

Ministering Grace

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The Ladies of Grace monthly newsletter
March 2009-2010

Just Say "Yes." by Mrs. Sandy Thompson

Esther, a Jewish orphan in the land of Persia, had to say yes to listening and obeying Mordecai as her guardian; Esther 2:7-11. Esther said yes to going to the king's house. Yes to going before the king with many other maidens. Yes to becoming queen; Esther 2:12-18. Yes to going before the king without being summoned, even though this could mean death to her; Esther 4:11-5:2. Again, Esther said yes to asking the king to put away the letter of Haman "to destroy the Jews which are in the king's provinces,"; Esther 8:3-6. The letters were reversed and Mordecai became second to the king; Esther 10:3.

Jesus Christ had to say yes so many times to become our Lord and Saviour. Yes to leaving His father and all His glory in heaven. Yes to being born as a baby and laid in a manger; Luke 2:7. Yes to being subject to his earthly father and mother; Luke 2:51. Yes to being baptized of John the Baptist; Luke 3:21. Yes to being tempted of the devil forty days; Luke 4:1-13. Yes to living on earth with no home ("the Son of man hath not where to lay his head,"); Matthew 8:20. Yes to being opposed by the Pharisees; Matthew 9:34. Yes to permitting children to come to Him; Matthew 19:13-15. Yes to paying tribute or custom; Matthew 19:24-27. Yes to being associated with sinners; Luke 7:34. Yes to teaching us how to pray; Matthew 6:9. Yes to subjecting Himself to doing His Father's will and going to his Father in frequent prayers; John 18:2. Yes to showing humility and washing the disciples' feet; John 13:5-15 and Luke 22:27. Yes to being betrayed by one of His own disciples, Matthew 26:47-50. Yes to being taken and tried; Matthew 27:57-27:24. Yes to the crown of thorns and being brutally beaten by Roman soldiers; Matthew 27:27-30. Yes to being nailed to the cross; Luke 23:33. Yes to being crucified between two thieves; Matthew 27:38. Yes to forgiving a thief while on the cross; Luke 23:39-43. Yes to being ridiculed and mocked; Matthew 27:39-44. Yes in cries for forgiveness of His executioners; Luke 23:34. Yes to being forsaken of His Father; Matthew 27:46. Yes to having His side pierced by a soldier; John 19:34. Yes to being buried in a tomb; Matthew 27:66. Yes to going to Hell for us ("For as Jonas was three days and three nights in the whale's belly; so shall the Son of man be three days and three nights in the heart of the earth."); Matthew 12:40. Yes to showing doubting Thomas His hands and feet; John 20:27. Yes to sending the Holy Spirit to us; John 14:16, 15:26. Yes to being our Saviour; John 3:16-17. Yes to giving us the opportunity to be joint heirs with Him; Romans 8:17. Yes to coming back for us; John 14:1-3.

What must each of us say yes to in order to have a God-filled life? Yes that we are sinners bound for Hell; Romans 3:23, 5:12. Yes that Jesus Christ has paid our sin debt; Romans 6:23, 5:8. Yes in accepting Christ as our Saviour, Romans 10:9-10. Yes in getting in church (of course, Grace Baptist Church); Hebrews 10:25. Yes to reading and studying God's Word; II Timothy 2:15. Yes to being an example and a witness to family, friends, anyone; I John 5:9-10. Yes to finding the ministry God would have us to do; Hebrews 1:22. The main ministry for an unmarried lady is to stay pure, care for the things of the Lord; holy in body and in spirit. The most important ministry for a married lady is her husband! Please your husband spiritually, emotionally, and physically; I Corinthians 7:34. Yes to looking for Christ's return, Revelation 22:20.

Just saying yes to Christ will make you a stronger, happier lady!

Meeting Schedule

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

Next meeting: Ladies of Grace GALA - April 9-10

A Little Humor by Mrs. Kacie Jamison

A woman drove a mini-van filled with a dozen screaming kids through the mall parking lot, looking for a space. Obviously frazzled, she coasted through a stop sign.

"Hey, lady, have you forgotten how to stop?" yelled an irate man.

She rolled down her window and said, "What makes you think these are all mine?"

Don't Forget!

