

# Mama T eMagazine

Mother's Day Issue

60-Minute Money  
Makeover

## Mother's Day Issue!

Finances \* Anxiety \* Mentoring \* Beauty \* Trusting God

# SOARING TO VICTORY

Secrets to Everyday Beauty

How to Get From Grief to Joy

Are you Overwhelmed with Emails?



Dear Friend,

In case we don't know each other, I'm Thelma Wells, otherwise known as Mama T! Many women call me Mama T because I'm old enough, and have lived through enough, to give some you some advice!

Why did we create this magazine? Well, I've heard from women all over the country. Their head is spinning, heart broken, stomach upset and feet tired from being tossed by the challenges of life. It seems like they are in a war zone fighting a losing battle in their finances, relationships, careers and health — to say the least — they're stressed!

This magazine is not about a band-aid or a quick fix. It's about real-life examples of people just like you who have prepared to win — and WON. It's about practical solutions for everyday concerns. It's about inspiration and encouragement that lasts.

Well, hold on, Sugar—I've got a solution for you! It's found in 1 Peter 5:7, which says, "Cast all your anxiety on him because he cares for you." What a great promise!

We call this magazine "T magazine," for more than one reason. If you look closely, the T is shaped like a cross. I love that, because that's what we're ultimately all about—giving Him the glory for everything we do.

I hope you are uplifted by the pieces in this magazine. And remember, in Christ, you can BEE the best (Phil. 4:13)!

Love,

Thelma Wells (also known as "Mama T")



## Letter from the Editor

Dear reader,

I am so excited to introduce this magazine! I am a UNT graduate student who's has the pleasure of interning with Thelma and her daughter Vikki this spring. I have admired Thelma's ministry for a long time and know that she really does love you like she says she does!

I had a great time picking out articles from the fantastic Ready to Win speakers, specifically for the purpose of ministering to you. There are articles on mentoring (a topic near and dear to my heart, because I know God works through it!), relationships, time management, and great beauty tips. There's something for every aspect of your life!

So, sit back and enjoy learning from these incredible ladies. I hope that this magazine blesses you like putting it together has blessed me.

Working with you to **BEE** the best through Him,

Rebecca Hoeffner





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*"Fear not tomorrow,  
for God is already there"*

Anonymous

*"Blessings hemmed with praise  
will not unravel"*

Anonymous

*"God determines who  
walks into your life.  
It's up to you to decide  
who you let walk away,  
who you let stay,  
and who you refuse to let go"*

Anonymous



# Everyday Living





# The Couple's "60-Minute Money Workout"

By Ellie Kay  
[www.EllieKay.com](http://www.EllieKay.com)

One of the most requested files I have is for my "Couple's Sixty-Minute Money Workout," as it is helping save marriages by giving couples a tool to discuss money matters without throwing food or calling in the SWAT team.

When Bob and I were first married we didn't like to say that we "argued" about money. Since he was a born spender and I was a born saver, it was natural that learning to manage money as a couple would require a certain amount of give and take—but the word "argue" was just kind of negative for newlyweds like ourselves. So we called it "intense fellowship" instead! We learned that there was a right way to approach this dreaded topic and a very, very wrong way.

One of the things I did before I talked about the "Couple's Sixty-Minute Money Workout" was to play a game—the Newlywed game, in fact! You can do this by getting 12 pieces of paper (or cardstock) and two big markers (like they use on the show) and get ready to learn some things about your mate!



Answer each of the following for yourself and your mate and have your partner do the same thing.

1. Complete the sentence, when it comes to money, I wish my partner would stop \_\_\_\_\_. How do you think your spouse answered this question?
2. If you won \$1000, what would you do with it? How would your spouse spend it?
3. How would you answer this statement (circle one)? "I would rather have: money, beauty, or brains."

What would your spouse circle?

As you answer these questions, I think you'll find that you and your spouse are different. You may discover that you didn't know as

much about your mate as you thought you knew, or vice versa! But part of any healthy relationship is realizing we are different and we can give each other permission to have our own thoughts and feelings about financial matters. The goal, whether you are a newlywed or you've been married forever, is to communicate effectively about money, get on the same team, and find financial freedom!

As we prepare for the workout, it's important to establish boundaries and do a little bit of preparation work as well. Here are some things to keep in mind as you set up boundaries and prepare:

Table all financial talks until your "couples money workout" time.

- Start by saying one positive thing to each other.
- No condescension or negativity.
- No interrupting your partner when they are talking.
- No name calling.
- No throwing food.
- Create an environment that encourages comfort and success.
- Have a timer on hand—for each segment in the workout.
- End by saying one positive thing to each other.

Bob and I developed a “Couple’s Sixty-Minute Money Workout” because we thought that if our “money talks” had a start and a finish, they would be a lot less painful. We knew we wouldn’t get all our problems solved in just one hour, but we also knew that if we kept at it, we’d make progress. E-mail me and ask for the “Couple’s Sixty-Minute Money Workout” and you’ll find a miracle happen in your marriage, too.



## GIVING IS HEALING

In Thelma Wells’ seminar  
*“Don’t be Anxious”,*  
 she teaches that one way  
 to facilitate healing in your body,  
 soul and mind is to **GIVE!**

**Give of your time** to a worthy cause;  
**Give of your brain**-power to empower others;  
**Give of your money** to help finance a  
 non-profit or ministry and you’ll see --  
**it’s like medicine.**

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

# The Masterpiece of Your Life

By Karol Ladd

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

What does a happy life look like? Does it mean all of life's circumstances are nice and smooth? Can we still have a happy life even if all the circumstances in our life are far from perfect?

Billy Graham once said, "All the masterpieces of art contain both light and shadow. A happy life is not one filled with only sunshine, but one which uses both light and shadow to produce beauty."

Just as a beautiful picture uses contrast and shadowing to create a lovely portrait, so God uses both the good times and the difficult times in our lives to develop our character, strength, and perseverance. When we walk through difficulties we recognize our need for God, and

we develop a compassion and empathy for others who are going through challenges. We don't want to go looking for challenges, but when they come we can recognize that troubles serve to grow us up and help us to become better people.

Not everyone allows trials to make them better. Some allow the difficulties in life to make themselves bitter and angry. They run from God instead of running to His loving arms. We must look at each challenge as a choice; a choice to trust God and grow, or a choice to fall into grumbling, fear, and despair.

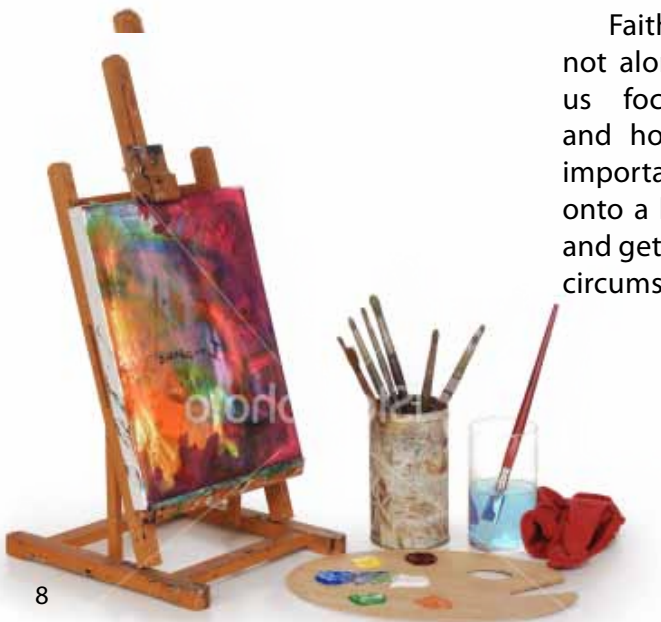
I'm not saying that we skip grief. Certainly there are times when we must grieve, cry, and work through the disappointment, but we can still keep a faith-filled viewpoint even in our sorrow.

Faith reminds us that we are not alone. Our faith in God helps us focus on the possibilities and hope which is ahead. Most importantly, faith turns our eyes onto a loving and redeeming God and gets our focus off of our dismal circumstances.

We read in the book of James, "Consider it pure joy... whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything."

A complete picture has the contrast of both light and darkness. Let's rejoice in the beauty of the work God is doing in our life, and let's choose to look to Him continually in faith, trusting that He will use our trials for a greater good.

Karol Ladd is the author of *The Power of a Positive Woman* and *Thrive, Don't Simply Survive*. She teaches a Bible study in Dallas called the "Positive Woman Connection." Karol's message encourages women to find their hope and strength in the power of God's Word. You can find out more about Karol at [positivelifeprinciples.com](http://positivelifeprinciples.com).





# Don't Be Anxious

By Thelma Wells

[www.nextlevel-thelmawells.com](http://www.nextlevel-thelmawells.com) (Ask Thelma)



If you've got a storm going in your life—and that's all you're concentrating on—watch out!

I found myself in one place while my bags were in another. And I was supposed to speak that evening! No change of clothes, no make up—nothing! And I was feeling very whiny. I need my bag! But as I started to panic further, I remembered Jesus' words: "Don't be anxious for anything!" He's got it under control. My

attitude calmed. I smiled! And when I went to the airline counter, they'd located my luggage.

As I looked at others in line, I could hear cursing, loud talking, arguments with the clerks and I thought, "Lord, thank you. That was almost me!" Thanks be to God for His Word when I needed it most! Are you ready to trust God? Are you ready to win?

*This is Thelma Wells. Love and hugs!*

## PICNIC AT THE LAKE

*The annual* **PICNIC AT THE LAKE WITH THELMA**

[www.ThelmaWells.com](http://www.ThelmaWells.com) (Picnic at the Lake)

**WHEN** - Each year on the Saturday before Labor Day  
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**WHERE** - Thelma's Lakehouse (In the Clubhouse)  
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### What You Can Expect?

- **RELAX** with your friends and meet new ones.
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- **REJUVENATE** your body, soul, mind and spirit.

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Gift bags • Door Prizes • Picnic Table (Booth) • Demonstration possibility • T-Shirts • Signage

# OVERWHELMED with E-mail?

By Marcia Ramsland

<http://organizingpro.com>

Do you have a full e-mail inbox? Would your life be easier if there wasn't so much e-mail coming in?

I trained a large church staff of 200 people to simplify their time and work life. I was surprised at the problem the e-mail inbox is. My one-on-one visits to each person reminded me that we have compounded our paperwork and interruptions issues with e-mail problems.

Here's what I found:

<u># of Inbox E-mails</u>	<u>Leadership</u>	<u>Staff</u>
0-20 E-mails	54% of leaders	20% of staff
20-100 E-mails	15% of leaders	25% of staff
100-400 E-mails	8% of leaders	50% of staff
400-2,200 E-mails	10% of leaders	3% of staff

The fact that over 50 percent of the church staff leadership had fewer than 20 e-mails in their inbox means they are decisive and have honed the habit of clearing it daily. The staff on the other hand had 100 to 400 read e-mails, but was bogged down in responding.

So how can we move to a "leadership" rating? The answer is found in the successful life principle in Proverbs 13:4.

"The sluggard craves and gets nothing, but the desires of the diligent are fully satisfied."



Put quite simply, it is the diligent person reading and responding to e-mail right away that is satisfied at the day's end. The sluggard in us would love to have that same result, too, but we have to work at it. It's a matter of living faithfully each day to get better and better. So start by pressing that delete button often!

Here are some practical tips on how to organize your inbox:

- Create 8 to 10 e-mail folders on the side of your Inbox such as: "Advertisements, Before January 2010, Devotionals, Events, Orders, Follow-up, Reading."
- Then create "filters" (with Gmail) or "rules" (with Outlook) to send e-mails right into those folders and not even hit your Inbox.
- Also, hit "Unsubscribe" if you don't have time to deal with a particular newsletter.

The only thing left in your Inbox should be 20 or fewer e-mails that you MUST do today!





**"The sluggard craves and gets nothing,  
But the desires of the diligent are fully satisfied." Proverbs 13:4**



Today, find a friend who's good at clearing e-mail, and creating folders and filters to help you create a diligent lifestyle on your computer.

Reducing "e-mail clutter" will change your life! Be diligent about whittling down your Inbox each day to find personal and spiritual satisfaction on a day well lived!

Marcia Ramsland, national speaker, author, and media personality, is well known as the "Organizing Pro" for her practical life organizing

tips at work and home. She appears on national radio, TV shows, and magazines like Janet Parshall's America, Midday Connection, 700 Club, and her tips appear in national magazines like Better Homes and Gardens. Her popular books include Simplify Your Life, Simplify Your Time, Simplify Your Space, and Simplify Your Holidays. For more articles or to have her consult with you visit [organizing-pro.com](http://organizing-pro.com).

