

# thrive!

JANUARY / FEBRUARY 2018



# Editor's Note

Welcome, 2018!

If you are like me, January is a time to reflect and thank God for the blessings and lessons of the previous year as well as give serious consideration to the purpose and plan for the new one. Recently I completed a simple exercise listing the extras God showered on my life in 2017. After compiling the list, I sat back and tears sprang to my eyes as I realized how good God had been to me and my family. His sweet generosity also humbled my heart to cry out in repentance for my selfishness and unconcern. At that moment Romans 2:4 hit home, "For the goodness of God leadeth man to repentance." If you haven't already, I would encourage you to take a minute and write out your own blessings list because it will naturally lead you to thinking about what you can do for Him in the new year.

That said, I am a natural planner and goal-setter, so setting aside time to think and pray about my goals for 2018 is something I look forward to! Taking a mammoth goal and breaking it down into doable bite-size pieces is exciting to me and especially rewarding when it is finally accomplished. Now, I realize that not everyone shares my planning enthusiasm, but if you carve out a little bit of time from your schedule and actually write down a few things you would like to accomplish this year and keep the list in a visible place, it will make a difference in your 2018.

What do you finally want to check off your list? Loose 10 lbs.? Read the Bible every day? Build stronger relationships? Save for a car, vacation, or retirement? It CAN be done! With the Holy Spirit's help you can accomplish whatever He has put in your heart to do. But, where do you start? It looks so HUGE! First, ask the Lord for wisdom and guidance. Next, quantify your goals which simply means to attach dates and numbers to them. Breaking down your big goal into little pieces spread out over the whole year brings it down to size and makes it manageable. Putting the whole plan on paper is the final step which makes it concrete and keeps you accountable. I know I have simplified the process but sometimes just being encouraged to take the first step is the most important part.

To help you on your way, we have concentrated the articles in this edition on helping you prepare for a fruitful year. A big thank you to Lynette Cannon, Elizabeth Wingler, Courtney Jenkins, and Michelle Rabon for penning what is on their mind and in their heart. I'm sure you will be motivated and challenged by their insight.

Savor this new year and all it will bring. I will be praying for you, friend, as you launch out toward your successful 2018.

*Julie*



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## January

- 2 - Grace Ladies Bible Study 6:30 p.m.
- 3 - Awana
- 6 - Senior Saints 5:00 p.m.
- 7 - Elizabeth Wingler Baby Shower 3:00 p.m.
- 8 - Grace Mission Team 10:00 a.m.
- 11 - White Rose 10:00 a.m.
- 16 - Terry Keaton Bible Study 10:0 a.m.
- 21 - Sanctity of Life Sunday (Diaper Drive)
- 23 - thrive! Bible Study - Holy Mess 6:30 p.m.
- 28 - Kayla Perry Bridal Shower 3:00 p.m.

## February

- 3 - Awaken Bible Study 10:00 a.m.
- 3 - No Senior Saints
- 6 - Terry Keaton Bible Study 10:00 a.m.
- 6 - thrive! Bible Study - Holy Mess 6:30 p.m.
- 8 - White Rose 10:00 a.m.
- 10 - Valentine Banquet
- 12 - Grace Mission Team 10:00 a.m.
- 20 - Terry Keaton Bible Study 10:00 a.m.
- 20 - thrive! Bible Study - Holy Mess 6:30 p.m.
- 22 - White Rose - Bingo at Julia's 10:00 a.m.

