

COME AND SEE

John 1:39

PROVIDED BY THRIVE LADIES MINISTRY
CENTRAL BAPTIST CHURCH, KANNAPOLIS, NC

In This Issue

THE GIFT OF YOUR
UNDIVIDED ATTENTION

INTENTIONAL MOTHERHOOD

THRIVE MINISTRY SPOTLIGHT



The Gift of Your Undivided Attention

BY PHYLLIS LEMMON

My husband, son, and I finally sat down at the restaurant after a busy day. We were all glad to have a moment of rest. I grabbed my phone to check on a message or two. That is when I realized that all three of us were doing the same thing - separately. We all had broken our rule of no phones at the dinner table. At least no one could point fingers.

Electronics intrude more and more on our most private moments. Our face-to-face conversations, social gatherings, family bonding moments, study time, intimate moments, and even solemn goodbyes are most often rudely interrupted by this persistent

guest we continue to allow into our lives demanding our coveted attention. It has been said that perhaps the greatest gift we can give another is our undivided attention - attention that is totally theirs, not shared with other thoughts in our mind, a phone in our hand, or an eye on a screen. Undivided attention must be intentional.

We must strive to give God our undivided attention. The Bible reminds us to be still, quiet, and focused to hear God's leading and speaking to us:

Psalm 46:10 – Be still and know that I am God.

Habakkuk 2:20 – But the Lord is in his holy temple: let all the earth keep silence before him.

Psalm 62:5 – My soul, wait thou only upon God; for my expectation is from him.

We need to give God the attention He deserves when we pray, when we spend time in His Word, and when we worship Him. This is so much easier said than done, but it is something we should continually strive for.

In a Wii game there is a bar that goes up or down to show the strength of a ball hit. I have often

The Gift of Your Undivided Attention - Cont'd

pictured in my mind (probably when I should have been giving that undivided attention) our church in prayer together with one of those Wii bars vertically rising to the ceiling of the church. As we all give undivided attention to God as we pray, the strength of that bar goes way up, but as different ones of us begin to get distracted, I picture that bar waning; and with it the strength of our prayer. I'm not sure that is how it works, but still I wonder.

When we read God's Word, we can glean so much more when we open our hearts and minds, with no competing thoughts, but rather, totally focused on Him. And, could it be that true worship only begins when we give God our full, undivided attention?

A gift involves sacrifice. A very valuable gift we can give our

spouse, children, family, friends, and those we minister to is our undivided attention. Listen! Truly listen, not just hear them talking.

Empty your hands, look them in the eye, and let them know they are valuable to you by giving them your undivided attention.

Some common errors when we listen is hearing but not listening, forming a response in your head before hearing them out, or "one-upping" their story. We all tend to do this with illness stories, or accomplishment stories.

Groucho Marx once said, "Years ago, I tried to top everybody, but I don't anymore. I realized it was killing conversation. When you're always trying for a topper you aren't really listening" (quotefancy.com).

Gift your time! We are pulled in

so many directions. Get alone with your spouse, or child, or other person in your life (parent, good friend, etc.) and let them know that time is all about them, no strings attached.

In this fast-paced world we live in, it is a must to stop and analyze what is monopolizing our attention. It could be that the wrong things have taken over and it's time for an intervention. Regret can be a terrible thing to live with. Let's put our attention where it belongs. Phil Cooke, writer, television producer, and media consultant, is most likely right when he said, "The most valuable commodity of the 21st century will be undivided attention" (goodreads.com). Remember to be generous with your undivided attention.

Phyllis and her husband, Barry, have served together in full-time ministry for 31 years. Phyllis is the loving mother of 3 and grandma to 6 precious children. Born in Michigan, she is proud of her Midwest roots, but thoroughly enjoys living in the beautiful state of North Carolina.

**PSALM 62:5 - MY SOUL, WAIT THOU
ONLY UPON GOD; FOR MY EXPECTATION
IS FROM HIM.**



Intentional Motherhood

BY BETHANY LEMMON LUKENS

I am feeling such a call to lean into these days that are ordinarily routine. The days sometimes feel long but, sheesh, every time we near another birthday, I am reminded how truly short the years are!

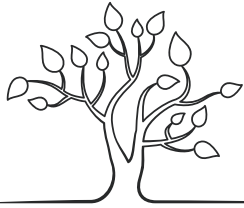
Don't lose sight of the joy in the simple moments, Mamas! Your five-year-old reading for the first time, your infant cooing at her big sister, your toddler's need for his hand to be in yours.

These are beautiful gifts. Ones we can overlook easily in a day when we are focused only on our to-do lists or always looking ahead to the next activity.