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# INTENTIONAL PRAYER:

## *Seeking God's Face Daily*

By Sharon Hill  
[www.OncallPrayer.org](http://www.OncallPrayer.org)

Isn't it incredible that when we call on God, we don't have to leave a voicemail and He doesn't put us "on hold?" He is always "on call," according to Jeremiah 33:3!

I have a sobering question to ask you? On a scale of 1 to 10, how would you honestly grade your prayer life? Do you pray only in crisis or on-the-run? For me, that grade varies. When I am going through painful situations, that number is higher than when I am not. This should not be the case! The scriptures instruct us to "pray continually; give thanks in all circumstances," 1 Thes. 5:17-18 says. Wait, does that say all circumstances? I believe it does. ALL!

What a privilege we have to pray, but what a responsibility — especially when we bring other people's needs before the Father! There is no substitute for prayer! With busy lifestyles, a disciplined prayer life may be difficult to develop, but it is an important habit to form. Corrie ten Boom said it this way: "Is prayer your steering wheel or your spare tire?"

Be intentional. Spending time with God will change your life! Learn how to hear God on paper, by journaling. Though schedules may be busy and hectic with family, friends, business, church and ministry — yearn to get alone with your Heavenly Father daily. Jesus did. "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed," Mark 1:35 says. "Jesus went out to a mountainside to pray, and spent the night praying to God," says Luke 6:12. Rabbis teach that Abraham prayed in the morning, Isaac in the afternoon and Jacob in the night.

A woman from the Bible who inspires me is Anna. In Luke 2:36-38 we read, "She was very old; she had lived with her husband seven years after marriage, and then was a widow until she was eighty-four. She never left the temple but worshiped night and day, fasting and praying." Think about Anna's daily commitment to prayer. Anna is a role model to us today.



Now if you are like me, perhaps you have prayed a certain prayer for a certain person or thing for 10, 20 or 30 years. I have good news! Your prayers are not forgotten. In Rev. 5:8 we read that our prayers are in Heaven in golden bowls full of incense forever active before the throne of God.

Did you know there is only one thing that is impossible with God? It is impossible to believe Him in vain! God's Word says this in Jer. 29:13: "'You will find me,' says the Lord 'when you seek me with all your heart.'" Seek His face — not His hand. Press into the heart of God today and be blessed beyond measure.

Sharon Hill is a speaker, author and prayer coach. She is the author of the OnCall Prayer Journal.© Check out her website at [oncallprayer.org](http://oncallprayer.org).





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# Do You Ever Want To Sell

By Kerri Pomaroli

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

I'm kinda kidding when I say I'm considering putting my almost 2-year-old up for auction on eBay. Is that cruel to say? I could put her on Craig's List and sell her to someone local in case I want to visit.

No seriously, has your child ever made you so mad you just think about throwing in the towel on this whole parenting thing? Have you come home to find sharpie artwork on your new suede couch or all your favorite perfume poured down the toilet? Today was one of those days! I was making Lucy's favorite blue Jell-O today. I put the Jell-O in little ice cube trays and put them in the fridge. Behind me, my lovely submissive daughter was quietly eating watermelon and drinking her milk. Don't you just love those moments when all is right with the world?

The phone rang as I started to fill the last Jell-O mold. As I answered the phone, I turned around to see watermelon all over the floor along with spilled milk. Cleverly, Lucy had taken the top off the sippy-cup. I promised myself when I had a child I wouldn't punish them and freak out over little things like "spilled milk." I contemplated putting the watermelon back as she was trying to eat it off the floor. But I decided for the

sake of cleanliness I would have her put it in the bowl and then trash it. I know there are starving kids in the world, but I hadn't mopped in a while, and I didn't feel like taking her to the doctor because she ate watermelon off my dirty floor and got some weird parasite or something.

So I sweetly told her to do "clean-up" and put it all back. She kinda-sorta started to do it. Then she grabbed more and stuffed it in her mouth. This was her version of cleaning?! Then she grabbed my shoe. I got the paper towels and told her to wipe up the milk. She decided it would be easier to do it with her feet while standing on the paper towels (Hmmm, I wonder where she learned that—she really does pay attention to mommy)!

I continued talking to my friend on the phone, assuming Lucy was doing her Cinderella clean up routine. Just then I hear "Oh no!" from her little mouth. I looked behind me to see the opened refrigerator and a waterfall of blue Jell-O cascading all over inside, all over the food, into the drawers and down into every crevice of my fridge and onto the floor mixing with the already spilled milk to make the most disgusting



green sludge mess you have ever seen.

I absolutely lost my mind for a second. I hung up the phone and yelled "NOOOOOOOO LUCY! Look what you did! Look what you did!" She's looking at me as if to say "Yeah mom, I did it, but you're cleaning it up!" Her shirt, which was clean this morning, was now covered with pink watermelon stains and blue Jell-O streaks. I thought in a moment of insanity that I could convince her to clean all of this up. I used up all the paper towels and went to get more in the closet. But my loving husband put the rest of them on the top shelf where I can't reach them and he's gone. Perfect!

I sat there cleaning and telling her to help me at least pick up the watermelon. She looked at me with



# Your Baby on eBay®?

this smirk on her face, toddler tunes blaring in the background, and she did the unthinkable. She started to dance and sing! I'm thinking, "What? Are you serious?" Then after her performance we had a stare down contest to see who would break first, me or the cute, adorable kid. I had to bite my lip because she knew I was about to crack a smile and give her victory. I didn't budge and neither did she. She just kept staring at me with that "I know I'm cute and you can't be mad at me" look she does so well. I think she learned that from her father. Just then, I realized she was right. I could lose my temper over spilled Jell-O but she wouldn't hold a grudge. She wasn't mad at me and I couldn't be mad at this little person who's been messing up my house for the past two years. She was too cute, too endearing and too smart. I took the pink onesie off then put her down for a nap in her crib. As I write this she's now singing Betty Boop songs and rolling around her crib talking to her dolls. It's adorable. She kills me every time!

I think I need to learn more from this little munchkin.

We never need to cry over spilled milk or Jell-O. We always have more than enough to eat, because we're

blessed. When engaged in conflict with the enemy, just give them that million dollar smile and sing some toddler tune like "Oh my darling, Oh my darling," then add your own lyrics, start clapping and say "YAY! All Done!" You most certainly can diffuse even the toughest foes: anger... even mom!

Kerri Pomarolli is well known amongst the Christian powerhouses and spiritual warriors in Hollywood. An entertainment veteran, she has performed on the same stage as the biggest names in comedy and has been seen on the small screen many times, including The Tonight Show with Jay Leno, Comedy Central, ABC Family, Lifetime, NBC and many more. Kerri is a devout Christian who continues to lead outreach through humor.



# TRANSFORMED

## *by the* Renewing of Your Mind

**Excerpt from: Change Your Habits, Change Your Life**

By Danna Demetre

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

Have you ever noticed that you often run on automatic pilot? There are routines you practice day after day and they can influence you in many ways. For example, you accidentally dial your best friend's phone number when you meant to call your mother—because you dial your friend's number more than any other. Or you drive directly home when you meant to stop at the store—because you got distracted and simply did what you usually do...drive home.

We all respond in these "automatic pilot" ways because in our brain, the most dominant wins. That is unless it is willfully overridden by a new message.

With the advances in medical science, we have been able to study the brain in its complexity and as a result greatly increase our understanding about how and why we think, feel and act as we do. In the brain there are billions of neuron pathways where all our thoughts and experiences occur and are stored. Those that are experienced very frequently create physically larger neuron pathways in the brain – like super highways. Those that

are rarely experienced are like little overgrown paths.

Another exciting discovery is that the size and influence of our neuron pathways can change. If we stop thinking or doing something consistently, that particular pathway will actually start to shrink. And if we do or say something new, time after time for weeks or months on end, that pathway will eventually become a new highway in our mind—a new dominant thought.

God in His wisdom designed us so that we are not easily "brainwashed" by short exposure to thoughts or experiences. Rather, it is the consistent, persistent repetition that will eventually make a dynamic change in our mind. The old saying, "practice makes perfect" is not really correct. The more accurate saying should be, "practice makes permanent." Lasting, dynamic change in our brain takes time. That may be frustrating for those of us who want to change NOW. But it is a protective mechanism in God's design that also works to our advantage.

We do the things we do because we have literally been programmed to do so. So to think, feel or act dif-



ferently, we must purposely think new thoughts and take new action.

Notice I didn't say to "feel new feelings." That is because, except for those intense feelings that come from an instinctive "fight or flight" response, your emotions are an outflow of your thoughts. Or, more accurately, your beliefs.

If you feel worthless, it is because you believe the lie that you are worthless. And that is because you have been receiving messages (from yourself or others) that tell you are worthless. The same goes for anger, fear, helplessness, insecurity, lack of self-control, and so on. You may not even know what you think or believe, but your mind has not forgotten one message. And if those messages have played many, many times, your feelings and



actions have naturally followed. Bob George says in his book *Classic Christianity*: "People are in bondage to their erroneous beliefs and it moves them into emotional and physical bondage."

To change your habits and your life, you must first start where the source of all our challenges lie: deeply within the gray matter of our brain. We are told in Romans 12:2, "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." We transform our minds by putting truth in!

Here are four simple steps to begin the process of changing your mind and as a result your habits:

### ***Set your mind on things above***

When you catch yourself thinking negative, unhealthy thoughts, STOP. Reset your mind on God and His truths. Ask Him for a new and accurate perspective.

### ***Identify the lies you believe***

Become more aware of how you talk to yourself and the lies you believe. If you have struggled with your weight for years, you may believe that you cannot control your eating or that you are destined to be fat. That is a lie. Purposely shut those messages out and take the next step.

### ***Replace your lies with truth***

Tell yourself the truth—first and foremost from Scripture. Find key verses that speak to your area of weakness. You can also say simple phrases that address your specific issues, such as: "I am in control of my food choices. I love exercise. I want to honor God with my body by taking good care of myself." The next step is essential if you want lasting change.

### ***Practice Healthy Self-Talk Daily for Several Months***

The new messages you determined in step three will only make an impact if you tell yourself these truths over and over and over and over, for months on end. It is not difficult, but it does take time. For years, I have used healthy self-talk CDs for my clients. They tell me the messages have been convenient and effective in renewing their minds.

When you tell yourself the truth long enough, your emotions and behavior must follow. I know this from personal experience as I struggled with emotional eating and bulimia for 16 years. For the past 20, I've stayed lean and healthy and have no food issues. Praise God! He showed me the biblical way to be permanently transformed by the renewing of my mind. If I can do it, you can too!

You can learn more about Danna's speaking and writing ministry at [dannademetre.com](http://dannademetre.com)



Thelma Wells'...

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# GETTING THROUGH

*the Seasons of Life*



# God's Bigger

By Thelma Wells

[www.nextlevel-thelmawells.com](http://www.nextlevel-thelmawells.com) (Ask Thelma)

God's bigger than your hesitations, fears, and pride!

Why is it we ask God to guide us, to reveal His plans for us, and when He does, we foolishly try to get away with NOT doing what He tells us? The truth is God's favor makes whatever we do for Him successful. When we obey His directions, He works miracles through us—even in spite of us! Hallelujah! We



need to thank God for His patience and persistence. Thank Him for trusting us enough to give us projects when we don't know how to do them. Thank God for being faithful to give us what we need to succeed for His glory! Are you ready to win? Psalm 90:17 says, "Establish the work of our hands for us, yes, establish the work of our hands!"

*This is Thelma Wells. A big hug and love to you today!*

## Mama T's BIBLE STUDIES

Did you know you can study the Bible with Mama T right from your computer or by using your phone? Upcoming study, "WHAT THESE GIRLS KNEW."



**Click here for dates and times:**

[www.ThelmaWells.com](http://www.ThelmaWells.com) (Webinars)

# From Grief to Joy

By Tammy Trent  
www.TammyTrent.com



I was talking to a friend the other day about how to get through disappointments and failures in life. We both said at the same time, "Where is God in the tough stuff and why do I have to go through this?" That is the key word; **THROUGH**. You're not going to get stuck but you're going to get through this. Not somehow, but triumphantly. It's like a birth canal. Having a baby is hard and painful and a process. (I'm not a mother yet, but I have seen Hollywood movies and I've heard the screaming!) But the celebration comes after the baby is born. The end of labor and the beginning of new life. And I believe God can take your hard situation and shape it into a cross for you to use as a birth canal into a **NEW SEASON** of opportunity and joy and resurrection.

If you've lost your joy along the way, it's probably because you've not ended something properly. And then we just keep carrying around bits and pieces of disappointment and failures and hurt into every new season of our lives.