### Connect with us!

Facebook - thrive! Ladies Ministry

[www.cbckannapolis.com](http://www.cbckannapolis.com)

[thriveladiesministry@gmail.com](mailto:thriveladiesministry@gmail.com)





# 10 Ways To Be Healthier in 2018

By: Heather Brant

1. Drink more water.
2. Make your plate more colorful with fresh veggies and fruit. Not only is it pretty, but it's so good for you!
3. Reduce the amount of simple sugar in your daily diet.
4. Make meal and snack times intentional with the purpose of fueling your body. Setting intentions with your food should help with mindless eating.
5. Make movement part of your daily routine (take a walk, play with your children or grandchildren, find a gym or participate in an exercise class, etc.).
6. Incorporate weight bearing/resistance exercise into your routine it's great for your bones. You don't have to go to a gym to lift weights. Daily tasks are considered functional training such as laundry, yardwork, sweeping and mopping.
7. Stretch. Stretching increases the range of motion in our joints, and flexibility in our muscle tissues helping to prevent injuries.
8. Take a moment to focus on how you breathe. Inhaling a few deep breaths through your nose and exhaling out the mouth can help to reset your focus and alleviate stress!
9. Get a massage! Massage is awesome maintenance for the body, much like a car getting an oil change!
10. Don't do this alone... Have an accountability partner whether it be a spouse, parent, sibling or friend.

A new year always starts off with good intentions, and easily falls off come February. I believe most of our failure comes from doing too much in a short amount of time, and the result is that we burn out.

We are all designed by an Almighty Creator who has given us individual strengths. I encourage you to be a good steward of your body. Making small changes in your daily routine can make a huge impact in your overall health and well-being.

Philippians 4:13 "I can do all things through Christ which strengtheneth me."





# Financial Stewardship of a Christian

By: Elizabeth Wingler

Year after year January marks the month people begin their new year's resolutions to stay fit and healthy, lose weight or get organized. Also high on the list is strengthening personal finances, particularly saving more and spending less.

As Christians we should definitely be concerned about how we handle our finances because Jesus had a lot to say on the matter. He knew that what we do with our money reflects where our heart is. Matthew 6:21 says, "For where your treasure is, there will your heart be also."

As young children in church we learn about tithing and giving to the needy. Our church, in particular, demonstrates these principles by offering services such as the Toy Share each Christmas season, the food pantry every month and funds for missionaries and other various causes. Concerning tithing Malachi 3:10 states, "Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that *there shall not be room enough to receive it.*"

I have heard so many times in my life that as a Christian you cannot afford to neglect tithing and I believe this to be true. Tithing and giving to advance the Kingdom of Christ should be a part of our budget, no matter the size of our income. God does not bless us on the premise that we keep the blessing to ourselves, but rather that we bless others. We should be a conduit with our finances, not a cul-de-sac.

How to manage your finances varies according to your life stage. Saving money, spending money, investments and income are completely different concepts when you are a

young adult and just starting out in life verses when you are retirement age and usually have many of your debts paid. Managing finances can be difficult early in adulthood, especially when raising a family. However, it's important to remember not to overwhelm your family with debts starting out or at any stage of life. Assess what your income will be and don't let your debts outweigh your income. This may sound like common sense but many adults have a difficult time with this principle.

