

COME AND SEE

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

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It's My Party (I'll Cry If I Want To)

BY REBECCA SCOTT-FIELDEN

When I was ten years old, I remember playing my mom's collection of 45 rpm records on an old turntable in the playground that was our attic. This 1960's Lesley Gore hit was one of my particular favorites, and I would play it over and over, fancying myself to be a renowned singer gracing a spotlighted stage, surrounded by adoring fans. I thought--no, I knew--my voice perfectly mirrored hers. And while at my age, I wasn't able to fully appreciate the extent of the teenage angst this poor girl was feeling, I knew Judy and Johnny completely crushed her, and transformed her birthday party into a colossal pity party. My heart broke for her. Today, she might have taken to social media on a vengeful rant, exposing their betrayal, but back then she just made a record about it.

Well, I'm old enough now to look back on my own teenage years, and recall being personally familiar with that same pain. I've experienced that and so much more over the years due to loss, grief, trauma, health crises, betrayal, and other heartbreaks caused by another.

If you're still with me, I'm certain, you've experienced your own share of trials and heartache; maybe you're enduring it even now.

I am so sorry. Truly. Yes, I am one of those. When others hurt, I feel it to my very core. My initial reaction is to run and embrace you, wishing my empathy had the power to evaporate your pain or at least soften it. But the truth is, my empathy doesn't have that power; and if it did, I wouldn't be doing you any favor by erasing it, because it's often in our pain that God does some of His best work in us.

Pain and trials are a guarantee in this life. Jesus told us, "In the world ye shall have tribulation..." (John 16:33). Reassuringly, he followed that with, "...but be of good cheer, I have overcome the world" (John 16:33).

When we experience hurt and disappointment, we almost instinctively feel sorry for ourselves. We can sometimes even indignantly justify throwing ourselves a ginormous pity party. But once the party is in full swing,

it's hard to get it under control and turn the volume down enough to even hear God's promises. I know I cannot be victorious while also drowning in the noise of my own self-pity (1 John 5:4). I know some of you might be saying right now, "This is so silly. I never feel sorry for myself. This girl is a complete mess. She just needs to put her big girl panties on and deal with it." Hmm...okay. Maybe you're right, but have you ever thought or felt like:

- Why me?
- I can't believe they did that to me!
- This pain is unbearable!
- I'll never get through this.
- Nobody loves me or nobody cares about me.
- I can't do anything right.
- I feel so alone!/I'm so lonely!
- No one understands.
- I give up.
- I can't take it anymore!
- I hate my life!
- I wish I were dead.
- God doesn't even care about me.

Do any of these sound familiar? It's okay; you're human, just like the rest of us. Yes, when bad things happen, it's natural to

It's My Party (I'll Cry If I Want To) continued

cry, be disappointed and hurt. God not only understands, but empathizes and is familiar with all of your pain (Hebrews 4:15), but if you stay in that state, you will become increasingly miserable and self-absorbed, distant from God's promises and blind to His blessings.

So now what?

1. Recognize that self-pity is a choice we make in our minds that are set on our flesh and our flesh is tied to sin, which separates us from God and His promises. But the good news is, with the saving knowledge of Christ and through Him, we can set our minds on the Spirit and exchange the pity party for peace and an abundant life (Philippians 4:13, Romans 8:6, John 10:10). Don't focus on what you see and feel; focus on God's truths! "...for the things which are seen are temporal; but the things which are not seen are eternal" (2 Corinthians 4:18).

Has your pain ever been caused by the words or actions of someone else? If you've ever scrolled on Facebook for more than 5 seconds, popular culture suggests it's the acceptable norm to publicly blast our offenders on social media, or in the case of the betrayed

teenage birthday girl, it must've also been socially acceptable to exact her revenge by writing the sequel song, *It's Judy's Turn To Cry*, rubbing Judy's nose in it when her boyfriend came back to her. Ugh!!

2. Forgive them. Forgiveness is also a choice; an active, purposeful choice. Forgiveness is not about accepting or excusing someone's behavior; it's about letting it go to prevent it from destroying our hearts. Forgiveness is necessary for God to forgive us (Mark 11:25).

"But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you" (Matthew 5:44).

We may not be able to change our circumstances, but our perspective can be radically changed when we turn to God, in prayer and in His Word, focusing on His perspective rather than through our own self absorbed and impaired lens.