Ask yourself these questions:

1. Am I living in the disappointment of what was, or in the joyful expectation of what could be?
2. Am I living in the repressed anger of what should have been, or in the hopeful expectation of what could be?

If you change your mindset today and see the end of a thing—as painful as it is—as a birth canal, you'll move from the place of regret to the place of release.

Where would you rather live today? There is a time and a season for everything. That means give yourself permission to grieve your loss, your pain, your hurt. But then you have to move on into the **NEW SEASON** of possibilities. Let go of yesterday's disappointments so you can see tomorrow's possibilities.

Stop mourning over what you wished had happened differently. You can't change what it was. It was. What **IS** doesn't have to be what was.

Here's some scriptures that might help as you wrap your heart around them:

Isaiah 61:3 "...provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the **LORD** for the display of his splendor."

Hebrews 11:1 "Faith means being sure of the things we hope for and knowing that something is real even if we don't see it."

Hebrews 13: 5 "...Never will I leave you, never will I forsake you."

Be encouraged today and may the word of God be a sweet reminder on your journey at this moment. He is all around you and truly interested in what you have to say. You are never alone, not even for a moment. God can take the ashes of your life and turn them into something very beautiful. Press into your faith today. I believe you'll find joy in His Word and in His presence.

Psalms 16:11 "You make known to me the path of life. In your presence there is fullness of joy, at your right hand are pleasures forevermore."

Tammy Trent is a recording artist, speaker and author of the book, "Learning to Breathe Again." Visit her website at [tammytrent.com](http://tammytrent.com).



# HANDLE YOUR BUSINESS GIRL, AND LEARN TO SKATE ON THIN ICE!

By Dr. Gail Hayes

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

The pressure builds and you can feel the ice tremble beneath your feet. Crash! Splat! Without warning, it gives way as cold, icy blades cut through your air space. You gasp for air and fear attacks without mercy. All light fades and a murky gloominess swallows you.

Who can you call on for help? How can you manage to stay afloat in this chaotic sea of misery? How do you manage to keep your balance on thin ice and not fall into the bottomless pit of overwhelming responsibilities, pressures, and a multitude of situations known only to those called female? You try every imaginable swimming stroke that comes to mind but the movement is slow and painful. You are running out of hope and more importantly, you are running out of air.

You claw your way to the surface, catch your breath as fresh air invades your nearly collapsed lungs. You then pull yourself upon your feet. You've used every ounce of the raw, human strength you've kept in reserve for moments like this. Just as you think you've regained control of your skates, another piece of ice gives way and you again fall helplessly into the frozen darkness below. Frosty needles penetrate your body, mind and your tired, battered spirit. They beckon you to give up. They whisper your name and tell you that there is no further need to struggle and that you belong to the shadows.

Finally, after releasing desperate cries and holding on with bloodied fingernails, a hand reaches down and pulls you out of your watery grave, sets your feet on solid ice, and gives you a gentle push. You are saved from sudden destruction and free you to skate again.

Skating on thin ice is an art form of the feminine persuasion. As women, we are experts at floating across the cracks of family and business emergencies, personal crises, and all of life's other eruptions. The only way we survive is by being connected. Connecting for us is a part of our life force. We need our connections to help us stay afloat. We need our connections with other women to help us become water-walkers. This is where we draw our strength. This is who we are. We need other women to help us navigate the swirling ocean we call life.

So many of us find comfort living in isolation. We cling to shame and hide abuse, neglect, and depression. It's not that we enjoy being alone, but our enemy lulls us into a place where we don't want others "in our business." Or we believe that others will judge the authenticity of our calling if we let them know about our pain. So, we hide behind the silent screams and painted on smiles. Living this way means that we cannot receive help nor do need to respond to questions that pry open the dark rooms of our lives. These places serve as the wounded core of our secret pain.



Living this way, we develop a false sense of security in an unstable, isolated cocoon. Sadly, we do not realize that choosing isolation leaves us vulnerable. The ice beneath our feet melts from the heat of loneliness. We allow fear to hold us captive in a place called hopelessness. The cataracts of low self-worth then blind us from seeing our purpose and from stepping into destiny.

We know that others have told us that we are good at certain things. Many of us also know "what we bring to the table" in terms of our skills, but it is difficult to grasp our true power when we feel our feet slipping on melting ice. We become so petrified with fear that we refuse to give others something as simple as a kind word. This brings to mind a story that had a great impact on my life.

One day, in the cold of winter before cell phones became a way of life, I stopped to make a call at a telephone booth. During the call, I noticed a beautifully dressed woman walking in my direction. She was wearing a black coat with a leopard



print fur collar and matching cuffs. She also wore a matching leopard print crown style hat. This sister looked like someone right off the cover of a high fashion magazine. Although I was in the middle of an important call, I was bombarded with a constant mental interruption, telling me to stop and speak to this woman.

"What could I possibly say to this beautiful woman? She looks like someone who has it all together. What could I possibly say to make her day any better?" I asked myself while trying to still listen to the person on the telephone. From where I stood, this woman did not look like anyone who needed any encouragement and I did not want to interrupt her public privacy.

I had no idea what I was going to say to her, but I stuck my head out of the telephone booth and waited for her to approach. I opened my mouth and gave her a compliment. Nothing complicated, I just simply complimented her on her outfit.

I later discovered that something miraculous occurred when I intervened in this woman's life. On that frosty morning, this sister was mentally planning her suicide and because of the words spoken, she decided not to complete her self-destructive plan. She was overwhelmed that a complete stranger cared enough to stop and bless her with a kind word. She believed that her life had no meaning and that she could not live another day, but the telephone booth became her salvation.

In that small fraction of time and with those simple words, something marvelous happened. My words, without my permission or knowledge, spread the blanket of kindness over the ice cracks of another woman's life. The words spoken swept clean the cobwebs of self-destructiveness that could have and would have devastated an entire circle of family and friends.

Let's explore this from a more personal vantage point. What would

have happened if I had not stopped and spoken to the woman? I shudder to think. This incident changed the way I do business. I now know that handling my business also means taking care of people in the middle of all the other things I do. Without people, business means nothing.

This event helped me to side-step the boulders placed in my way when it's time to act. Even if it means that I look like an idiot to others, I have an obligation to speak and to act. It helped me to see that my words do have power. It helped me to see that women are waiting to hear what I have to say. It helped to me to see that women are waiting for "miraculous" encounters, even in business.

So the question for you today is, when was the last time you took time out of your busy day to stop and help another sister who has fallen through the thin ice of her life? When was the last time you openly and unashamedly shared your goods and helped to pull another sister out of the darkness of her icy pits to behold another day?



It's time for us now to act. Armed with the knowledge and power that you do bring something fabulous to the table, it is now time for you to wipe life's sludge from your skates with unbridled enthusiasm. It is time for you to embrace the passion to help other women. When you do, you will discover something marvelous. You will discover something miraculous.

You will discover the cracks in your life diminishing in the safety net of other women as you stop, extend

your hand, and offer assistance. When you extend your hand, you will discover other hands waiting to be held so that they will not fall through the ice. You will also discover an experienced network of women skaters awaiting your arrival.

So what are you waiting for? Put on your skates, join me on the ice, and let's glide.

Dr. Gail speaks for events around the world and is the host of the "Handle Your Business Girl' Empowerment Zone" on the Women@Work

Channel of Webtv4women. She is the CEO of the 'Handle Your Business Girl' Empowerment Network. She is the author of several books, including Daughters of the King, Style Stepping, Boss Manager and 12 Ways to Walk in Destiny. She and her family live in North Carolina. Find out more about her by visiting [drgailhayes.com](http://drgailhayes.com) or [handleyourbusinessgirl.com](http://handleyourbusinessgirl.com).



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

How Thelma Reaches out To You!

## STAY CONNECTED



### THELMA WELLS CONFERENCES

Each year Thelma has her own branded conferences like **THE PICNIC AT THE LAKE** which is held each year the on Saturday before Labor Day, as well as some the Lord lays on her heart to do like **WONDER WOMEN #3**. Women travel from coast to coast to spend this time with her, hear her teach and be apart of an extraordinary day of fun and worship.



### WOMEN'S EVENTS

Thelma is invited every month to churches, conferences and women's events as the keynote speaker. As a result, she's spoken in every state and enjoys traveling and speaking to more than 40 groups of women each year. **BOOK THELMA** for your next event.



### BEE THE BEST WITH THELMA (TV SHOW)

Each Wednesday at 10:30 AM CST, Thelma can be seen on channel 378 on Direct TV (NRB Network). In some shows she's teaching and in others she's chatting with her girlfriends. The show offers a fresh prospective on today's issues for women through dialogue and teaching. And each topic is selected to encourage and support women of all races and ethnicities in a very real way. (Think -- "Mama T meets Oprah.")



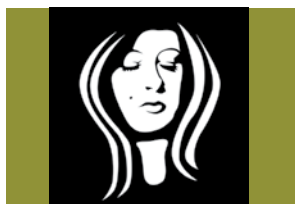
## THAT A GIRL & FRIENDS SPEAKERS AGENCY

Thelma Wells is known all over the world as “Mama T.” She has earned that title by nurturing and mentoring others. For the past 30 years, Thelma has been dedicated to inspiring women to BEE THEIR BEST. First in the corporate arena and later as a Christian speaker through her own ministry called A Woman of God Ministries. Now, she is bringing to you not only her talent as a keynote speaker, but other speakers that she knows personally who will work with you to deliver a message that is impactful, biblically sound, trustworthy and full of life, real stories and poignant points. [www.Thatagirlspeakers.com](http://www.Thatagirlspeakers.com)



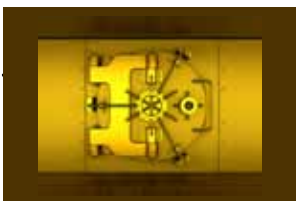
## BEE CLUB

Thelma’s signature BEE pin and message have been a part of the foundation of her ministry from the beginning. Now you can join with her through the BEE Club. It’s **FREE** to join and subscribers receive email devotionals and exclusive invitations to upcoming events. Remember, “In Christ, You can BEE the Best!”



## PROVERBS 31 MARKETING

Many people today realize that God has a destiny for them and they desire to write a book, begin speaking or host their own conference. But, they don’t know how. Are you one? Well, Proverbs 31 Marketing was created to help you jump start your calling in the right direction. These classes, taught by Vikki Wells, VP Marketing at A Woman of God Ministries and Thelma’s daughter, are designed to give you practical tips to make accomplishing these goals a reality. Downloads available at [Proverbs31marketing.com](http://Proverbs31marketing.com).



## NEXT LEVEL CONSULTING

Thelma Wells is a consultant, entrepreneur, thought leader, speaker and author dedicated to providing quality services to assist you in moving to the next level in your personal and professional life. Through this website, you can contact Thelma for personal and business consultation. [www.NextLevel-ThelmaWells.com](http://www.NextLevel-ThelmaWells.com)



## SUNDAY EVENING TEA

Each Sunday afternoon, if you are on Thelma’s email list, you will get a link to a new message from her as your SUNDAY EVENING TEA. In fact, some have started inviting other over and sharing tea with them as they listen. The messages are intended to give hope, sound biblical advice and ignite your passion.



## MAMA T SAYS... RADIO MINUTES

Each day in several cities throughout the US, Thelma’s Mama T Says - 1 Minute Inspirational Minutes can be heard during peak times. But, you can hear them on her website. Look under BLOG and then RADIO BLOG to listen in.



## SOCIAL MEDIA & APPS

In addition to Thelma’s very interactive website, Thelma loves to connect with you through social media and her Apps. Search your mobile provider for her THELMA WELLS APP and her DAUGHTERS OF ZION APP. But also connect on Facebook, Twitter, LinkedIn, Youtube, and Soundcloud.



# 6 Steps to SANITY

By Allison Bottke

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

Let's say we're diagnosed with a severe illness—"Sickness X."

Sickness X is a serious illness, to be sure, yet it can be cured by following a prescription that includes taking medicine and changing some specific habits. We trust our physician to know what he's doing, so we get the prescription filled, begin taking the medicine, and follow the doctor's orders so we'll get better. Some medications are short term, some are long term, and others are for life. Some medicines have a bitter taste; others have no taste. Many have side effects; others do not.

But if the medicine will cure us, we gladly suffer the bitterness, the side effects, and even endure the long road to recovery. We know that treatment is better than leaving the disease in its present state.

Consider the "Six Steps to SANITY," outlined below, as our medication to help cure our illness of enabling our adult child(ren). One dose won't do it; we'll need to stay on this prescription for quite some time until we return to full health. Just as our adult children may slip back and forth into their dependency on us, so, too, we may slip back and forth into our habit of coming to their rescue. Therefore, we must pray for the strength to remain firm in our resolve to make changes. Backsliding at this point is very dangerous, as we will lose not only our credibility but any momentum we may have

gained as a result of the changes we are making. It is vital to continue on this prescribed course of "medication" for the duration of the treatment—no matter how difficult it may be.