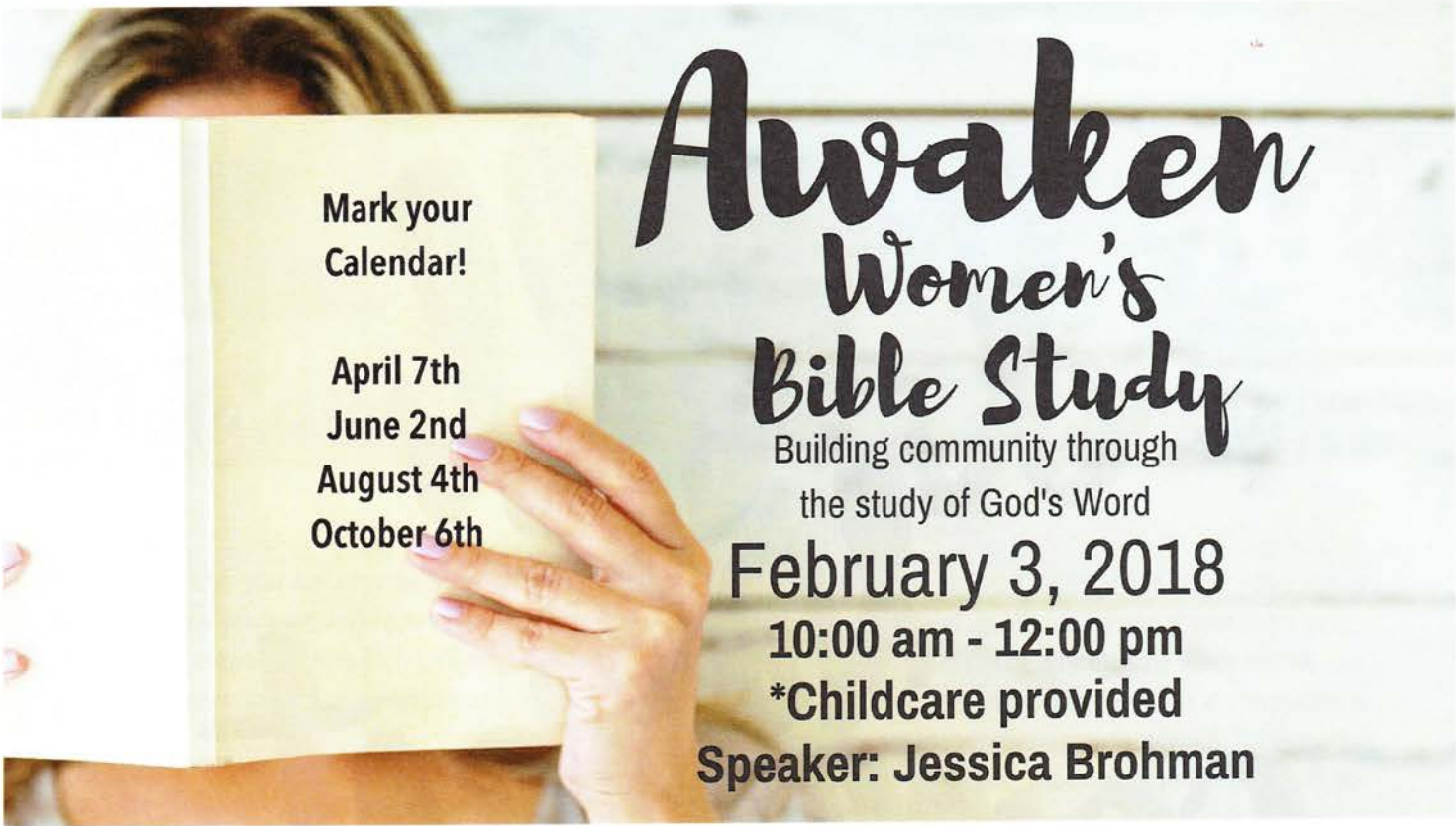
Even though I'm only 31 years old, finances for retirees is where my heart is. I've been blessed to grow up working for my family's business which helps pre-retirees and retirees protect, preserve and grow their life savings for and during retirement. When someone is younger and in the working phase of his/her life it may *seem* appropriate to invest in risky investments since there are many working years ahead to make up any losses, but as we age and begin the retirement phase of life, it's imperative to have control over your investments and experience some gains with the guarantee of no loss.

My prayer in writing this article is that readers are reminded that finances are important in a Christian's life no matter which stage of life you are in. Whether you are just starting out in adulthood and beginning to pay bills or retired and living off of your investments, God expects us to take care of what we are given and use it for His Kingdom's advancement. Therefore, my question is, are you using your finances for the advancement of His Kingdom?

I will  
be  
confident  
in God's  
leading.

♡MR



A woman with blonde hair is holding a yellow calendar. The calendar lists dates: April 7th, June 2nd, August 4th, and October 6th. The background is a light-colored wall.

**Mark your Calendar!**

April 7th  
June 2nd  
August 4th  
October 6th

# Awaken Women's Bible Study

Building community through the study of God's Word

**February 3, 2018**  
10:00 am - 12:00 pm  
\*Childcare provided  
Speaker: Jessica Brohman

A woman with long blonde hair is wearing a crown made of purple and white flowers. She is looking upwards and to the left. The background is a bright, sunny outdoor setting with trees.