This moment is beautiful too. You might be covered in spit-up and in desperate need of a shower, but it's beautiful too. Don't lose sight of that.

Bethany is the daughter of Barry and Phyllis Lemmon. She lives in Norfolk, MA with her husband, Stephen. She is the mother of six wonderful children!

PSALMS 127:3 - LO, CHILDREN ARE AN HERITAGE OF THE LORD: AND THE FRUIT OF THE WOMB IS HIS REWARD.



Women in The Bible Trivia

Be the first to text your correct answers to 704-305-3210 to claim your prize!
Be sure to include your name!

1. Which books of the Bible are named after women?
2. What was the name of Mary's cousin whose baby was born just months before Jesus?
3. Who was Abraham's wife?
4. What elderly widow saw Baby Jesus at the temple?
5. Who was Isaac's wife, the mother of Esau and Jacob?
6. What woman was Jacob required to marry before he could marry her younger sister?
7. What woman helped the Israelite spies who were scouting out her city of Jericho?
8. What barren woman was given a child after she pleaded at the temple, and what was her child's name?
9. What woman brought lavish gifts when she came to visit King Solomon?
10. What were the names of Naomi's daughters-in-law?
11. What were the names of Timothy's mother and grandmother?
12. What woman conspired with her husband to lie about the sale price of some land?
13. In the book of Acts, who was the businesswoman who dealt in fine purple fabrics?
14. What woman, along with her husband, accompanied Paul to Syria?
15. What woman acted quickly to avert much bloodshed after her husband disrespected King David?

Notes and Journaling

- Do you find it challenging to pull away from all of the distractions this world offers and give your undivided attention? To your family? To Bible study? To prayer?
- What steps can you take to refocus your attention to be "in the moment"?
- **READ** Psalm 46:10; Proverbs 4:25; Philippians 3:14; Philippians 4:8; Colossians 3:2
- **WRITE or DRAW** your thoughts:

Notes:

thrive! Ladies Ministry Spotlight...The Food Pantry



Scan the QR code for
a word from Jeanie!



“For I was an hungered, and ye gave me meat; I was thirsty, and ye gave me drink: I was a stranger, and ye took me in:” Matthew 25:35

At the CBC Food Pantry, we strive to help families in the community who are needing assistance. Whether it be physical or spiritual needs you have, we count it a privilege to serve you and your family.

The CBC Food Pantry is located at the rear entrance of our church and is open the second Tuesday of each month from 10am - 12pm.

Donations most needed now are:

Peanut butter
Canned Fruit
Crackers
Sugar
Tea

Interested in volunteering? Please see Jeanie Fisher (pictured here).

Questions about receiving assistance from the food pantry?
Call our church office at 704-933-8006.



SUMMER VEGGIE SALAD

Salad

- 1 cup diced tomato
- 1 cup diced cucumber
- 1 cup diced red bell pepper
- 1/2 cup diced red onion
- 1/2 cup feta cheese

Dressing

- 2 tbsp olive oil
- 1/4 cup chopped fresh parsley
- 1 tsp lemon juice
- 1/2 tsp oregano
- 1/2 tsp honey
- 1 clove minced garlic
- pinch of salt and pepper

- For salad - chop all vegetables into equal sizes and toss in a bowl.
- For dressing - mix the dressing ingredients together.
- Combine the salad and dressing ingredients. Chill for a couple of hours before serving.

liveeatlearn.com

MASON JAR CITRUS COOLERS

- 1 1/2 cups fresh orange juice
- 1/2 cup lime juice
- 1/2 cup lemon juice
- 1 1/2 tsp sugar
- lemon slices for serving
- lime slices for serving
- 6 cups club soda

Step 1

In a measuring cup or pitcher, stir together fresh orange juice, lime juice, and lemon juice. Spoon sugar into each of 8 mason jars and top with juice mixture.

Step 2

If desired, add lemon and lime slices. When ready to serve, fill each mason jar with ice, cover, and shake to dissolve sugar, then top with club soda.

womansday.com



His Perfect Peace

21-Day Bible Reading Plan

IntentionalByGrace.com

- ___ Isaiah 9:6-7
- ___ Luke 1:76-79; Luke 2:14
- ___ Philippians 4:4-9
- ___ Mark 4:37-41
- ___ John 14:26-28
- ___ John 16:19-33
- ___ Numbers 6:22-27
- ___ Isaiah 26:3-4, 12
- ___ Psalm 119:165; Romans 8:5-6
- ___ Romans 5:1; Colossians 1:19-20
- ___ Colossians 3:12-17
- ___ Matthew 10:34-39
- ___ Ephesians 6:13-18a
- ___ Galatians 5:22-25
- ___ Psalm 29:10-11
- ___ Psalm 34:13-15
- ___ Romans 14:14-19
- ___ Romans 12:14-18
- ___ Hebrews 12:14; Matthew 5:9
- ___ James 3:16-18
- ___ Proverbs 3:1-2, 13-17

Questions to answer each day:

1. How can you summarize this passage in two to three sentences?
2. What does this passage teach you about peace?
3. What is the Lord specifically leading you to do in response to this passage?

