

GRACE WAY WOMEN'S MINISTRY

THE IMPORTANCE OF PRAYER & SILENCE

"BE STILL, AND KNOW THAT I AM GOD. I WILL BE EXALTED AMONG THE NATIONS, I WILL BE EXALTED IN THE EARTH!" PSALM 46:10 ESV

WRITTEN BY HEATHER HERGET

When our middle child, Kory, was about 2 or 3, my husband jokingly said, "Do you ever stop talking?". In a very serious tone Kory replied, "How could I breathe if I wasn't talking?".

I don't know why, but lately this comment came to my mind when reflecting on the importance of being still and quiet with our Lord. Are we the toddler who struggles with stopping and being quiet because we don't know how? Do we feel like if we just stop and listen we'll die? What is it about being quiet to hear the Lord speak we're so afraid of? Silence scares us. Most of us aren't afraid to pray for things we want, but we're afraid to spend any length of time in silence and intimate prayer. We don't want to go any deeper than "Lord I need this" or "Will You change this?".

What I see is that I can be exactly like the toddler. I'm scared of the silence because it feels deafening. I'm afraid what the Lord will actually say. As I have grown in my walk with God, He's shown me something crucial. When I don't stop and spend quiet time in God's presence to reflect, worship, pray, listen, journal, and read my Bible, then I feel like I can't breathe. I feel like I can't make it through the tough days. I'll hit a wall and feel like I can't take a step. What's beautiful is this: we have a loving Heavenly Father who knows our heart and loves us more than we can fathom. As we walk daily with Him, we will have days, or even seasons, where we struggle. But just like a father or mother with a struggling toddler, our Heavenly Father holds on and doesn't give up on us. The Holy Spirit reaches out and reminds us to stop. He speaks to us, reminds us to stop, and we keep breathing. We also find that we breathe easier and are calmer once again. Personally, when the noise and junk of the world overwhelms me, all it takes is a moment to quiet my spirit and listen for Him. Sometimes I'm better about remembering to stop and be still, but sometimes the Spirit stops me in my tracks. Today, it was the Spirit stopping me with a song to remind me that He's bigger than any storm I have. Other times it's something someone says in a sermon, conversation, or Bible Study.

So remember, we NEED His Spirit & Presence. Daily prayer & silence is necessary.

If you aren't making it a priority, do it today. Just start with a few minutes. You will not regret it.

PRAYERS

When you pray, do you get distracted by your to do list or other random things? Try journaling, prayer prompts, prewritten prayers or scriptures. You can insert your own name or names of those you love.

Liturgy for the Ritual of Morning Coffee

Meet me, O Christ
in this stillness of morning.

Move me, O Spirit,
to quiet my heart.

Mend me, O Father,
from yesterday's harms.

From the discords of yesterday,
resurrect my peace.

From the discouragement of yesterday,
resurrect my hope.

From the weariness of yesterday,
resurrect my strength.

From the doubts of yesterday,
resurrect my faith.

From the wounds of yesterday,
resurrect my love.

Let me enter this new day,
aware of my need
and awake to your grace,

O Lord.
Amen

From Every Moment Holy by Doug Mckelvey



"so my word that comes from my mouth will not return to me empty, but it will accomplish what I please and will prosper in what I send it to do." Isaiah 55:11 CSB

"Jesus answered, "If anyone loves me, he will keep my word. My Father will love him, and we will come to him and make our home with him." John 14:23 CSB

Dear Lord, break me of the need to be busy pursuing a sense of self-worth. Make me secure in who You are and who You've made me to be, and as a result, teach me what it means to truly rest. Help me catch my breath. In Jesus' Name, Amen ~ Max Lucado



GRACE WAY WOMEN'S SPRING BANQUET

APRIL 23, 2022 @ 5:00 PM

(DOORS OPEN @ 4:30 PM)

MENU: PASTA & SALAD FROM TRATTORIA GIUSEPPE'S W/BREAD & DESSERT

DINNER MUSIC: BRAD FEMMER

DRAMA: KRISTI SMITH & HEATHER HERGET

WORSHIP: JIM & CHRISTY RICHMAN

ACCEPTING DONATIONS FOR HOUSE OF HOPE ORPHANAGE IN HAITI

SPEAKER: REBECCA PIERCE

Rebecca Pierce is a writer, speaker and Bible teacher who loves

connecting women to the heart of Jesus through God's Word. A

full-time mom of five kids from tot to teen and a wife of 16 years,

she finds the deepest lessons of Jesus' great love comes in the

everyday moments as she learns

what it means to do today well. She spends time encouraging women at moms groups, women's events and weekly on

Clubhouse, a drop-in audio social app. Her first book "Do

Today Well: Grace-Based Strategies for Parenting, Marriage, Faith & Life" releases this spring (2022) on Amazon.

Connect with Rebecca on Instagram, Clubhouse and at

DoTodayWell365.com



WHAT'S HAPPENING IN WOMEN'S MINISTRY

MAGNETS! Did you get a magnet? There are magnets at the Welcome Center for you to take to remind you of important women's ministry events. Take them to your friends & family who may want to join us!

D-GROUPS! Have you heard us talk about D-Groups? We're forming new groups right now. These groups are great opportunities to connect & grow spiritually with other women in our church. These groups are 3-5 women who meet regular for the purpose of prayer & accountability. If you missed signing up, see Heather Herget.

COMING SOON!

- Watch for information on Workshop events
- Summer Book Club is coming!

EVENTS:

JUNE 11TH: WOMEN'S BRUNCH @ 10 AM