**Mark your Calendar!**

Feb. 6th, 20th  
March 6th, 20th  
April 10th

# Holy Mess - Bible Study

WITH MICHELLE RABON

EVERY OTHER TUESDAY NIGHT BEGINNING JANUARY 23RD @ 6:30 P.M.  
CENTRAL BAPTIST FELLOWSHIP HALL  
COST \$10.00





By: Courtney Jenkins

A new addiction has surfaced in the past dozen years. Unfortunately I am guilty and you may be as well. I'm not talking about drugs or gambling or pornography, although sadly these are also prevalent in our churches and in our homes. What I'm talking about is probably within three feet of you right now. It's that little gadget that we can't seem to stay away from...our phone.

I'm not saying cell phones are bad. I would constantly be lost on the road if I didn't have the maps app, which also conveniently shows me if heavy traffic is ahead. Plus, the ease of having a camera with me 24/7 to capture those adorable moments of my children is priceless. And of course, what would I do without that 40% off Hobby Lobby coupon?!

Life nowadays is about convenience. How can our lives be made *easier*? How can we receive information *quicker*? All that we want to know is instantaneously at our fingertips. We are overwhelmed with more than we could ever possibly "Google" or "click on" in our entire lifetimes.

I am a middle school teacher and I have noticed that during any unstructured time, students' faces are glued to their phones. Adults criticize teenagers today, but are we really so different? Have you been in public recently and looked around to see how many people are watching their phones?

Our children see us constantly interacting with our devices and they naturally mimic our behavior. I wonder how many times a phone has been chosen over "Mommy, guess what?" or "Daddy, watch this!" It's no wonder nearly every kid longs for a cell phone of their own...we have made them look so irresistible!

I am guilty. I've stared at a phone, maybe scrolling Facebook or looking for crafts on Pinterest or texting a friend while my kids say, "Mommy" a dozen times waiting for me to acknowledge them. I justify it by telling myself that it's just my way of relaxing and taking a break from life. Sometimes though, I lay in bed at night and conviction cuts me like a knife. I think about how many times I choose to watch the lives of others rather than appreciate my own. Ouch.

In 2018 I'm making a goal to put the phone down. God has purposely placed people in our lives, family and friends that may need us beyond a "like" on a photo. Technology can enhance our lives in many ways but don't let it become a stumbling block to what God has planned for you as a friend, a wife or girlfriend, a mother, a sister, or a grandmother. Remember, you're never going to wish that you spent more time staring at a screen. Life is short and time is precious. So, look up and appreciate the blessings around you.



“Look, I am about to do something new; even now it is coming. Do you not see it? Indeed, I will make a way in the wilderness, rivers in the desert.”

Isaiah 43:19



### January

- 1- Deut. 23
- 2- Deut. 24
- 3- Deut. 25
- 4- Deut. 26
- 5- Deut. 27
- 6- Deut. 28
- 7- Deut. 29
- 8- Deut. 30
- 9- Deut. 31
- 10- Deut. 32
- 11- Deut. 33
- 12- Deut. 34
- 13- Micah 1
- 14- Micah 2
- 15- Micah 3
- 16- Micah 4
- 17- Micah 5
- 18- Micah 6

- 19- Micah 7
- 20- Acts 1
- 21- Acts 2
- 22- Acts 3
- 23- Acts 4
- 24- Acts 5
- 25- Acts 6
- 26- Acts 7
- 27- Acts 8
- 28- Acts 9
- 29- Acts 10
- 30- Acts 11
- 31-