In God's goodness and mercy, He is faithful to help us and provides us the ability to cast down these thoughts and feelings of self-pity, "casting down

imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ" (2 Cor. 10:5).

3. Be thankful.

I know it's hard to be grateful when we are hurting and feeling sorry for ourselves, but think about all He has done for you! He loves you in unimaginable ways, He loves you so much, He sent His Son to die for you, to pay the debt for your sin that you could never pay. He has forgiven you and healed you and will never leave you. You are His.

Bless the LORD, O my soul, And forget not all His benefits: Who forgiveth all thine iniquities; Who healeth all thy diseases; Who redeemeth thy life from destruction; Who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good things; So that thy youth is renewed like the eagle's (Psalm 103: 2-5).

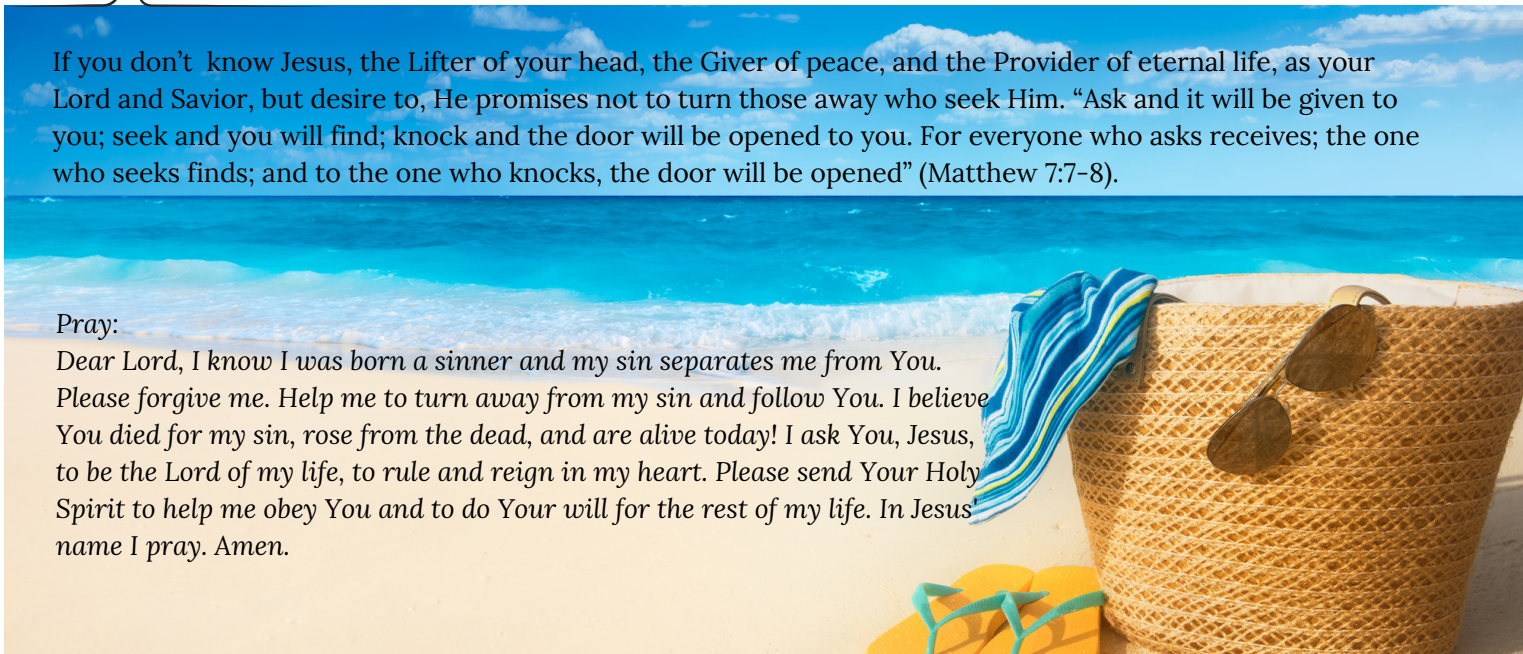
So, dear Sister, set your mind to focus on Him, forgive others and be thankful for all of His many blessings! Turn the pity party into a praise party!



