
MEETING NEWSLETTER

MY HEART MIGHT BE THORNY IF (cont)...

Welcome to WoW², Women of Worship, Women of Witness. This newsletter captures topics discussed during our meeting on March 31st. The newsletter may not capture everything, and the topics may not be in the exact order discussed. The newsletter is intended to capture key points from our evening together, with like topics being grouped together for convenience. We hope you are blessed as you join us on our journey.

CURRENT VISION: Thriving in the Wilderness. We will cultivate a safe place to grow in a peaceful environment by preparing the soil of our heart to receive and respond to God's guidance, anchoring ourselves in the Holy Spirit. **We will operate** according to the established guidelines of our group, all of which will bring to light the changes we need to make in our lives, so we can gain the nourishment necessary to grow as individuals and as a group.

Thriving, while in the Wilderness, **will be the outcome of our growth.**

TOPICS DISCUSSED: During this meeting we discussed the following:

Lesson 4 – My Heart Might be Thorny If (cont)...

- **Quality Time:** We discussed the importance of spending quality time with the Lord. It helps us to trust Him instead of looking at what we see, and it allows Him to continually guide and reveal truth to us. When we don't spend time with him, we end up tired!

TAKEAWAY. Our time with the Lord gives us the strength we need.

- **Achilles Heel:** We identified some specific Achilles heels that will cause us to focus on the cares of the world, such as being tired, feeling rushed, or trying to multitask. We also discussed how the cares of this world can cause us to crave what we perceive to be "normal," the ability to just "be" for a minute. **TAKEAWAY.** We identified our specific triggers that cause us to focus on the cares of the world.

- **Casting your cares:** We discussed what casting our cares looks like to each of us.

Here are some of our nuggets:

- Should look like we pour out to the Lord, give it to Him, and stop worrying. The "worry about it" is what trips us up. We can have a desire to not worry about

things, but our mind is busy. That “busy” is what I call “noise.”

- Even though we still see the cares of the world, we know we’ve gotten better, because when we see them, we don’t explode on the other person. Instead, we might cry and/or talk to the Lord.
- Someone shared a great visual image of being in a boat with sharks circling around. The more we get up, move around, and look at the sharks, the more we risk tipping the boat over and the sharks eating us! Instead, we want to get to the place where we’re able to sit down, as in be still and know that He is God!
- Sometimes, we overthink our cares.
- Our drive to get things done can hold us back from peace. However, when we have an extraordinary assignment, we also have extraordinary strength to handle it!
- Sometimes, we give the bag of cares more credit than it should have. We need to settle our mind down and stop worrying about the cares.
- We should sit in the confidence in what we know and what we know about God.
- We can learn to pray when things are beyond our control.
- The enemy of our souls wants to keep us from seeing our growth.
- We don’t have to allow the cares of the world to be a problem, because God has them and us. Jesus overcame the world! So, we need to stop pointing at and looking in the direction of the cares; instead look towards God!
- **Ways to overcome focusing on the cares.**
 - Recognize how blessed we are. When we’re focused on being thankful, we can’t focus on the cares.
 - When we’re abiding in Jesus and His words abiding in us (John 15:7-8), we will have a desire to help and share our blessings with others.
- **Proverbs 16:8.** In discussing pride, I shared my experience with learning the meaning of “pride goes before destruction, and a haughty spirit before a fall.” When we operate in pride it creates destruction around us. If we’re haughty, meaning to think more about self than about others, it can cause the situation to escalate. When we’re haughty, if needed, the Lord will humble us, to remind us it’s not about us, and I’ve definitely been on the receiving end of His humbling! **TAKEAWAY.** Sometimes, we have to go through something and be humbled by the Lord to remember, it’s not about us! Therefore, it’s best to humble ourselves!

- **Judging.** When we're being judgmental, we tend to come face-to-face with what we're being judgmental about. In other words, what we judge in others, we usually have to face in ourselves.

Other nuggets from our evening:

- Sometimes the cares we're looking at reveal a recurring theme in our lives.
- Once God has brought us past something, we have to break the habit of continuing to look at those same cares.
- No matter how we define them, the cares of this world, are usually what we see! Thus, we need to walk by faith and not by sight, because how we see things is about our perspective and our perception!

Homework Assignment(s):

- Complete Lesson 5.

Next Meeting: Our next meeting will be on April 7th.

Closing: We closed our meeting in prayer with a time of need-specific prayer for the challenges that were lifted up, for the group overall, and as the Holy Spirit led.

If you have questions, comments, or concerns about information contained in this document, or would like to be added to or removed from the email distribution for the meeting notes, please email us at wow2@wow2women.com or complete a Contact Form on our site www.wow2women.com.