I must caution you, however, that there is a possibility of a long-term side effect in following this course of treatment. In time we will begin to regain our SANITY, and we will begin to feel a sense of self-respect and peace despite any crisis.

## Exactly What Is SANITY?

SANITY is what we gain when we stop focusing on our adult children and begin to focus on changing our own attitudes and behaviors.

## How do we get SANITY?

By recognizing and identifying the false conceptions we believe about ourselves and our adult children and replacing worldly lies with spiritually empowering truths.

## In what situations will SANITY work?

We can implement the six steps to SANITY to help an adult child grow up who:

- Has never left our home
- Has returned home (with or without mate/children)



- Considers our home a hotel with a revolving door
- Lives on his own (or with others/roommates)
- Is a full- or part-time college student

I trust you've begun to realize the part you've played in this ongoing drama of enabling, as well as the enemy's tactics in using these negative feelings against you. I pray you have realized the futility of harboring the negative feelings of guilt, frustration, anger, fear, and inadequacy—and that you are ready to develop new strengths to begin living a life of freedom from bondage. It's time for healing—emotionally, spiritually, financially, and psychologically. So let's look at the six steps to SANITY so you can begin to implement them into your life at last.

## Six Steps to SANITY

**S** = Stop our own negative behaviors (especially stop the flow of money)! One of the critical first things we must immediately stop is the flow of money to our adult child. We must stop being the First Bank of Mom and Dad or the Community Bank of Grandpa and Grandma.

**A** = Assemble a support group. Stop by our SANITY support group website (visit [www.SettingBoundaries.com](http://www.SettingBoundaries.com) and follow the links) and consider getting involved. Remember, there is strength in numbers!

**N** = Nip excuses in the bud. You must no longer accept excuses. Period. Make it evident early on that you have no intention of being swayed by clichés or con games or lame excuses.

**I** = Implement rules and boundaries. These rules and boundaries must be well thought-out and non-negotiable, with firm but reasonable consequences and timeframes. And they must be written down and included in your action plan.

**T** = Trust your instincts. Nowhere does the need to trust our instincts hold truer than when we suspect our adult children are on drugs, have alcohol problems, or are involved in illegal activity. Intuition is a power-

ful tool. However, that still small voice will eventually stop talking altogether if we continue to ignore it.

**Y** = Yield everything to God (let go and let God). For some parents perhaps religious faith hasn't been much of an issue as you brought up your child. But that's one thing about being a parent in pain—you realize the help you need is going to have to come from some source other than self.

As we begin to follow the six steps to SANITY, we often discover that one of the benefits could be that our adult child may actually become the person we've been pretending they were or dreaming they could be all along. Now, wouldn't that make all the tough-love pain worthwhile?

It doesn't matter where you are in your journey of enabling an adult child. What matters is that you can stop the insanity right now—today—this very minute. You can gain SANITY, and in doing so, be-

gin an amazing adventure of self-discovery.

I have walked in your shoes, and I have discovered the secret of SANITY—that no matter what happens, I am never alone. God is in control. If you're a hurting parent who dearly loves your adult child but longs to see him at last take responsibility for his life, please join me—and thousands of other parents who are finding SANITY—by applying these six steps to your life. It could save your sanity—and maybe even your adult child's life.

Adapted from *Setting Boundaries with Your Adult Children, Six Steps to Hope and Healing* by Allison Bottke © 2008. Harvest House Publishers. All rights reserved.

Visit [www.AllisonBottke.com](http://www.AllisonBottke.com) or [www.SettingBoundaries.com](http://www.SettingBoundaries.com)

## What Is SANITY?

**SANITY** is what we gain when we stop focusing on our adult children and begin to focus on changing our own attitudes and behaviors.



# A Time to Speak

By Thelma Wells

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

"Behold I will send my Messenger before your face who will prepare your way before you." Matthew 11:10

This may not read like a devotional. However, I think it needs some devotion to the subject. When people address me with this topic and I send them this information, it gives them food for thought and freedom to seek what she wants us to do.

I would imagine that every professional speaker gets the same requests for information that we do on the Women of Faith team. People want to speak like us. It does look glamorous and inviting to stand on stage before hundreds of people and expound to them. It looks good to have your name on a marquee or a sign that says you're speaking at a venue. One may appear to be important or an expert at their topic when they are given the privilege to address an audience. And granted, almost everyone has a life story to tell.

What I've discovered as a speaker is that so many of the stories are so similar that it can be difficult to distinguish one story from another. There are relatively few really unique stories. Often times speakers find themselves speaking to the choir. But, a lot of people think they are the only person who have or are experiencing what they are going through.

I didn't know there are so many people who experienced being locked in a dark closet until I started telling my story. It was not all that unique after all. What I did was to help someone release what had

been plaguing them for years. Oh my goodness, I guess that's what speaking does. It gives people with similar experiences the courage or strength to admit stuff, call attention to things that need airing out, and maybe help people heal from their hurts. That's the real joy I get from speaking. Seeing people instantly helped. I guess that's why so many people want to speak, instant gratification.

Speaking is a skill that can be developed with proper training or by an innate ability to communicate effectively. Even if speaking is your gift, please don't try to get up and wing it without some training or coaching. Nothing is more disrespectful than someone speaking whom you know has no clue about what to say and how to say it. Even the best speakers in the world have used coaches or some system to improve their speaking ability.

Our church was looking for a pastor some years ago. Many capable people preached for us. But I remember one person who came highly recommended as a marvelous speaker. We were all excited about hearing him because his audio tape was excellent. After the first few words out of his mouth, he had lost the entire congregation. He had tried to

memorize someone else's sermon. He must have had their glasses on too because he could not even read it well. He was mispronouncing words, making non-sense sentences, and trying to be humorous at the same time. It didn't work.

First of all he should not have tried to preach someone else's sermon. He could not identify with it because it was not his experience. Secondly, if he was going to try to read it, at least he could have gotten familiar enough with it to not have to read it word for word. Look smart even is you're not smart.





Thirdly, don't speak to make a reputation for yourself, speak to enhance others. A speaker is a word-smith who is looked at as knowing what they're talking about and can prove or guarantee what they're saying.

Every week I received requests from people who want to become an inspirational speaker. After over twenty-three years in the business, I decided to formulate some suggested guidelines that can help you decide if speaking is right for you or not.

Many people think this is a glamorous job and the limelight is so wonderful. Only after hours and hours of preparation (it takes approximately 15 hours to prepare a 30 minutes to 1 hour message) before you are ready to deliver your message. Why?

\* You must do your research on the subject. I remember being asked if I taught a certain subject after I had been in the business full-time for several years. I responded no but that I was a fast learner, just send me the materials and I would be ready. Little did I now but there was terminology that I needed to understand, processes I needed to learn and techniques I needed to illustrate. Being partially familiar with the information was not the competence I needed to do a superior job. Anyone can be mediocre. It took me all of one week to get the material in my mind so I could be confident in what I was talking about.

\* You must do your research on the client or audience you're speaking for.

The most difficult class I ever taught was in Singapore. I had read books and articles on Singapore and its culture, people and customs. I partially knew what to expect in

terms of the government rules and regulations. What I had failed to do was to study the expectations and sub-culture of the audience. I did not know who has spoken to them before me. I failed to ask what some of the terms meant in that culture verses our American culture. I did not ask what the skill level of the people I was to address.

Instead, I went in acting like I was speaking to an group of American secretaries who have negotiation power on the job. I found out in a hurry that the negotiation skills I was addressing to that audience was not even negotiable. What they needed was basic information about clerical work like telephone skills and customer relations. All this negotiation skills stuff was for another country and era.

Fortunately for me, I realized I had not communicated at all with those in attendance so I changed my entire program and let the audience guide me throughout the day. It was a really long day! So, you must determine the right approach to take for the group you're speaking to. There are certain objectives that you must determine in order to meet the needs of the client.

\* Putting the message together takes skill and know-how. Before you deliver a message it is suggested that you deliver it to yourself via a tape recorder or video tape. Listen or watch to refine what you're saying in a concise, complete, confident format.

Do not memorize a speech. Be familiar enough with it to speak conversationally. If you're brave, allow someone whom you trust to evaluate it and correct any body language, grammar, or errors in your speech.



These are some things I did when I was trying to launch my speaking career.

1. Daily prayer that God would guide me to the right people and places.
2. I wrote a column for a local community newspaper.
3. I joined as many helpful organizations I could that had decision makers involved.
4. I marketed my audio tapes with brochures to companies where I wanted to speak.
5. I customized every program for the particular client.
6. I got involved in the local National Speakers Association's chapter in my area.
7. I marketed to radio stations and television stations for interviews marketing my books and other resources.
8. I asked monthly meeting groups to let me speak for free so they could get acquainted with me.
9. Everywhere I went I took either business cards or brochures to hand out to anybody and everybody.
10. I asked prayer warriors who really cared about me to pray for my success.
11. My husband and children prayed together for my success as God would direct.

Preparing to speak is like preparing for any success. When Jesus called the disciples he trained them

for three years. They followed Him as He spoke and watched his demeanor, listened to His words, asked Him questions, honed in on His illustrations, watched the crowd's reactions and picked up the traits of their mentor and teacher. Jesus did not send them out until they became capable of handling the job for which they were trained. The Teacher sent them out with the encouragement that they would be able to do even greater works than He.

Before the Teacher was released to teach and preach, He had to go into the high mountain and be tempted by Satan and pass that test. The Almighty Teacher allowed Jesus, the Great Teacher, to go through a period of testing before He was totally prepared to speak to the masses.

This is a great lesson for us. Only go when you are prepared to go and you are released to go. Don't frustrate the timing or jump the gun. Go when you are prepared. If Jesus had to get ready, what about us? That's when the heart of speaking realizes the joy of speaking.

Jesus, the Master Speaker, please let me know in no uncertain terms if You want me to speak as a profession. If so, please give me the wisdom and know-how to do it for the glory of God and not myself.

***Amen***



## **ACCEPTING JESUS**

Click on **ACCEPTING JESUS** on Thelma's website and find a host of great resources that will help you in your daily walk.



# **Especially for** *Women*



# Making a Difference.

## One Woman at a Time

By Debbie Stuart  
dstuart@prestonwood.org

Before I write one word on this subject, please allow me a moment to swallow the huge lump in my throat. I can't think about mentoring without the stark realization of where I would be without it in my life. I would also like to ask for your leniency as we venture from the "usual" approach to mentoring and follow what I believe to be a personal touch from the Lord on the subject.

If you've been in ministry very long you've probably read every scripture on mentoring, several books on the subject and done a Bible study or two. Perhaps you have a mentoring ministry at your church that seems to dwindle from year to year. What's the problem? How can we ensure the success and effectiveness of mentoring? What does "mentoring to make a difference" really look like?

As you already know, mentoring has been defined in various terms; coaching, influencing, teaching, friendship counseling, and spiritual mothering. But I define it as "one woman making a difference in the life of another woman." I know this can happen because it happened to me. I am a product of mentoring. The defining moments in my life can be directly traced back to the positive influences of other women.

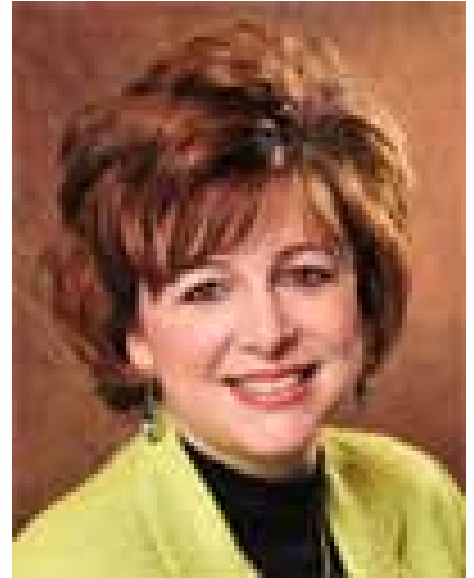
As a matter of fact, it really started with my mother. My mom, Carol, was a first generation Christian. She married at 16 to leave an unfortunate home life, yet things quickly went from bad to worse and she found herself feeling hopeless. One

Saturday morning her neighbor, Jean, invited her to church. The next day she heard for the first time that the Lord loved her, gave his life for her and had a plan and a purpose for her life. She accepted Christ and vowed to follow Him for the rest of her days. She quickly joined a women's Bible study group (called the Deborah class, after judge in the Old Testament). Those women loved her and became involved in her life. She began to thrive! They taught her practical things about life, marriage and finances, but also spiritual things that she longed to know more about. These relationships changed the course of history for her, my family, and generations to come.