If you don't know Jesus, the Lifter of your head, the Giver of peace, and the Provider of eternal life, as your Lord and Savior, but desire to, He promises not to turn those away who seek Him. "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened" (Matthew 7:7-8).

Pray:

Dear Lord, I know I was born a sinner and my sin separates me from You. Please forgive me. Help me to turn away from my sin and follow You. I believe You died for my sin, rose from the dead, and are alive today! I ask You, Jesus, to be the Lord of my life, to rule and reign in my heart. Please send Your Holy Spirit to help me obey You and to do Your will for the rest of my life. In Jesus' name I pray. Amen.





By Love, Serve One Another

BY SOPHIA SOUSA

This summer, the youth group from Central Baptist Church in Kannapolis, NC, traveled to Pikeville, Kentucky, on a Love Loud 2021 mission trip. I was afforded the opportunity to join this mission trip as a part of my internship. This was my first mission trip, and although I was anxious, I was exceptionally eager to see what God was going to do during the course of the week.

While there, Love Loud served the people in community service, outreach, and construction. We participated in free car washes, picking up litter around town, and painting houses, and spreading the Word of God to the people we encountered. Each night we attended an evening service full of worship and listening to different pastors preach.

One particular day, my group, the community service team, chose to go to the mall to pass out Bibles and tell people about Jesus. While walking around the mall, I went up to chat with an older man, sitting by himself on a bench.

His name was Charles and had just turned 85 years old, a couple of weeks before. While we talked, I asked him if he had any prayer requests and if he attended a local church. He stared at me and said, "I haven't been to church in a couple of months, but I do want to get closer to the Lord." After he said that, I gave him the Bible I had in my hand and prayed with him.

When we finished praying with him and said our farewells, I turned back and saw him already reading in his Bible, tears in

his eyes. My heart was so touched that I was able to plant a seed of God's amazing love in this gentleman.

Later, I learned that one of our outreach teams guided 3 ladies to salvation. That was wonderful to hear.

Not every individual I spoke to accepted Jesus as their Savior, but I had the opportunity to witness to them, plant seeds, and hope that one day they will come to know God.

The Love Loud 2021 mission trip was an eye-opening experience for me and for many others that went, affecting people's lives, not just with words, but through acts of loving service.

Galatians 5:13 "...but by love serve one another."



Be Still

BY MELANIE ELLIOTT

Be still? Are you kidding me? I have too much to do to be still. I am the queen of multitasking! I have struggled with being still for a long time. Whether it is being still to watch a TV program or being still when I sit down to dinner, I must multitask. I must be in control. I must accomplish more with less.

Wait...what....is this counterproductive? Am I actually getting less done or at least doing it with less effectiveness? I can also see where this impacts my spiritual life too! And it makes me unhappy. What can I do?

Of course – God has an answer. There are quite a few scriptures that speak to being still....waiting...listening. God told us in His Word that being still is important. Psalm 46:10 says - “Be still and know that I am God;...”

When I am still.....

I focus.
I listen.
I hear.
I am quiet.
I learn.
I relax.
I release control.
I rest.

With all these benefits....it sounds like a “no brainer.” Just be still. Wait patiently. Be quiet. All the peaceful things.

Why. So. Hard?