### February

- 1- Acts 12
- 2- Acts 13
- 3- Acts 14
- 4- Acts 15
- 5- Acts 16
- 6- Acts 17
- 7- Acts 18
- 8- Acts 19
- 9- Acts 20
- 10- Acts 21
- 11- Acts 22
- 12- Acts 23
- 13- Acts 24
- 14- Acts 25
- 15- Acts 26
- 16- Acts 27
- 17- Acts 28
- 18- Rom. 1
- 19- Rom. 2
- 20- Rom. 3
- 21- Rom. 4
- 22- Rom. 5
- 23- Rom. 6
- 24- Rom. 7
- 25- Rom. 8
- 26- Rom. 9
- 27- Rom. 10
- 28- Rom. 11



# 5 Ways to Stick to the Word in 2018

By: Michelle Rabon



Ah, a new year, three-hundred and sixty-five chances to get it right. It seems that as soon as we rush past the Christmas season we are eager to make new resolutions for our new year. Every time I sit down to set goals for a new year Proverbs 19:21 comes rushing to mind, "Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand."

We can create really great goals, but if they do not ultimately reflect the purpose of God then they will unfortunately be unsuccessful. That isn't to say your 2018 health goals won't work out or your plan to get your finances in order will flop. It does, however, mean that we need to have our priorities in the right place as we walk into a new year.

What is your number one spiritual goal for 2018? More time in the Word, read through the entire Bible, study more specific topics, develop a quiet time, or cultivate a purposeful prayer life? Each of these goals have something in common - God's Word. But, like any good resolution and goal we start off with the best of intentions but sometimes fail to follow through.

So, here are five ways and ideas that will help you stick to your 2018 goal of being in God's Word.

**1. How bad do you crave it?** There is something to be said for desire that drives you. If we don't want something bad enough, usually we are not willing to put in the work it takes to make it happen. Psalm 42:1 is a precious reminder of how our souls long for God like the deer that pants for water. Our hearts and souls long to connect with God and His Word. Set your sights on the things of heaven and allow the desire for God's Word to fill you up.

**2. Stop allowing God's Word to be second place.** Let's have an honest moment together, we put other things before God's Word. We have all done it, so no finger pointing. We have

to stop allowing things to push it out of first place, that includes the people in our lives, our jobs, or endless tasks. There is nothing on this earth more important than your relationship with Christ. By putting God's Word first, it will allow you to serve your family better, work more diligently and will show you the tasks on your list that truly matter. Matthew 6:33 is the perfect reminder, seek His Kingdom first, and after that everything will find its place.

**3. Make a plan or find one.** There is no right or wrong reading plan. Maybe your goal is to build a quiet time, so starting small with one chapter a day is a plan that is best ([displayinggrace.com](http://displayinggrace.com)). Maybe your goal is to read through the Bible in a year, you can find plans online for one-year plans and chronological ones. Whichever one works best for you, stick to it. Having something tangible to measure your goal is a great way to stay on track.

**4. Get an accountability partner.** Sometimes our best companion is a friend who is in it with us. Do you have someone at church who you could partner with in your reading plan for the year? Maybe a mentor or just a friend who is longing to get in the Word too? Ask them to join you. Keep each other accountable with weekly check-ins, and don't forget to celebrate success.

**5. Don't overcomplicate.** We are excellent at making life more complicated than it needs to be. This is something that needs no complication. God's Word is a treasure. He will teach you His truth through His Holy Spirit. Open the Word and seek His face, my friend.

I pray that as you grow closer to Christ in 2018 you will stick to your spiritual goals and allow God's Word to truly transform your life.





# What to Wear in 2018

By: Gail Beck

Each day we are faced with the decision of what to wear. We search our closet for the proper garments (head to toe) that will be fitting for our daily activities. Choosing does not mean we are automatically dressed. No, we must take action by taking our clothes out of the closet and dressing ourselves to be ready for the day.

The armor of God does not hang in our closet. It is inspired and written on the pages of God's Word. When we open our Bibles to Ephesians 6:10-18 we see specific instructions as to what we are to wear on our Spiritual body. God has made it clear what to wear but we must choose to follow His directions.