Pray and ask the Holy Spirit to help you walk in obedience to this passage.

UPCOMING EVENTS

AUGUST 12 - PROFESSIONAL CHARCUTERIE CLASS
SEPTEMBER 29 - AWAKEN EVENT - BE THE LIGHT
OCTOBER 21 - COMMUNITY FALL FESTIVAL
NOVEMBER 11 - FESTIVAL OF TABLES

'SHE READS' BOOK CLUB

MEETS ALTERNATE SATURDAYS @ 10:00 AM
FOR MORE INFORMATION, PLEASE CONTACT:
REBECCA SCOTT-FIELDEN 704-680-2613.

**"THE MASTERPIECE"
BY FRANCINE RIVERS**

BEGINNING AUGUST 26

GRIEF SHARE

"IT HURTS WHEN WE LOSE SOMEONE. FIND HELP AT GRIEF SHARE."
MONDAY EVENINGS - 6PM
FOR MORE INFORMATION, PLEASE CONTACT:
LISA SCARCE 704-640-4381

CENTRAL BAPTIST CHURCH OFFICE
704-933-8006
[HTTPS://CBCKANNAPOLIS.COM](https://cbckannapolis.com)

CENTRAL BAPTIST CHURCH
CHILD DEVELOPMENT CENTER
704-934-2050
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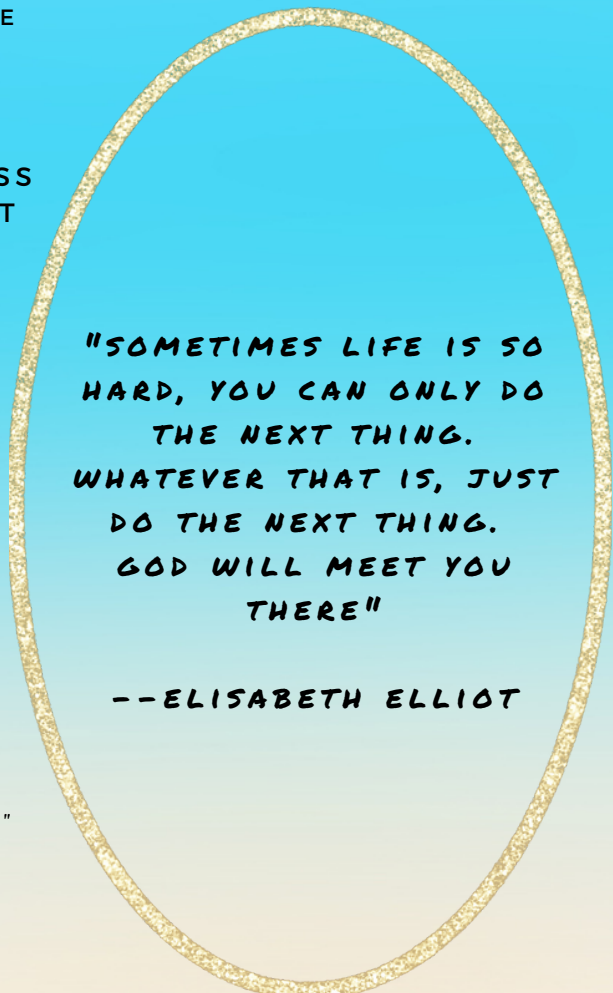
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DOMESTIC VIOLENCE
CVAN HELP LINE
704-788-2826
[HTTPS://CVAN.ORG](https://cvan.org)

PREGNANCY SUPPORT CENTER
704-633-7695
[HTTPS://PREGNANCYSUPPORT.COM](https://pregnancysupport.com)

PRESENT AGE MINISTRIES
704-956-2120
[HTTPS://PRESENTAGEMINISTRIES.ORG](https://presentageministries.org)

COUNSELING CENTER AT CONCORD
704-786-9205
[HTTPS://WWW.COUNSELINGCCCENTERATCONCORD.COM](https://www.counselingcccenteratconcord.com)



CENTRAL CHRISTIAN ACADEMY
704-934-2050
VISIT [CBCKANNAPOLIS.COM/CCA](https://cbckannapolis.com/cca)
FOR MORE INFORMATION

**Follow thrive! Ladies Ministry on
Facebook and Instagram!**