They didn't call it mentoring "back then," but that's what they were doing. My name is Deborah Jean. It was given to me in honor of those women who made a difference in the life of one woman.

Little did we know that for my mom "the rest of her days" would not be enough for me. She lost a battle with cancer and went to her Heavenly home when she was forty years of age. I was twenty-three and had a five week old baby boy. Jarrad was her first grandchild.

It was at this point in my life that the Lord began to walk women into my life that made a huge impact. My mom, because she died so young, was not my spiritual mentor neither were my grandmothers or other relatives. It was other women in my church, some of whom I met through our mentoring program, who made a significant spiritual investment in



my life. They loved me and prayed me through some very dark days. The Lord used them to affirm God's call on my life to ministry. Every time I would "throw in the towel" He used them to throw it right back. They never let me quit. The Lord called one very special woman out of retirement to come alongside me in ministry. He called another to be my personal prayer warrior and another to be my closest friend. I am forever indebted to those women at Willow Point Baptist Church.

Here comes that lump again.

The point I am trying to make is that mentoring is God's idea. There are just a few mandates in God's Word that are directed specifically to women. Teaching and training (mentoring) is one of them. Titus 2:3-5 says:

"Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach

what is good. Then they can train the younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God."

Mentoring is an avenue God uses to change lives. We must find a way to do it. The method is not nearly as important as the meaning behind it. The "how-to" is irrelevant if the hearts aren't in it. When He comes back for us I want to be found doing what He has asked us to do.

In February 2005 we launched a mentoring ministry at Prestonwood Baptist Church. The favor of the Lord on this program has been phenomenal. I could quote pages from women of divine intervention and God's providence through one woman becoming involved in the life of another. One woman declares, "For four years I have been seeing a counselor and paying \$128 each visit. Since I joined the mentoring ministry I have not been back and I no longer feel depressed." She didn't need a counselor, she needed a friend.

I cannot give you an exact method on how to have a successful mentoring ministry at your church. Women, church policy, calendars, and the activity of the Holy Spirit are all different at every church. I'd be most happy to share our Mentoring Ministry booklet and any insights with you about what has worked well for us.

We learned it is helpful to plan mentoring activities throughout the year that will set the partnerships up for success. We learned that a strong foundation of prayer is essential to the spiritual success of effective mentoring. We also learned that continual contact with the partners promoted a high level of accountability and ownership. But mostly we learned to ask God to change lives through this ministry. I think it has been a prayer that He could not resist.

I hope that through my story you can see the impact of one woman. I am not the leader of the Women's Ministry at one of the largest churches in the United States because of skill, education, or any other ability. I am here because of other women! Forty years ago some women became

involved in the life of a woman, and it changed the course of history.

Oswald Chambers once said, "One life is of priceless value to God's Kingdom and yours may be that life." I owe my life to such women. My prayer is that YOU will become involved in the life of another woman and change the course of history. That's mentoring that makes a difference!

From One Woman to Another,  
"Deborah Jean"

Debbie Stuart is the Director of Women's Ministry at Prestonwood Baptist Church in Plano, Texas. She can be reached at [dstuart@prestonwood.org](mailto:dstuart@prestonwood.org).

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# TRAINING FOR REINING

By Sonja Samuel

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

A few weeks ago I was asked to speak at a Mothers and Daughters Self Esteem Summit. As I pondered the message I would deliver, I was drawn to the Book of Ruth and particularly the relationship between Naomi and her daughter-in-laws. I have always liked the Book of Ruth because of its romantic and prophetic twist and turns, and because it is one of two books in the Bible named after a woman. Based on its core meaning and message, the Book of Ruth could be called The Love Story of Redemption as it is a beautiful picture of Christ's wonderful love for us and the great length of that love He displayed to purchase and reconcile us back to Himself.

However, before the love story of redemption unfolds we see the characters in scenes that are tragic, domestic and dramatic. The opening scene of the book is tragic. It reads, "Now it came to pass in the days when the judges ruled..." (Vs. 1). The word "now" connects us to the former book of Judges that closes with the words, "In those days there was no king in Israel: every man did that which was right in his own eyes" (Jud. 21:25). There was the absence of a ruler over the land and the absence of righteousness in the life of the people.

The result of this tragic condition was a "famine in the land" (Vs. 1). Famines in the Bible were often a sign of God's displeasure and chastisement upon the nation of Israel. The famine revealed that there had been a national departure from

God. Israel as a nation was suffering the consequences of doing what was right in their own eyes. However, we also see a personal departure from the Lord. We see a husband and a wife by the name of Elimelech and Naomi, and their two sons, Mahlon and Chilion leaving the town of Bethlehem in the country of Judah. The name "Bethlehem" means "House of bread." "Judah" means "praise." They were leaving the house of bread and the land of praise and "went to sojourn in the country of Moab" (Vs. 1).

In Psalm 108:9 there is an interesting description of Moab. It says "Moab is My washpot." They were leaving the House of bread for the garbage can. They were leaving the land of praise for the washpot. Moab was only a short distance from Bethlehem. Their original plans were to be in Moab for a short time, but they ended up making their home there. If that wasn't bad enough, the sons married Moabites. The Bible says, "And they took them wives of the women of Moab; the name of the one was Orpah, and the name of the other was Ruth: and they dwelled there about ten years" (Vs. 4). Marriage among the pagan nations was strictly forbidden by God. The parent's departure only led to a further departure in the children. Many a child is living a life of sin and has no room for God in their life because of parents that drifted away from Him. Because of the family's disobedience, God brought discipline, and this is where the training began! The



Bible says, "And Elimelech, Naomi's husband, died" (Vs. 3). "And Mahlon and Chilion died also, both of them" (Vs. 5). Whenever a Christian gets out of the house of God, and the will of God, God will discipline. He will deal with them patiently and lovingly. But in time, if there is no repentance and a return to God, He will deal in a more drastic measure. A departure from the Lord will always bring the discipline of the Lord. God has his ways of bringing His children back home.

With the death of all the men in the family, there was left in Moab three lonely and grieving widows. As a result the Bible says of Naomi, "Then she arose with her daughters-in-law, that she might return from the country of Moab: for she had heard in the country of Moab how that the LORD had visited His people in giving them bread" (Vs. 6). She heard of how God was blessing His people again. The famine was over at last. The people had come back to God. It was this news, coupled with all that had happened, that created in her heart a desire to return to God.



Naomi decided to turn her back and leave Moab. This represents repentance. When a person gets right with God there must be repentance. The sin and failures of life must be dealt with. Moab must be left and put behind us. Sin must be confessed and forsaken. Before she could ever return home, she had to leave Moab, and as she departed we read, "Wherefore she went forth out of the place where she was, and her two daughters-in-law with her; and they went on the way to return unto the land of Judah" (Vs. 7). She returned to the place of blessing. She came back to the will of God. Naomi leaves Moab and returns to Judah. She is leaving the place of sin for the place of blessing.


The story now turns from trauma to drama. Naomi entered Moab with a husband and two sons but is leaving Moab with two empty hearted daughters-in-law. They all have buried a husband and they each have a broken heart. As the three widows deal with their grief and start the journey back to Bethlehem they each begin to respond differently to the circumstances they find themselves in. They give us three classes of people offering three different examples to learn from.

Naomi gives us a troubling example of a disappointed widow. We have seen her disobedient walk and now we observe her sharing discouraging words with her two daughters-in-law to get them to turn back and not go with her to Judah. Although her intentions were good, Naomi is an example of a believer who is a hindrance to the work of God. Steps had been made to return, but at this moment she was still in Moab. Naomi illustrates how the life of believer that is not living for God is often a discouragement to others knowing God.

The Bible says, "Then she arose with her daughters-in-law that she

might return from the country of Moab: for she had heard in the country of Moab how that the Lord had visited his people in giving them bread. Wherefore she went forth out of the place where she was, and her two daughters in law with her; and they went on the way to return unto the land of Judah" (Vs. 6-7). There had been a departure from the land of God and a discipline by the hand of God. Naomi is taking steps to return to Bethlehem-Judah. When she started back her daughters-in-law followed her. It would appear that Ruth and Orpah in their hour of despair were looking to Naomi for direction. In their hour of grief they looked to her for guidance. They were watching to see what Naomi would do. Whatever she did, they would do. Every action and step of Naomi was being observed. We as believers need to be constantly reminded that we are being watched by the unsaved. Whether we admit it or not, accept it or not, acknowledge it or not, we are being watched by those around us.

Naomi was being observed by her daughters-in-law and sadly she started to be an obstruction to them, as well. It is both astounding and alarming that Naomi, instead of seeking to turn her daughter-in-laws to God, she sought to turn them from God. It says in Vs. 8: "And Naomi said unto her two daughters-in-law, 'Go, return each to her mother's house'" (Vs. 8). She encouraged them to stay in Moab and discouraged them from going to Judah. Orpah and Ruth were from Moab. They had grown up in a land of idolatry. They had been reared in a place that did not know the true and living God. Their life had been one of spiritual desolation and darkness. However, Naomi was from Bethlehem-Judah. She knew the One True and Living God. We would say that Naomi was saved, whereas Ruth



and Orpah were unsaved. One of the chief occupations of a believer is to try and lead unbelievers to the Lord. We are to seek to "turn many to righteousness" (Dan. 12:3). A person going to heaven is to work to take people to heaven.

We see how thankful she was for their care. She said to them, "The Lord deal kindly with you, as ye have dealt with the dead, and with me. The Lord grant you that ye may find rest, each of you in the house of her husband. Then she kissed them; and they lifted up their voice, and wept" (Vs. 8-9). They had been good wives and good daughters-in-law. She expressed her desire that they have a good life and one favored by God.

We also see how hurtful she was when it came to their conversion: "And they said unto her, 'Surely we will return with thee unto thy people.' And Naomi said, 'Turn again, my daughters: why will ye go with me? Are there yet any more sons in my womb, that they may be your husbands? Turn again, my daughters, go your way; for I am too old to have a husband. If I should say, I have hope, if I should have a husband also to night, and should also bear sons; Would ye tarry for them till they were grown? Would ye stay


for them from having husbands? nay, my daughters; for it grieveth me much for your sakes that the hand of the Lord is gone out against me'" (Vs. 10-13).

Naomi was saying to them, "I don't have any more children and I am too old to have more. Go back to your people and start over with your life. Find you a husband among your own people." Naomi was only thinking of their material circumstances rather than their spiritual condition. She was only thinking of their physical needs and not their spiritual needs. Naomi reminds us of those who are professing Christians, but are not practicing Christians. She knew the Lord, but was being obstructive to others coming to know her God.

Mohandas Gandhi, the famed leader of India and the Indian Independence Movement, probably influenced more people than any man who has ever lived. The independence movement began with a handful of people and he led it into a mass movement of millions. He once made the statement, "I would be a Christian if it were not for other Christians." Many believers live a life that is repealing rather than appealing. They are a blight to the name

of Christ rather than a light for the cause of Christ. It has been said, "The greatest handicap the Church has is the unsatisfactory lives of professing Christians."

Naomi, even though a believer, discouraged Ruth and Orpah to follow her. How sad when those who know God become a hindrance to others knowing God. And it's even sadder when it works. Orpah became a departed widow. "And they lifted up their voice, and wept again: and Orpah kissed her mother-in-law; but Ruth clave unto her" (Vs.14). We see the tears and hear the sobs of separation. Orpah decides to go back to Moab. She puts her arms around Naomi, kisses her and starts back. It is true that Naomi had discouraged her from going to Judah, but ultimately the decision was hers. She was the one who made the final decision to go back. Orpah chose to stay in a cursed land. She chose to live in a place of spiritual darkness and desolation. She chose to go back to her false gods. She chose to continue to live the way she had always lived. She could have chosen to go to Judah in spite of Naomi, but she chose to stay in Moab. Orpah reminds us of those who are given the opportunity



to be saved, yet they reject that offer and choose to live a life without God. She reminds us of those who reject Christ and the opportunity to be saved. As a minister of God's Word, there is nothing more disturbing and heart-breaking than seeing people reject Christ and spurn the opportunity to be saved.

The last widow, Ruth, the namesake of the entire book, becomes a decided widow by making a decision that changed her life forever. We read that instead of leaving Naomi, "Ruth clave unto her" (Vs.14). Ruth illustrates for us the person who says 'yes' to Jesus, and the opportunity to be saved. Ruth's decision is described in words that have been immortalized in music and enshrined in poetry and prose. Her resolve is a classic in literature and has been used in the vows of a many a wedding ceremony.