Will I choose to follow the directions? Will I choose to be spiritually armored and protected or to be spiritually unarmored, unprotected and vulnerable to the attacks of Satan? God gives us courage and strength to be spiritually dressed (head to toe) by putting on the Armor of God and being prepared for each day and all we will be confronted with.

This dress of armor is suitable for all of God's children without respect of person. It is always the same, will always fit, will never wear out and is always available. Do not wait for it to jump out of the closet - take the initiative and armor up!

## Let's Armor Up

By: Ann Farabee

Anybody in a battle out there? Not only are we facing personal battles, but there are many happenings in our country and in our world that can be quite concerning.

Ephesians 6:12 says that our battles are against the rulers of darkness of this world, against spiritual wickedness in high places. Yes, supernatural power is needed and we have it - through God's armor around us and the Holy Spirit who lives within us.

I would like to encourage you to make sure you put on your armor of God each day - as soon as your feet hit the floor, during your devotional time, in difficult situations - whenever you can. It will be worth the minute it takes.

Here are the steps I take from Ephesians 6:10-18 that help me to be strong in the Lord and in His mighty power. It is easy to do and can be even more simplified if you want your children to learn to armor up each day as well. Children can learn it quickly and it will help them to better understand God's protection in their daily lives. It is such a great way to get focused and prepared for your day. It has been a life changer for me.



*-Helmet of Salvation:* I am putting on my helmet of salvation. (Yes, actually take both hands and place that imaginary helmet over your head.) Thank you for my salvation. Be in my mind and thoughts today. Protect me.

*-Breastplate of Righteousness:* I am putting on my breastplate of righteousness. (Use both arms and move them as if you are putting on a jacket. Then, hold it tightly against your chest as you pray.) Help me live in righteousness today. Make me into Your likeness. Guard my heart. Protect me.

*-Belt of Truth:* I am putting on my belt of truth. (Use your hands and imagine the belt going around your waist. Hold on to it as you pray.) Lead me in truth. Protect me from forces of evil. Thank you for Your truth that sets me free.

*-Shoes of Peace:* I am putting on my shoes of peace. (Pretend to place the shoes on one at a time as you pray.) I pray for peace through the Holy Spirit in my life as I walk through my day. Lead me to anyone that needs to hear the Gospel of Jesus Christ. Help me to share that news.

*-Shield of Faith:* I am picking up my shield of faith. (Reach out for the shield and picture yourself holding it in

your hands as you pray.) Lord, help me to fight off temptations, fears, and doubts - those fiery darts that may come my way. I claim victory through Jesus Christ.

*-Sword of the Spirit:* I am picking up my sword of the Spirit - Your Word. (Pretend you are picking up your Bible in the other hand and hold it up as you

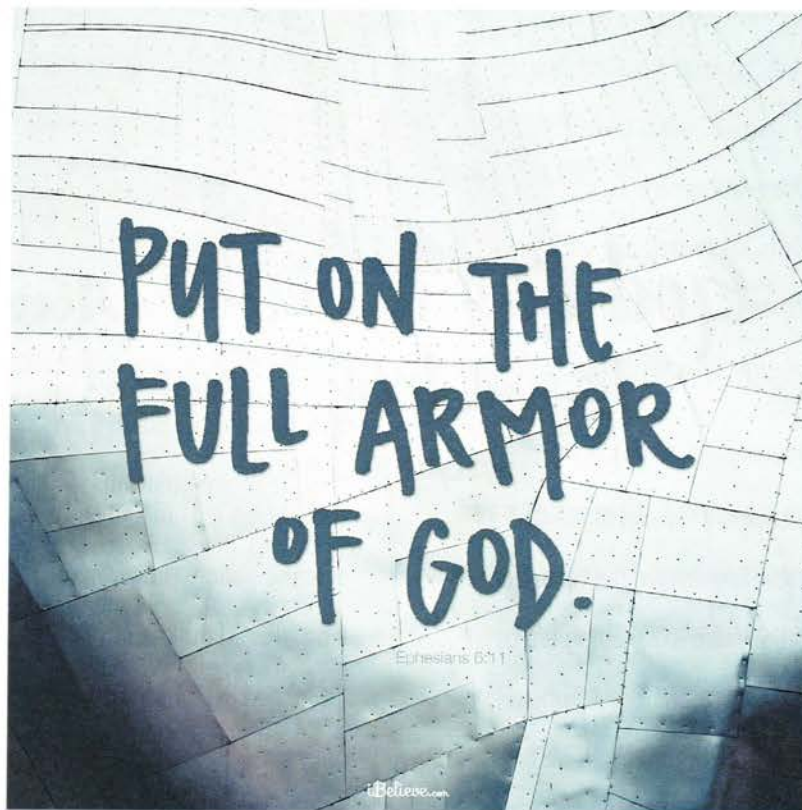
pray.) Help me to use Your Word to guide my day. Keep it on my heart.