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

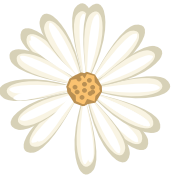
Mrs. Virginia Harris - vharris74@yahoo.com
Mrs. Lacey MacRae - jmacsgirl08@gmail.com
Mrs. Sherrie Lester - shebearlester@yahoo.com.au
Mrs. Megan Burns - jsbaptisto@yahoo.com
Mrs. Holly Williams - justins.wife@hotmail.com
Mrs. Michelle Shields - shellyrae2505@aol.com

Memory Verse I John 4:16

"And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him."

This month's issue:

- "Non-agreement Is Not Disagreement"
by Miss Kaylin Sapp
- Book Review by Mrs. Leigh Daughenbaugh
- "Just Say 'Yes.'" by Mrs. Sandy Thompson



Featuring:

- Dealing with Diabetes tips by Mrs. Tammy Sapp
- Updated email address for Mrs. Virginia Harris

Special offer!
Purchase the book
Recipes for
Rearing Children
at the discounted price
of only \$10.00!



Where Jesus Walked

I 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 by Mrs. Bane



Wow! The Gala is just a few short days away! I hope you are as excited about it as I am. It is going to be a time of blessings beyond expectations – please do not miss it! Early registration ends on Thursday, March 25, so you will need to get registered by tomorrow at church to take advantage of the early registration prices. After the 25th, prices go up to: Ladies \$30, Teens \$25, Juniors \$20. I hope you will invite your friends and family to attend the Gala. I promise it will be a blessing to them; this is a great opportunity to allow your loved

ones to be influenced for the Lord, as well as a time for fellowship. I also ask you to be in earnest prayer for the Lord to accomplish His will during the Gala. Please pray with me!

I recently received an email that was a blessing to my heart that I want to share with you.

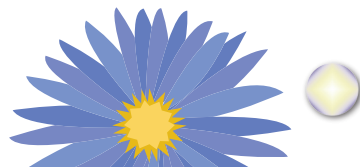
Just up the road from my home is a field, with two horses in it. From a distance, each horse looks like any other horse. But if you stop your car or are walking by, you will notice something quite amazing. Looking into the eyes of one horse will disclose that he is blind. His owner has chosen not to have him put down, but has made a good home for him. This alone is amazing. If you stand nearby and listen, you will hear the sound of a bell. Looking around for the source of the sound, you will see that it comes from the smaller horse in the field. Attached to the horse's halter is a small bell. It lets the blind friend know where the other horse is, so he can follow. As you stand and watch these two friends, you'll see that the horse with the bell is always checking on the blind horse, and that the blind horse will listen for the bell and then slowly walk to where the other horse is, trusting that he will not be led astray when the horse with the bell returns to the shelter of the barn each evening. It stops occasionally and looks back, making sure that the blind friend isn't too far behind to hear the bell.

Like the owners of these two horses, God does not throw us away just because we are not perfect or because we have problems or challenges. He watches over us and even brings others into our lives to help us when we are in need. Sometimes we are the blind horse being guided by the little ringing bell of those who God places in our lives. Other times we are the guide horse, helping others to find their way. Good friends are like that - you may not always see them, but you know they are always there. Please listen for my bell and I'll listen for yours. And remember...be kinder than necessary - everyone you meet is fighting some kind of battle. Live simply, love generously, care deeply, and speak kindly. Leave the rest to God.

I hope each of will be willing to be strong for a friend who is struggling –and remember those God used in our own time of need and be willing to do the same for someone else! You CAN make a difference!

I love each of you, and I hope you thoroughly enjoy Ladies of Grace this evening!

Mrs. Bane



Balanced Health

Diabetes and Weight Loss,

by Mrs. Tammy Sapp

At a time when one in three Americans is classified as obese, many people unknowingly live with serious health risk factors that can affect quality and length of life.

For example, risk factors for Type 2 (adult-onset) diabetes include family history, overweight or obesity, high blood pressure, high cholesterol, high triglycerides, lack of physical activity, polycystic ovary syndrome, previous history of gestational diabetes, and previous history of delivering a baby over nine pounds.

Even a relatively small amount of extra weight can put us at risk for many medical conditions. One 2005 study found that excess body fat was a factor in 77% of women with Type 2 Diabetes. Excess weight affects the way our bodies function in nearly every area, increasing our risk for problems with diabetes, cardiovascular disease, cancer, infertility, sleep disorders, depression, and osteoarthritis (just to name a few).