"Intreat me not to leave thee, or to return from following after thee; for whither thou goest, I will go; and where thou lodgest, I will lodge; thy People shall be my People, and thy God my God. Where thou diest, will I die, and there will I be buried; the LORD do so to me, and more also, if I ought but death part thee and me" (Vs.16-17).

The decision Ruth made gave her a new life. Ruth said "for whither thou goest I will go; and where thou lodgest, I will lodge" (Vs.16). She was leaving a cursed land for a blessed land. She was leaving a place of spiritual darkness for a place of spiritual light. She was leaving a land and life of idolatry for a land and life where the One True and Living God could be worshipped. Her decision brought her into a new life. Salvation gives a person a new life. Paul said, "Therefore if any man be in Christ, he is a new creature: old things pass away and behold all things are become new" (II Cor.5:17). Salvation makes us a new person and gives us a new life.

A man was speaking on a street corner and said, "Socialism will give you a new job. Socialism will give you a new house. Socialism will give you a new coat to wear. Can anyone tell me anything that is better than that?" An old man stepped forward and said, "Yes, I can! Salvation in Jesus Christ! Salvation will put a new man on the job; salvation will put a new man in the house and a new man in the coat."

We also see that her decision gave her a new Lord. Ruth said "thy People shall be my People, and thy God shall be my God" (Vs.16). No doubt

she had worshipped the false idols and false gods of Moab. She had known nothing but paganism. Now she has a new Lord in her life. Her life is now centered around the God of Israel and His people. Before God saved us, our gods were riches, recreations, and reputations. But salvation gave us a new Lord and master. We are now drawn to His interests. We no longer bow to the gods of this world, but we bow at the feet of our blessed Redeemer.

And, finally, we see that her decision gave her a new loyalty. Ruth said, "Where thou diest, will I die, and there will I be buried" (Vs.17). Ruth was saying, "This decision is for the rest of my life." She had no desire to go back nor plans to return. Her decision was for time and eternity. Besides, what did she have to go back to in Moab? What do we have to go back to in the world? There would be nothing but a life of hopelessness and emptiness. Go back? Ten thousand times no! There is nothing behind us and everything before us.

Each of us can find ourselves in one of these three widows' behavior. In which one do you find yourself?



*By Rebekah Montgomery*

Thelma Wells, leading inspirational speaker and author, uses her success in overcoming challenges in her past to encourage others to fight the battles of life.

WHEN ONE THINKS of a strong-willed warrior, images of a warm, Southern grandmother with a megawatt smile and wearing a bumblebee brooch aren't the first that come to mind. Until one has met Thelma Wells, that is.

"The bumblebee is able to do what God designed it to do in spite of its scientific limitations," says Thelma. "The body of a bumblebee is too big, its wingspan too narrow for it to be able to fly. It defies the laws of aeronautical science but adheres to the law of God."

Thelma Wells does indeed fly. Known to many as "Mama T," she is an author, professor, and sought-after speaker. She

was one of the original "Porch Pals" of the well-known Christian women's organization, Women of Faith, and speaks regularly at conferences around the country.

Thelma's books, including *God Is Not Through With Me Yet: Holding on to the One Who Holds You Close*; *The Buzz: 7 Scriptures to Energize Your Life*; *Listen Up, Honey: Good News for Your Soul*; *What These Girls Knew: How Girls Back Then Talk to Us Today*, reflect her warm, conversational tone and desire to influence other women toward faith and godliness.

*soaring to*

VICTORY



*Great-grandmother fell in love with Baby Girl. She was cherished and tenderly nursed back to health. From her great-grandparents, the little girl gained.*

Her new book, *Don't Give In—God Wants You to Win* (released March 2009, Harvest House Publishers), reflects Thelma's strong faith and resolute attitude that took her from a frightened, abused child to a woman who now soars above the troubles in her past.

The book, based on Ephesians 6:10–18, tells how to fight the good fight of faith, God's way. Thelma outlines God's strategies for winning everyday battles people face—health difficulties, depression, anger, unforgiveness, abuse, addictions, broken marriages, and wayward children, among others.

"Every single battle fought on a daily basis is already won by God," says Thelma, and she wants the reader to realize it.

Fighting daily battles to overcome the enemy is a subject Thelma knows firsthand. She also knows the enemy's attacks sometimes come from the very people we are supposed to be able to trust the most.

#### CRIPPLING SECRETS

Mother Dot, Thelma's grandmother, was a church-going deaconess in public and a vicious, mean-spirited woman in private. She focused her inner bitterness and rage on her own daughter, Dorothy Nell, and later, Dorothy Nell's daughter, Thelma.

"She may have been in the pew every Sunday, but her life had no salt and no light," states Thelma.



*Great-grandmother fell in love with Baby Girl. She was cherished and tenderly nursed back to health. From her great-grandparents, the little girl gained a loving home, a church family, and the early foundation of hiding God's Word*



Some of the hatred may have stemmed from skin color issues—Mother Dot was “high yellow” (lighter skinned) while Dorothy Nell and Thelma were darker skinned. Thelma remains unsure whether her grandmother was embarrassed, superstitious, or blamed herself, but the blind hatred was ever-present.

Early on, Mother Dot singled out Thelma’s mother for special abuse, not only because she was dark-skinned, but

also because Dorothy Nell was born paralyzed on the right side, probably from a stroke at birth. Mother Dot would beat her as she tried to straighten out her twisted right side. Then, when as an unwed teenager Dorothy Nell gave birth to “Baby Girl,” Mother Dot threw them both out.

When Baby Girl was two years old, she and Dorothy Nell both became very ill. Mother Dot refused to help either





her daughter or granddaughter. But, says Thelma, her refusal to take them in was a “Holy Ghost setup.” Thelma’s great-grandparents opened their home to mother and baby.

Great-grandmother fell in love with Baby Girl. She was cherished and tenderly nursed back to health. From her great-grandparents, the little girl gained a loving home, a church family, and the early foundation of hiding God’s Word in her heart. Her great-grandmother gave her the name “Thelma Louise,” not knowing that “Thelma” means “volition” and “Louise” means “famous warrior.” The name was by Divine appointment. Little did she know the gift she had bestowed on Baby Girl.

### SINGING IN THE DARK

“Jesus loves me, this I know...”

On those occasions when she went back to visit Mother Dot, Thelma was locked in a front bedroom closet for the duration. Being locked in the dark might have paralyzed another child with terror, but because of her great-grandparents’ godly mentorship, Thelma sang praises to Jesus instead. Before Thelma’s grandfather returned from work, Mother Dot retrieved Thelma from the closet, cleaned her up, and pretended everything was fine.

Unbeknownst to Mother Dot, Thelma learned a powerful lesson in the closet that shaped her future: She was not alone. This reality had the power to transform a frightened child into a volitional warrior for truth and became Thelma’s motto for life.

To explain it, Thelma uses a coded acronym: “Jesus is with you in dark places. This I know. And in Christ, regardless of your circumstances, you can BEE the best. By God’s help we can: Be aware of who we are; Eliminate the negatives; strive for Eternal value; have overwhelming Success. B+E+E=Success!”

Because of her trust in Jesus, abandonment, rejection, prejudice, and abuse did not prove to be crippling. Donning the armor of the Lord and carrying the Word of God in her heart, Thelma went out to meet the world.

### CONTINUING THE FIGHT

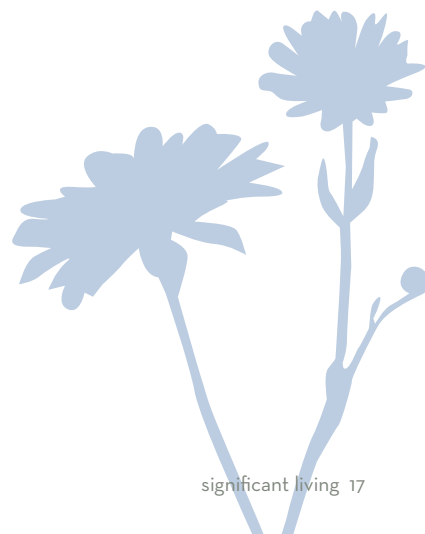
Upon graduation from high school, Thelma decided to attend North Texas State University (now the University of North Texas) in Denton, Texas, rather than one of the “Negro colleges.” Again, she ran headlong into some of the same hatred and prejudice she had experienced at the hands of Mother Dot. This time, however, she chose to confront the prejudice and didn’t allow it to put her in a closet and isolate her.

As Thelma recalls it, her shorthand professor was an outstanding teacher. However, the professor steadfastly refused to allow Thelma to answer any questions in class. Thelma waited at the professor’s office for the better part of the day to ask her why she wouldn’t acknowledge her in class. The professor was blunt: “I’ve never taught a Negress, and I’m not going to start now.”

Thelma’s response was equally as blunt: “You’re the best teacher I’ve ever had, and you can’t stop me from learning from you.” She promptly signed up for the professor’s next-semester classes.

“I’m a risk taker, and I’ll go out on a limb for what I believe is right,” says Thelma. “I’ve taken a few knocks in life, but I use them to empower others. I’m a faith-driven, Word-driven soldier for good.”

Thelma eventually earned her bachelor’s degree from NTSU and went on to receive a master’s of ministry degree from Master’s International School of Divinity, Evansville, Indiana. In 2002, she became the first black female professor there.



# MIRROR, MIRROR, ON THE WALL: Is That Really Me At All?

By Tracey Mitchell  
[www.TraceyMitchell.com](http://www.TraceyMitchell.com)

Have you ever walked passed a mirror only to gasp at the sight of the image staring back at you? Is that really what I look like? Is that how others see me? How did I end up like this?

I'm sure if David of the Old Testament could have seen how he looked living in the desert, his reaction would have been equally as alarming. After all, he had been left alone in a cold, damp cave, living like a fugitive, on the run for crimes he had not committed. He was isolated from his family, disenfranchised from his calling, and falsely accused by his mentor. His image was anything but good.

As David hid among the tombs and caves, he didn't envision someone placing an ornate crown upon his head, the giant falling in helpless defeat, or even crowds celebrating his mighty military exploits. These were not the images within his mind. David saw a different image—not of himself, but the grace and mercy of God.

It was during these turbulent times that David found his true identity and the necessary provision for his assignment. It was in his desert season that:

David's finest work was published. David, who wrote the majority of Psalms, did so with a bleeding heart. Remember, the greatest songs ever written came from a desperate and lonely heart, that unforgettable manuscripts were written from those imprisoned, and the most powerful sermons preached are those you've had to live.



David's faithful staff emerged. David, alone and isolated in the wilderness, never sought an alliance, but the Word says that one by one mighty men joined themselves to David. They said 'here is a man who we can follow, a man who understands our pain, a man who is not living in a castle but in a cave.' People are drawn by like association. Hurting people don't care who you are, but where have you been? Have you hurt like I hurt? Is there hope for me?

David learned rejection by man does not equate rejection by God. From conception to death David was taunted by the heartache of rejection and refusal. He was rejected as a child, mocked by both brethren and king when called upon to destroy Goliath, rejected by his wife, by his mentor Saul, by Nabal, by his own men when they considered stoning him, by neighboring nations, and by his own son, Absalom. David's strength was in his refusal to accept man's rejection as God's. He said, "Though weak, this



day, I am still anointed as king." He understood his calling was not based upon man's validation.

Often, it is not while we are at height of our success but rather while in the valley that our true image is revealed. When we see the reflection of our own hearts and the identity that God alone has for our lives can we truthfully answer the question, "Is that really me at all?"

As one of the nation's leading conference speakers, Tracey travels 40+ weeks a year speaking to diversified and cross-cultural groups. She is a frequent guest on national television programs, and is the host of "Today with Tracey," which may be viewed via satellite, cable television, and the internet. As a life coach and mentor, Tracey's heart is to see lives changed, hearts healed, and dreams

fulfilled. Her heart is transparent, her message simple... "Your Life Can Change--You Can Change!"

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# I WOULD BE DELIGHTED

By Babbie Mason  
[www.Babbie.com](http://www.Babbie.com)

It was early spring and the sunny weather in Florida was a welcomed change from the rainy weather we had been experiencing in Georgia. It was early afternoon, several hours before my host would pick me up for my evening concert. So, I decided to step out of my hotel room and catch some fresh air. I'd recently purchased a new book and I was eager to get started. I headed out of the rear of the hotel and down a beautifully landscaped path. It didn't take long for the lush green grass, flowering gardens and warm, blue sky to put a smile on my face. I spotted a bench under a tall palm and decided this would be the perfect spot for my short respite. I had hardly read the forward when my eyes were drawn toward the swimming area.