One helmet, one breastplate, one belt, one pair of shoes, one shield, one sword. Priceless. Enjoy life being armored up. I do.

If you would like a printable copy of the 'Armor of God' for yourself or for your children, email me at [annfarabee@gmail.com](mailto:annfarabee@gmail.com)

*Article used with permission by Ann Farabee.*

*(Article taken from The Salisbury Post)*





# God has a better plan: Lessons from 1 Samuel

By: Lynette Cannon

What an exciting book is 1 Samuel in the Old Testament, and what valuable lessons we can learn from it! This book covers the transition from Israel being led by a series of Judges to it becoming a monarchy. 1 Samuel is full of interesting people and fascinating events. In it we read about childless Hannah praying for and receiving a child, and how that child, Samuel, grows up to become a Godly prophet and judge. We read about the choosing of Saul as Israel's first king, about David's defeat of Goliath, and about David subsequently replacing Saul as king. There are many familiar accounts in this Old Testament book, and in each of them we find a common thread: **God has a better plan**. This is as true today as it was during Israel's transition time.

First of all, God had a better plan for the kind of king He wanted to rule over His chosen people. In re-reading and studying 1 Samuel, I was reminded that God did intend for Israel to eventually have a king. We find in Deuteronomy 17:14-20 that the king of God's choosing would lead under

submission to Him and His laws, and be God's representative over the nation. However, the Israelites insisted on having a king "like all the nations" (1 Samuel 8:5). They were more interested in a politically powerful leader than they were in one that would submit to God's leadership. Wow! Unfortunately, that sounds like the attitude of another nation today—America.

As we read 1 Samuel, we discover that Saul failed miserably in obeying the leadership of God, and, consequently, disaster befell the people of Israel. So we see that God had a better plan for how Israel should have been ruled, but the people and Saul wanted to do things *their way*.

Remembering that God's plan is always best should cause us to make sure He is ruling on the throne of our hearts as well. When I look back over my life I can plainly see pitfalls that I could have avoided if I had followed God's plan instead of trying to do it *my way*. His way is always best!



Not only does God have a better plan for leadership, He shows us in I Samuel that He has a better plan for handling the difficulties that this life brings our way. Being the right kind of parent can be one of those difficulties.

The book begins with the sadness and desperation of Hannah, a Jewish woman who greatly desired to have children, but had none. She was heartbroken and cried out to God who answered her prayer by giving her a son, Samuel. Who would have blamed Hannah if she had been selfish and kept Samuel for herself? We know, however, that she willingly dedicated him to the Lord's service in the temple under the supervision of Eli, the priest. In acknowledgement of her commitment, God had a better plan for Hannah. He blessed her with five more children!

God does indeed have a better plan for parents today: that we dedicate our children to Him and raise them in His "nurture and admonition" (Ephesians 6:4). Unfortunately, it seems that Eli had failed to follow God's plan in the raising of his own sons. I Samuel 3:13 says that "his sons made themselves vile, and he restrained them not." He and his sons died tragically because of his failure to follow God's plan for parenting.