Getting to and maintaining a healthy weight requires a change in lifestyle. Following simple steps like reading labels, having a balanced diet, watching portion sizes, and developing a plan for more physical activity can make a big difference in one's quality of life.

Non-agreement Is Not Disagreement

by Miss Kaylin Sapp

Oui, da, si, ja, ano, sim – after greetings and goodbyes, the word *yes* is the most commonly-learned word in foreign languages and its variants the most commonly-used words in our English today. From the nautical “Aye, aye” to the adolescent “Like duh,” the word *yes* and its derivatives are staples of our conversation. While, unfortunately for parents, an infant’s first word is often a resounding “No!” we as adults find ourselves agreeing more often than disagreeing in our everyday converse.

We tend to agree with conversations when it is simply easier to not begin an argument. Parents agree to purchase items a child demands loudly in a grocery. Children agree to not tattle on each other. Teenagers agree with their “cool” peers. Dating couples agree with each other on everything. Subordinates agree with their bosses. We agree with what is said due to self-preservation or fear.

However, as Christians, we often do not disagree with those who are doing or speaking sin around us. This is a dangerous habit for a Christian, as a *lack of agreement*, to the average conversationalist, signifies agreement. We sometimes refuse to agree with a critic, but when we do not disagree with that critic then she remains under the impression that we agree with her. When we do not say “no” to someone offering gossip, then that person assumes we want to hear it. When we permit foul language in front of our children, then who is to know that we disagree with what is said? Abraham Lincoln stated this principle best: “*All that is necessary for evil to triumph is for good men to stand by and do nothing.*” Neglecting to say “no” is the equivalent of saying “yes.”

However, there are many times in our lives when an agreement is necessary for our own sakes as well as our followers’. Authorities must agree in front of their followers; inconsistency and disagreement will destroy a follower’s relationship with his leader faster than a betrayal will. Parents must agree upon disciplining children. Teachers must agree with given curriculum. All of us must agree with the Preacher and the Bible, or we will destroy our Christian testimonies. Disagreements, overt or covert, have their places in conversation, but not in front of those simple ones who may fall due to our blatant questioning of authority.

Saying yes when agreement is necessary is essential to any leader or any Christian. If we are not *for* Christ, then He says we are against Him – and that includes in our conversations. In addition to this, permitting the world to enact its worldliness before us and not *disagreeing* is every bit as detrimental to one’s testimony as a Christian as agreeing; saying “no” when the proper time arises is as important as saying “yes.”

Book Review

by Mrs. Leigh Daughenbaugh

Recipes for Rearing Children, by Mrs. Frieda Cowling

The book covers all stages of a child’s life, from infancy to adulthood. Mrs. Cowling tells us that from the time our children are young we parents must provide a peaceful, unified atmosphere in our homes to have happy children. If we have this unity, our home reflects Christ. She has many helpful tips, quotes, and Bible verses throughout the entire book to help us to have this unity.

It is filled with many creative ideas and practical principles that are easy to use or follow, listed for each stage of life. When children are little, read and sing with them; and as the children age, do experiments, crafts, and artwork with them. The teenage years are a critical time in their lives. There are many tips and hints about how to have happy, hard-working teens. Our good attitude is critical in our teens having a good attitude. The Cowlings say that “A teen’s success in his Christian life and usefulness to God is determined largely by his attitude.” Do we want our teens to be successful in their Christian lives? Check on your own attitude about your service for God, and your attitude about your pastor and those in authority over you.

There is good advice given for when our children are grown, dating, courting, married, and having children of their own. A quote that she used several times in the book was, “unsolicited advice is seldom heeded and never appreciated.” This is important when your “kids” are adults and are making decisions on their own.

There is even good advice about how to deal with parents and in-laws if they do not believe the same way that your husband and you believe. Mrs. Cowling mentions that in order to keep peace with her mother-in-law she sometimes felt like biting off her tongue rather than slapping her mother-in-law’s face. Have you even been there? You are not alone.

At the end of the book are over 130 pages (7 appendixes) listing many rhymes, songs, templates, recipes, and flannel board stories to use with your children or grandchildren. At any stage in life, you can find help in this informational book on child rearing.