I laid my book aside to observe a young family enjoying their recreation in and near the swimming pool. The dad and an older toddler were already in the water. Mom, who was relaxed on a chaise lounge, urged a younger toddler, probably no more than two years of age, to

join her dad. What would happen next would be fixed in my mind until this very day. Dad came near the edge of the pool held his arms up, opened them wide and invited his baby girl to jump in. She hesitated a moment. Her father's gentle voice called to her again. He stretched his arms again and encouraged her to jump in. In a flash that little baby girl seemed to make up her mind. Instantly, she ran the few steps to the edge of the pool and jumped right into her daddy's arms. Of course, dad was there to catch her. Both dad and his baby girl laughed and laughed and laughed some more with great delight. And I, under the shade of the tall palm, pondered over what I had just seen.

Just like that dad and his little girl delighted in each other's company, our heavenly Father delights in us and longs for us to experience great pleasure in His presence. The psalmist, David, gives us permission to enjoy the Lord. He encourages us in Psalm 37:4, "Delight

yourself in the Lord, and he will give you the desires of your heart." This kind of love relationship is something great to be desired. David desired to be immersed so deeply in the ways of the Lord that he longed for his desires and God's desires to be inseparable. This kind of relationship doesn't just happen. It is developed. It is cultivated. It is nurtured. It is perpetual.

Great delight and pleasure in a relationship can only be developed through trust. What I saw that day by the pool was more than just a dad and his daughter having fun. What I saw was a little girl who was establishing tremendous trust in her father. It didn't take the little girl long to realize that she could jump into the water that was way over her head and her father would catch her. I remember that she hesitated for a moment. Aren't we, in so many ways, like that little girl? Isn't that so typical of us? But her father demonstrated an awesome spiritual principle. God is very patient with us. He knows that trust is established over the course of a relationship. God's love will remain constant, reassuring us that He will never change. What He said, He will do.







Beauty



# Instant is for Puddings!

## Why Speedy Results Fail and Daily Regimens Last a Lifetime

By Wendie Pett

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

If there is one thing I want to imprint into your mind today, it's that consistency is key to success! As much as I appreciate the television show, "The Biggest Loser," and how inspiring and motivational it is, it tends to leave the average audience member a bit jaded about reality. Actually, it has even left a few of The Biggest Loser participants jaded after they returned home and entered back into their daily lives. You see, the average person doesn't have the entire day to workout and doesn't have someone looking over their shoulder to see if they've been eating properly.

Reality is, the average person is going in many different directions within the course of the day and finding that they're literally falling into bed at night with exhaustion. No wonder people are looking for speedy results; they don't make enough time in their day for themselves and yet still desire to reach their wellness goals!

Many people would say that they are living in a speedy, quick-fix, microwave-like society, and expect everything in an instant. We want results yesterday or at the very latest, today!

Well, I have news for you—instant is for puddings!

Consistent daily regimens last a lifetime. There are no true and natural quick fixes—no matter what the advertisements and infomercials tell you. The key to success is consistency! The thought of a daily routine may seem like a real drag to many of you, but if you look at taking care of yourself with exercise, eating properly, prayer and meditation, through God's eyes then you might see things differently.

Have you ever created, painted, sculpted, sewn, or carved something that you were proud of and considered it to be a masterpiece? It took patience and consistent work to get it to its final stages. We are all a work of art, a masterpiece if you will, and it takes consistent work before we reach desired results.

You may wonder how you can become more consistent with your workout routine and nutritional habits. You must first become accountable. Hire a coach, use a journal for food and exercise, get an accountability buddy, schedule "you" time daily in your calendar, utilize my Visibly Fit™ exercise program by just using your body as your gym throughout the day, or insert "bursts" of energy moves (such as sprints, jump squats, power jacks, etc).



These are just a few ideas, but the most important thing to realize is that you are worthy of taking time for you daily. Once you are on board with guilt-free self-worth, then the program will fall into place nicely. 'Instant' will no longer be in your vocabulary when it comes to your wellness.

WENDIE PETT is a nationally renowned fitness expert, mother, speaker, author of Every Woman's Guide to Personal Power, and creator of the Visibly Fit™ exercise program. Her many Visibly Fit™ instructional DVDs teach wellness maximization through the balance of mind, body, and spirit, as well how to use your body as your gym! As a personal trainer and wellness coach, Wendie offers seminars to corporate groups and individuals. To learn more about Wendie or to schedule group or individual training/coaching, visit - [www.wendiepett.com](http://www.wendiepett.com).





# WINNING THE Candida War!

By Joanna Faillace

[www.supernaturallyhealthy.net](http://www.supernaturallyhealthy.net)



I am frequently asked by women of all ages about how to overcome those annoying and recurring yeast infections that are commonly associated from post-antibiotic use. The strain of yeast that is often responsible for these infections is called Candida. What many women don't understand is that while antibiotics go to work to wipe out the "bad bacteria," they also wipe out the "good bacteria" that our bodies continually need to maintain a healthy immune system. Probiotics are "friendly" strains of bacteria which are essential for balancing the "good to bad" bacteria ratio in our colon, and helping to keep our digestive system operating in supernaturally healthy mode!

Ladies, the low down, bottom line is this: SUGAR FEEDS CANDIDA! Knowledge is power, amen? Your first line of defense in winning the Candida War will be to start monitoring your sugar intake on a daily basis. Starting a daily food journal will help you to do this.

Clearing your diet of yeast-containing foods and white flour/white

sugar based products, and switching to organic breads made without yeast will be a great start towards healing your gut. Foods that fight Candida are essential on a daily basis in order to win the battles against Candida and raw, chopped garlic is one of them! Try to include 2 to 3 raw, chopped garlic cloves per day and add them to your green salads, tuna fish and omega-3 scrambled eggs.

I also suggest a daily, 8-ounce serving of plain, organic yogurt that is made without any artificial flavors, colors, preservatives, high fructose corn syrup, chemically engineered feed, antibiotics and growth hormones, and one that is low in sugar. I highly recommend Stonyfield Farms brand organic, plain yogurt because it contains the probiotic, *Lactobacillus Acidophilus*, as well as other powerful and effective "friendly" strains of bacteria that destroy Candida and create a healthy flora in your digestive tract that will help to protect it and keep it operating at top speed.

Because you are striving to control your sugar intake, you may cautiously add a very small amount of preferably organic fruit to your plain, organic yogurt, but use only naturally sweetened fruit, made without added sugar and chemical pesticides.

Some other supernaturally healthy strategies against Candida are *Lactobacillus Acidophilus* capsules and Candida cleanses found in your local health food store. Important note: always check with your doctor first before taking *Acidophilus* or



other supplements. And remember to drink at least 64 ounces of pure water daily. May God bless you and help you to win the Candida War!

Joanna B. Faillace  
Certified Biblical Health Coach,  
Author and TV Host  
Jordan Rubin Biblical Health Institute, 2007

To learn more about Joanna's Supernaturally Healthy Families Cookbook, full of all natural and great tasting smoothies, snacks, meals and desserts, visit her website at [supernaturallyhealthy.net](http://supernaturallyhealthy.net). For the best in organic, probiotic supplements, visit [gardenoflifeusa.org](http://gardenoflifeusa.org). Recommended reading: The Maker's Diet, by Jordan S. Rubin.

# BEE Eco-Fabulous:

## Secrets to Everyday Beauty

By Shelly Ballestero

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

What is eco-fabulous beauty? Beauty recipes that are friendly to the environment—and to a budget!

Some of the best beauty secrets date back thousands of years, from Cleopatra's milk baths to Queen Esther's beauty treatments of fine oils and cosmetics (Esther 2:12). Back then they did not have any chemicals or synthetic ingredients to preserve products like we do today. Many cosmetic companies use harsh ingredients and unfortunately they can be toxic to your skin and your overall health. That's why it's important to be label conscious—what goes in and on our body. I call it "smart beauty." Let's take a look at ingredients to avoid when searching for your favorite cosmetic brand.

**Parabens**—a preservative linked to hormone disruption and other harmful side effects. Its prefixes are ethyl, methyl, butyl, isobutyl or propyl.

**Fragrance**—this term is used to mask hundreds of chemical ingredients including phthalates (THA-lates), which can disrupt the endocrine system and may cause reproductive and developmental harm.

**Talc**—a form of asbestos that can irritate the skin. According to the Cancer Prevention Coalition, "Talc is a mineral, produced by the mining of talc rocks and then processed by crushing, drying, and milling. Processing eliminates a number of trace minerals from the talc, but does not separate minute fibers which are very similar to asbestos."

These are just a few of the many ingredients to watch out for, but check out Skin Deep at [www.ewg.org](http://www.ewg.org) for further information.

Try these simple and safe beauty tips instead:

### Hydrate Inside and Out

Water is the foundation of our bodies. Yes, drinking plain, clear, purified water offers some of the best anti-aging benefits ever. Water makes up two-thirds of our body, so it only makes sense to supply ourselves with clean, pure H<sub>2</sub>O. Water hydrates your cells, flushes out toxins, helps with digestion, reduces headaches and dizziness, not to mention helping with weight loss and increasing energy. Jazz your water up with some fruit, like lemon, strawberries, orange or cucumber. I love to add fresh mint from my garden or a bit of fresh ginger for some zing.

### Everyday Beauty

Believe it or not, some of the most effective beautifying treatments are located no further than your pantry. Here are a few tips I'd like to share from my skin/hair care recipe box that will help you achieve an eco-fabulous glow!



## Need A Lift?

*What you'll need:*

¼ cup dry coffee (yes, coffee can perk up a tired soul; it can also give an instant facelift when used on your skin!)

¼ tsp. lemon juice

1 tsp yogurt (not fat free or low fat)

Mix together to make a paste then use a foundation brush to apply to face and neck using upward strokes, wait 10-15 minutes and rinse with warm water.

## Dry Skin

*What you'll need:*

½ ripe avocado

¼ honey

Mix well into a creamy paste and spread on face. Leave on for 10 minutes, then rinse with a warm washcloth.

## Tighten Pores

*What you'll need*

½ small cucumber (grated)

½ aloe vera gel

1 tbsp of apple cider vinegar (optional)

Mix together and apply with cotton ball. Leave on for 10 minutes, then rinse off.

## The Pimple zapper!

Blend one packet of brewer's yeast and a few drops of lemon juice and apply as a mask before bed. As the mixture hardens, it pushes away debris clogging your pores.

## Nourish Your Hair

*What you'll need:*

4 tbsp. mayonnaise

1 tbsp. honey

Mix the honey and the mayonnaise well and apply it to hair starting at the roots. Use a wide tooth comb to distribute the mask and let it sit for 5 minutes, then rinse with water.

## Bee-u-tiful Hands

Our hands take a lot of abuse, whether it's from sun damage or chemicals used for cleaning. One thing is for sure, your hands need some TLC! Here are a few secrets to get your hands looking more youthful:

Exfoliate with a simple brown sugar scrub (1 cup) made with equal parts of sunflower oil and then, before bed, mix avocado oil and primrose oil in equal parts, apply a few drops to hands, cover with gloves, and go to sleep.

After you wash your hands, make sure you apply a lotion that has a sunscreen in it. Keep lotion near every sink, that way you won't forget to apply—the sun ages your skin and your hands are constantly exposed to the sun.

## Pretty Lip Tip

Take an old toothbrush and dab on some castor oil. Begin to brush against your lips (this will exfoliate) or mix equal parts brown sugar and olive oil and lightly scrub. Wipe off and apply lip balm.

Show some love with those pretty lips and give a smile. It's free, plus you'll brighten someone's day just by showing those pearly whites and you will look several years younger!

Shelly is an extraordinary woman of passion, energy, and fun, on a mission to help women see the beauty God created in them both inside and out. In today's beauty-obsessed world, she is one of the few inspirational experts in beauty and health from a positive perspective. Her professional experience ranges from mural artist, makeup artist, to authoring "Beauty by God, Inside Out Secrets for Every Woman" published by Regal January 2009 and produced the companion DVD Behind the Scenes for Beauty by God. She has also appeared as a beauty expert on several TV and radio programs Shelly Ballestero lives in Florida with her husband Angelo Ballestero, and their two (home-schooled) boys Angelo II and Christopher.

**What is eco-fabulous beauty? Beauty recipes that are friendly to the environment—and to a budget!**



# What is *Real Beauty*?

## Excerpt from *Girl Perfect: Confessions of a Former Runway Model*

By Jennifer Strickland  
[www.jenniferstrickland.net](http://www.jenniferstrickland.net)

Beauty, according to Proverbs, has nothing to do with capturing the perfect look; it is based on the discretion you show in your life. Discretion is what you say and do, the choices you make, the way you conduct yourself. When you speak poorly of other people, gossip, cuss, lash out in anger, flaunt your body, or share your sexuality outside of marriage, the beautiful shell on the outside gets lost on you.