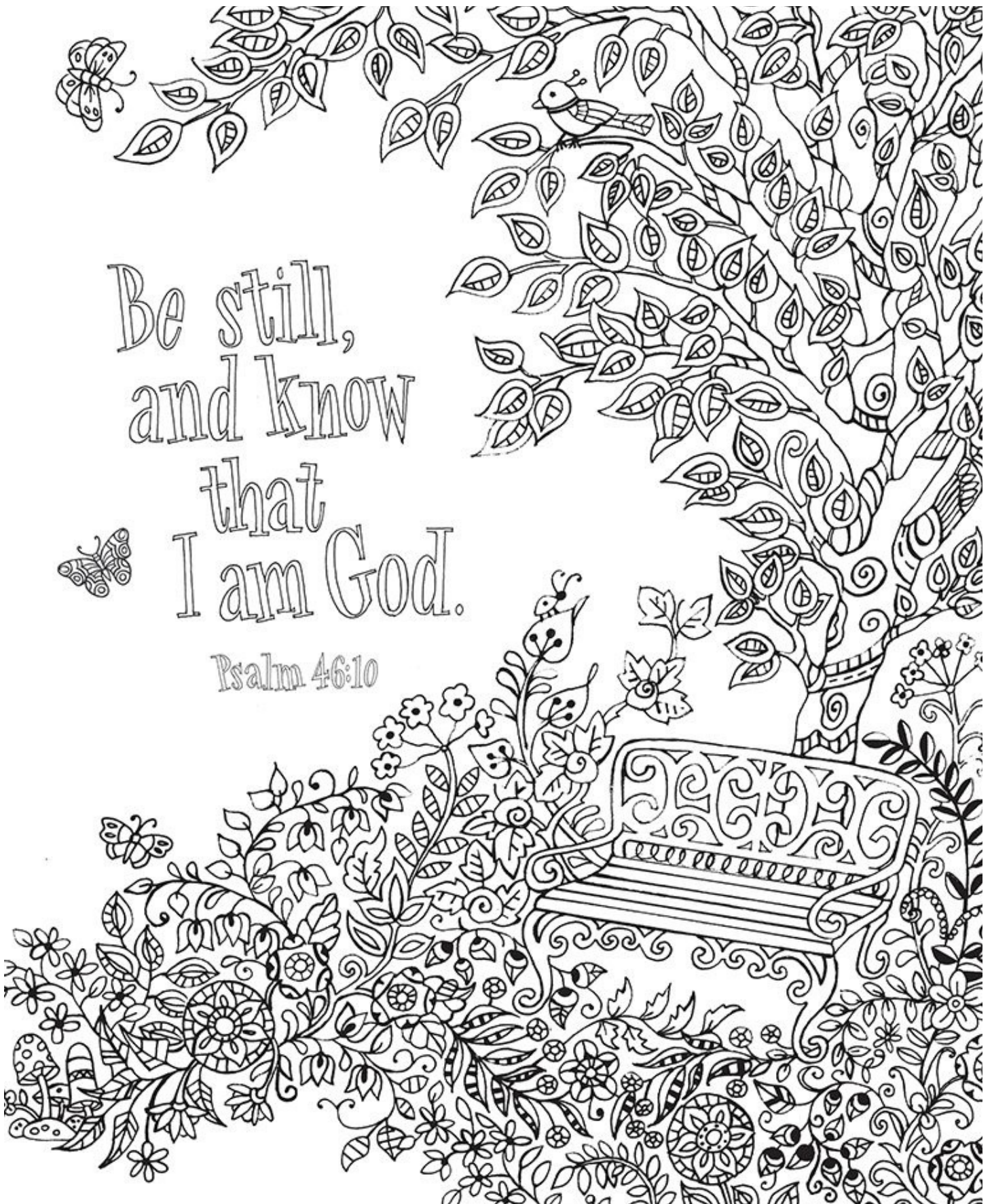
Control....I must be willing to release the control I think I have. I say “think” because in reality, I have no control. God is ultimately in control. I just need to trust Him. This is what is best for me.

In Proverbs 3:5, the Bible tells us: “Trust in the LORD with all thine heart and lean not unto thine own understanding.”

If I lean unto my own understanding...I am trying to be in control...to figure it all out myself. I think I am so smart.

But there is no rest in this space with me, myself, and I.

My soul is at rest when I trust the One worthy of all trust. So...move over self... and be still.



Be still,
and know
that
I am God.

Psalm 46:10

Hello, Friends!

Do you know what it means to, "Surrender to God"? It means to be completely "sold out" to Him. It is the first act of salvation when you ask Jesus Christ to come into your life and receive Him as your Lord and Savior and a continual practice for those of us who walk with Christ. To spiritually surrender is to let go of our own control and trust God in ALL things.

Each day, for the next 30 days, read and journal the corresponding scripture below, asking yourself the following questions:

1. What is it saying?
2. What does it mean to me?
3. What action can I take?
4. What have I learned about God?

I hope this encourages you and you are challenged to be ALL IN, surrendering your will to Christ.