God has a better plan for facing all of the "giants" in our lives-- those difficulties that make us doubt our ability to go forward. Of course, this is clearly illustrated with the account of David and Goliath. Saul's plan was to equip David with his armor which turned out to be too heavy and cumbersome for him. David quickly realized he needed to depend on God alone and what He had shown him in earlier

conflicts with the lion and the bear. We all know that David was indeed victorious as he bravely trusted God to help him defeat the giant. Do we try to wear inappropriate armor when we face "giants" in our lives? Do we pretend they are not there, seek unGodly counsel, or just try to come up with our own plan? David is the ultimate example of how to defeat those "giants"...He went against Goliath "in the name of the Lord of hosts, the God of the armies of Israel"! (I Samuel 17:45) God's plan is for us to trust Him and lean on Him when difficulties come our way, and-- yes, it IS a better plan!

The accounts in I Samuel remind us that **God always has a better plan** than any we could ever envision. We do not need to suffer the negative consequences of doing it OUR way! Whether it is in choosing and following the right leaders, how to be the best parent we can be, or in facing problems that come our way, His plans offer positive outcomes for our lives.

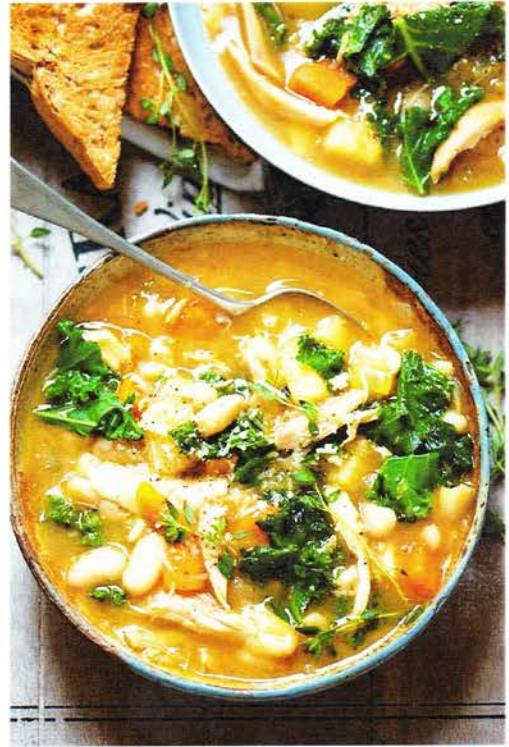


# Tuscan Style Chicken Soup

from [kitchensanctuary.com](http://kitchensanctuary.com)

## Ingredients

- 1 tbsp olive oil
- 1 onion, peeled and chopped
- 2 cloves garlic, peeled and minced
- ½ tsp dried thyme)
- 1 stick of celery, sliced
- 2 medium carrots, peeled and chopped
- 2 medium potatoes, peeled and diced
- 4 cups plus 3 tbsp good-quality chicken stock
- ½ tsp salt
- ½ tsp black pepper
- (14oz) tin of cooked cannellini beans, washed and drained
- 2 skinless cooked chicken breasts, shredded
- 2 packed cups chopped kale
- Small bunch fresh parsley, chopped
- 2 tbsp finely grated parmesan



## Instructions

1. Heat the oil in a large saucepan. Add the onion and cook for 10 minutes on a low-medium heat, stirring occasionally until softened.
2. Add the garlic and thyme and cook for a further 2 minutes. Add the celery, carrots and potatoes, stir, then add in the chicken stock, salt and pepper. Bring to the boil, then simmer for 20 minutes.
3. Add in the drained cannellini beans and cook for a further 5 minutes
4. Add the shredded chicken and heat through for 2-3 minutes, then add the kale. Stir and simmer for 1-2 minutes until the kale has wilted. Test and season with more salt and pepper if needed.
5. Divide between four bowls, topped with fresh parsley, grated parmesan and a couple of sprigs of fresh thyme. Serve with some toasted granary bread.