Real beauty—not only to God but also to people—comes from the way you treat them. The way you look them in the eye. The way you care about the struggles of their lives. The way you speak kindly to others. The way you hold out your hand when a friend has fallen and needs help. Beauty is grace.

Real beauty has nothing to do with the light shining on you; it's the light coming from you that counts. For me personally, it wasn't until Christ came into my heart and began to shine his light from within me that I began to find satisfaction apart from my looks. Having never felt satisfied with my appearance, I began to realize it was the choices I made and the way I treated others that truly made me beautiful; it was the woman within. Beauty does not come from outward adornment, as 1 Peter 3:3 tells us. Instead it comes from your inner self, the unfading beauty of a "gentle and quiet spirit," which is of great worth in God's sight.

These days I care more about being of great worth in God's sight than in people's. In the end, the fancy clothes and makeup and jewelry will be gone, so our security better not be tied up in them. The gentle, quiet spirit that is so precious to God will be all that is left. That spirit is not our own; it is God's Spirit within us.

Want the perfect look? Great, the Bible has the formula: "Clothe yourselves with compassion, kindness, humility, gentleness and patience" (Col. 3:12). There you go—the perfect outfit. Try it on every day, and see if it actually gives you a look that lasts and that transcends fashion and age. Be daring! Be different! Become like the holy women of the past who used to make themselves beautiful by their spirits within.

This doesn't change, by the way, the fact that I'd love to have a closet full of perfect outfits. I'd also love



to have perfect skin. But I don't, so these days I present myself the best I can; I eat right, exercise, dress, well as can be expected, and do my best to keep up with the fashions. But my security is not wrapped up in that anymore.

My security rests in knowing deep down within me is a perfect beauty—not because I look perfect, but because my heart has been filled with Christ's perfect love.

Jennifer Strickland, *Girl Perfect* (Lake Mary, FL: Siloam, 2008), Used by permission.

Jennifer Strickland is an author, speaker, and former professional model. To learn more about her journey from fashion to faith and her ministry of instilling value in women and girls, visit [jenniferstrickland.net](http://jenniferstrickland.net).



# REAL LIFE Christian Heroes



## June Hunt

Hope For The Heart Founder & CSO (Chief Servant Officer) June Hunt is a dynamic Christian leader whose life work has yielded landmark contributions in the field of Christian counseling. An author, singer, and speaker, she founded Hope For The Heart in 1986. Throughout the two decades since then, the organization has offered hope and help through biblically-based counsel and encouragement to people in 60 countries and 20 languages.

Log-on to hear the powerful testimonies  
of these CHRISTIAN HEROES.  
[www.ThelmaWells.com](http://www.ThelmaWells.com) (Christian Heroes)

## Vonette Bright

Women Today Radio was launched in 1993 under the direction of Vonette, co-founder with husband, Dr. Bill Bright, of Campus Crusade for Christ International. With an emphasis on practical spiritual insight, her daily one-minute feature encourages women to live fully for Christ, impacting the world in which they live and serve.

Concerned for the moral and spiritual values of our nation and the world, Vonette founded the Great Commission Prayer Crusade in 1972. This later became a ministry of Campus Crusade.

In 1988, as Chair of the National Day of Prayer, Vonette was successful in introducing this to legislation that was unanimously approved by both houses of Congress to make the first Thursday of every May a permanent date for the National Day of Prayer.



# Living Life...

## 'Sunny Side Up'

By Thelma Wells  
[www.ThelmaWells.com](http://www.ThelmaWells.com)

To everything under the sun there is a time and a season. These seasons bring about changes in our lives, attitudes, status, positions, hopes, dreams and priorities. Some of these seasons are like springtime when the grass is green, the flowers are blooming, the rain is soft and sweet and the little animals come out to play. In fact, the world may seem like a playground then and we go about feeling the cool breeze as we dream of swinging higher and higher. Everything is wonderful in its own way.

The hot summer season watches us stew and steam in the smoldering heat and drip with sweat as we go about our days and nights. The discomfort of this season reminds me of the smothering situations of life that make it difficult to breathe as we keep gasping for air. This can be an unsettling time when things are not going well for us. We wonder, "Where is God to cool us off?"

The fall of the year brings more beauty and balance and helps us began to get a grip on these situations that have easily beset us. Soothing and tantalizing fragrances waft to our nostrils and enhance the appreciation for the colors of the falling leaves and the beauty of the earth and sky. Crisis and circumstances seem a bit more under control and things may be calming down to a pace that we're able to master. Life is not so unbearable. We can enjoy the crisply blowing winds



that cool us down to a manageable temperature. Not a bad season at all.

Winter reminds me of the quiet, dormant, still, even cozy and cuddly settling down from the ups and downs of life into a place of quiet rest and anticipation for a new tomorrow. We can cover ourselves with the light wraps of thought-provoking activities and daydreams of the impending festivals and celebrations to come.

Maybe you're in between seasons or you just can recognize which season of life you're in. It gets that way sometimes. With all the confusion, question marks, unrest, upheaval, distress, oppression, depression, confusion, agitation, aggravation and even hesitation you may be experiencing, you might be asking the question, What's Going On Lord? Why is life like this for me? Did you forget about me God? Am I

important to you Jesus? What if this or that does not work out for me? Questions, questions! We all have questions. But thank goodness, there are answers. When life is a mess and people are disturbing you, the bills are due and your health is failing; your children are acting crazy and your loved one is gone; your boss is unfair and your work environment is not a sanctuary; you talk to your friends about your problems but they have problems too; you are disappointed and disillusioned about life and you don't know where to turn, there is a message for you, "Baby, God Will Make A Way!"

I wrote this book to help you determine what season of life you're in and how to recognize the sweetness, joy, hope, faith, tenderness, and love wrapped up in any season of your life whether it's Winter,



Spring, Summer or Fall. Rise and Shine With Mama T will wake you up to the reality that life is not nearly as rough and rugged as we've been taught to believe. When you arise every day and your name is not in the obituaries it's a great day. Just ask people who have lived after the doctor said they were dying, getting up is a blessing! Every eight seconds or so when we bat our eyes we have been given another eight seconds to draw in our wondering minds and come to the conclusion that "I have another chance to alter the course of my life and change by burdensome season to a brighter day."

This year begins a new and glorious opportunity to start your season all over again. No, the circumstances may not change, but you have a choice to change your attitude from the dull drums of the cold winter season of your life to the beauty of the springtime or fall. 1 Peter 5:6-7 (New King James Version) says:

6 Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, 7 casting all your care upon Him, for He cares for you.

Wow! What an opportunity to delight in your season whatever the climate. Because whatever you're going through there's been

someone else on the journey who decided to bask in the beauty of springtime, to chill, Jill in the heat of the summertime, to rejuvenate in the elegance of the autumn time and to regroup in the warmth of a protective covering in the dead of the wintertime. So, Rise and Shine With Mama T, anytime. I'm willing to walk with you through all these seasons helping you to awaken your senses to the goodness God, all the time. Because it is true, everyday with Jesus is sweeter than the day before – Anytime!

By Thelma Wells  
(©2009, Thelma Wells, All Rights Reserved.)



Autumn Cannon as Ruthy  
Tovah as Racy  
Kierion Johnson as Lizzy  
Kristal Jemerson as Sissy



BABBIE MASON  
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# THELMA WELLS CONFERENCES

The purpose of a community outreach event is to spread the gospel throughout your community. It's a time for you to work with area churches and organizations in cooperation as well as outreach to the unsaved in your community.

At Thelma Wells Conferences, people's lives are being forever changed by powerful worship and life-changing messages. And if someone comes to know Christ at a conference, we want them to connect with good churches that can help disciple them to know Christ more deeply and who will also be there for them in times of trial and triumph.

**Connecting with You:** We'd like to partner with your church or ministry so that these new Christians can find a church home. Will you join us in making an impact in your city through a Thelma Wells conference?

## Upcoming Conferences:

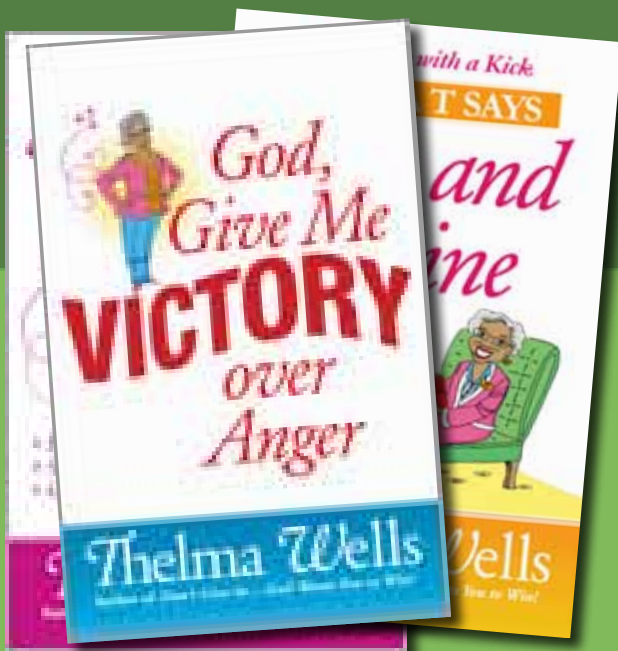
**Wonder Woman #3 Hosted by Thelma Wells and That A Girl Speakers on:  
July 27, August 17 and September 21**  
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*God has called me to the churches and I want to assist you in any way I can. This is a crucial time – a time of urgency! And the church needs encouragement. (Especially the women). So, I would be honored to come and teach from the Word of God that God wants us to win over all our troubles and concerns. He loves us!*

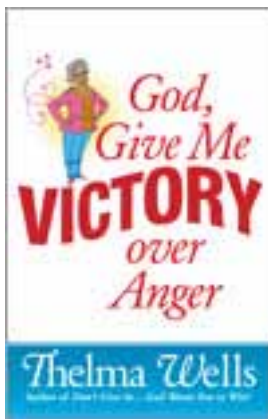
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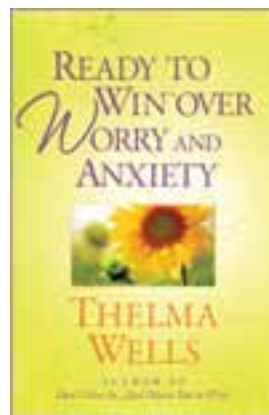


# Books by Thelma

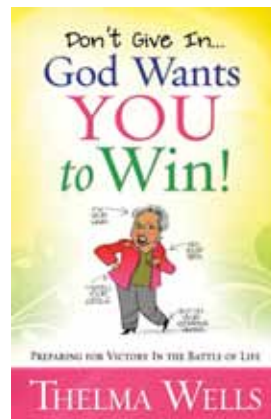
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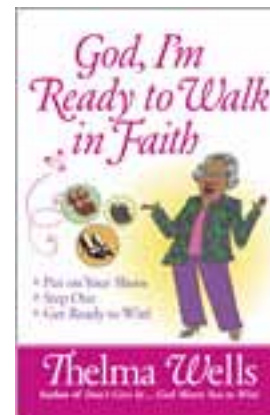
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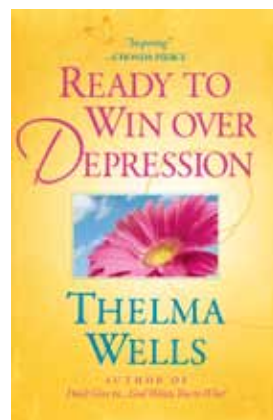
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Wants YOU to Win!



God, I'm Ready to  
Walk in Faith



Rise & Shine



Ready to Win  
Over Depression

[www.thelmawells.com](http://www.thelmawells.com) (Life Solutions)



# REMEMBER IN CHRIST, YOU CAN “BEE” THE BEST!

Mama T says...

You've heard the old saying, "It's more blessed to give than to receive..." well maybe you need to *rethink* that!

I have a little different take on *receiving*!

When someone gives you a gift of a smile, a friendly handshake, a card, an email, even an object or money—how do you feel? I feel happy, delighted, humble, and sometimes embarrassed. But I always feel blessed because someone may be following God's prompting, obeying His direction and I'm the joyful recipient of their obedience! The giver is wishing God's favor and goodness on me. It's what I call the blessing in *receiving*! Luke 6:38 says, "Give and it will be given to you. For with the measure you use, it will be measured to you." Are you ready to win? To win a blessing!

I pray you have received the information in this magazine with great joy!

It's been my pleasure to give it to you. Now, don't just keep it to yourself –

Share it with others! You'll receive a blessing.

Hugs and kisses to you...



Thelma Wells (Mama T)



[www.ThelmaWells.com](http://www.ThelmaWells.com)  
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[contactus@thelmawells.com](mailto:contactus@thelmawells.com)