In His service,
Rebecca & Melanie

SURRENDER Challenge

- | | | |
|-------------------|------------------------|-----------------------|
| 1. Matthew 11:28 | 11. Psalm 46:10 | 21. Jeremiah 29:11 |
| 2. Isaiah 64:8 | 12. Psalm 31:24 | 22. Psalm 40:16 |
| 3. Hebrews 11:6 | 13. James 4:7 | 23. Psalm 23:1-2 |
| 4. Proverbs 3:5-6 | 14. Colossians 3:2 | 24. Psalm 95:2 |
| 5. James 4:8 | 15. 1 Chronicles 16:11 | 25. Romans 8:28 |
| 6. Romans 12:1 | 16. Exodus 33:14 | 26. Ephesians 4:23-24 |
| 7. Psalm 9:10 | 17. Romans 10:17 | 27. Isaiah 55:9 |
| 8. Matthew 6:33 | 18. Proverbs 16:9 | 28. Romans 12:12 |
| 9. Psalm 51:10 | 19. Jeremiah 33:3 | 29. Psalm 37:5-7 |
| 10. 1 Samuel 16:7 | 20. Deuteronomy 4:29 | 30. Luke 10:27 |



FROM THE PASTOR'S WIFE...

God's Plan

BY LAURA JANE HUNTER

We have all heard and read in God's word that God's plans are perfect and we need to trust Him. This is completely true and very easy to "preach", but not so easy to live.

So often I find myself struggling to trust God, even when I know I should. Through loss, tragedy, betrayal, hurt, and so many other experiences, I have often doubted if God's plan is truly "perfect". I may not have said those words out loud, but my actions surely demonstrated that I didn't trust God with the plans He had for me.

I began to study and dig deeper into Jeremiah 29:11, "For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end."

I found that in this passage, Jeremiah was addressing the Jews who were living under the rule of their enemies. I began to ponder on the thought of living under the rule of someone who hated me and my God. That thought really hit home!

This is so true of the atmosphere that we live in today - a world who hates our God and tries to make those of us who love Him, miserable.

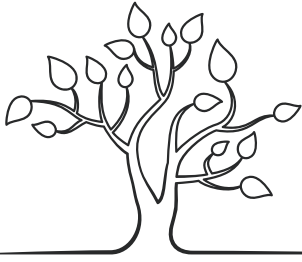
Then God revealed to me in this passage, He wasn't using Jeremiah to show the Jews how to escape their enemies, but how to live and prosper in spite of their enemies.

God doesn't promise He will rescue us from certain situations or hardships, but

He does promise He has it under control, He has a plan, and His plan is perfect.

Most importantly, He loves us so much that His plan is for our good, even when we can't see it.

FOR I KNOW THE THOUGHTS THAT I THINK TOWARD YOU, SAITH THE LORD, THOUGHTS OF PEACE, AND NOT OF EVIL, TO GIVE YOU AN EXPECTED END. JEREMIAH 29:11



BLESSED BY GOD

How well do you know these "Blessed" passages?

Try to fill in each missing word without looking up each reference.

Text your answers to 704-680-2613 to claim your prize!

Be sure to include your name!

1. The LORD _____ thee, and keep thee: the LORD make his face _____ upon thee, and be _____ unto thee; the LORD lift up his countenance upon thee, and give thee _____. (Num. 6:24-26, KJV)
2. For in six days the LORD made heaven and earth, the sea, and all that in them is, and _____ the seventh day: wherefore the LORD blessed the _____ day, and _____ it. (Ex. 20:11, KJV)
3. Blessed is that man that maketh the LORD his _____, and respecteth not the _____, nor such as turn aside to lies. (Ps. 40:4, KJV)
4. Blessed is the _____ whose God is the LORD; and the people whom he hath chosen for his own _____ (Ps. 33:12, KJV)
5. "...Hosanna to the _____ of David: Blessed is he that cometh in the _____ of the Lord; Hosanna in the _____." (Matt. 21:9, KJV)
6. Blessed are the _____ in spirit: for theirs is the _____ of heaven. (Matt. 5:3, KJV)
7. And God blessed them, saying, Be _____, and _____, and fill the waters in the seas, and let _____ multiply in the earth. (Gen. 1:22, KJV)
8. Bless them which _____ you: bless, and curse not. (Rom. 12:14, KJV)
9. Blessed are they that _____ in thy house: they will be still _____ thee. Selah. (Ps. 84:4, KJV)
10. And she [Elizabeth] spake out with a loud voice, and said, "Blessed art thou among _____, and blessed is the _____ of thy womb." (Luke 1:42, KJV)



PEPPERONI PASTA SALAD

Serve with a side of fresh fruit and bread for a simple delicious summer meal!

