and the teen!

As Christians moms we are so afraid that our teens are going to "turn out bad" we sometimes unknowingly provoke our teens to turn away from what is good and Godly in their lives. Worse yet, we do nothing simply because we don't know what to do. Mrs. Evans teaches how to LEARN to have FUN with our teenagers and how to win their hearts. Only after we have their hearts are they ready to hear what we have to say about the important things of life, God, and the Bible. We must learn to be what they need so they will hear us when we show them what they need.

This book has been a great encouragement to me as I am continuing to learn how to mother teen daughters. We are having the time of our lives! I have learned that there can be teens without turmoil, but the responsibility is largely mine.

(This book is available in Gray's Gospel Shop or at www.christianwomankind.org.)