- 1 box tri colored pasta, cooked, drained & cooled
- 1 cucumber, diced
- 1 red or yellow bell pepper, diced
- 1/3 large red onion, diced
- 1 small can sliced black olives, drained
- 4 oz. sliced pepperoni, quartered
- cubed Colby Jack cheese
- shredded Parmesan cheese
- shredded sharp cheddar cheese
- 3/4 c Italian dressing
- black pepper to taste

Directions:

1. Mix all the ingredients in a large bowl, adding the various cheeses, salad dressing, and black pepper to taste. Just keep mixing in until it tastes just right!
2. Prepare salad several hours before serving. Store in refrigerator so flavors can meld.

BERRY CHEESECAKE SALAD

- 1 (8 oz.) cream cheese, softened
- 1/2 c sugar
- 8 oz. cool whip, thawed
- 6 c berries (strawberries, blackberries, blueberries, raspberries, in any combination)

Directions:

1. In a large bowl, beat together cream cheese and sugar until smooth and creamy. Fold in the thawed cool whip.
2. Add berries. Fold carefully into the cream cheese mixture. Serve immediately.

EASY FRUIT SMOOTHIE!

- 1/2 c water
- 1 c frozen fruit (I love mixed berries!)
- 1/2 c yogurt (regular or Greek)
- 1 c ice

Directions:

1. Place water, fruit and yogurt in blender.
2. Blend until smooth.
3. Add ice, 1/2 c at a time, and blend between each addition until smoothie is at the consistency you prefer.

Notes and Journaling

- Do you sometimes struggle with "being still"?
- When we slow down and stop to pray and meditate - even for a few minutes - how does that change our ability to hear His voice?
- How does our perspective change when we know He is near? Does our sense of direction change?
- **READ** Psalm 46:10, Exodus 14:14, Psalm 37:7 & Psalm 62:5
- **WRITE or DRAW** your thoughts:

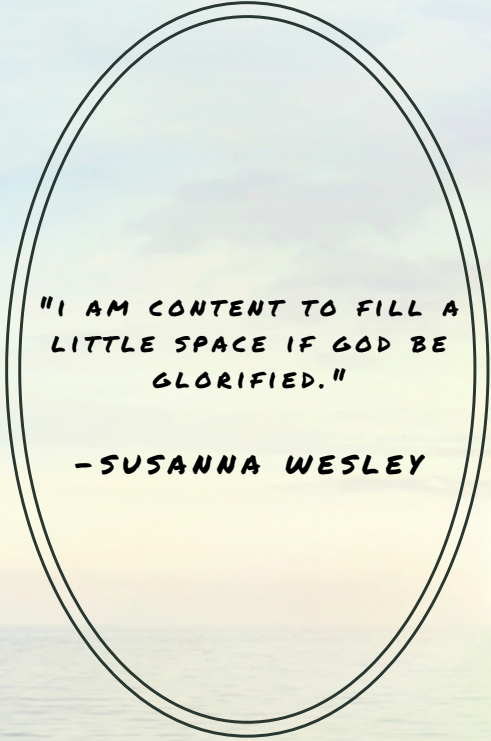
UPCOMING EVENTS

- SEP 12 - HOMECOMING
- OCT 2 - AWAKEN COMMUNITY BIBLE STUDY
@ 10 AM IN THE FELLOWSHIP HALL
- OCT 23 - FALL FESTIVAL
- NOV 13 - FESTIVAL OF TABLES
- TBA TOY SHARE

THRIVE! LADIES BOOK CLUB

MEETING ON ALTERNATE SATURDAYS @ 10:00 AM
AT THE HOLY GRIND COFFEE HOUSE, CHINA GROVE, NC
IF YOU ARE INTERESTED, PLEASE CONTACT:
REBECCA SCOTT-FIELDEN 704-680-2613

AUGUST 28TH
THE HIDEAWAY
BY LAUREN K. DENTON



"I AM CONTENT TO FILL A
LITTLE SPACE IF GOD BE
GLORIFIED."

-SUSANNA WESLEY

GRIEF SHARE

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

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FOR MORE INFORMATIONS
CLASSES BEGIN 9-7-21

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