

# Women's Ministries Newsletter

## Sarah's Daughters

Sometimes I look at life and feel, well, overwhelmed.  
Left to my own devices and my own flesh,  
I can whine about a lengthy (and as I often rationalize,  
legitimate) list of reasons to fret and fear.  
You probably have a list all your own.

I'm thankful that God so personally knows  
my heart,  
my leanings,  
and my weaknesses.  
Before I was ever made,  
He anticipated the things that would make my heart soar  
and the things that would send me into a tailspin.  
He knew, friends, that we'd be afraid sometimes.

And so He gave us Sarah.  
Beautiful, imperfect, faith-filled Sarah.

If ever there was one who related to our fears, it was her.

Take a look at her life in Genesis 12-23. She longed for a baby (and that dream seemed hopeless until she was an elderly woman).

She followed her husband to an unknown place (even when his decisions were sometimes less than wise).

Her family dealt with conflict and confrontation (even when following God to the place where He was showing them).

It seems like her list of fears was lengthy. Giving birth in her nineties?

Scary.

Settling in an unfamiliar place where she knew no one?

Yep, scary, too.

Following, trusting, and submitting to this man she likely felt like throttling at times?

Mmm-hmm.

And yet, she did not allow her fears to control her.

She trusted God.

Peter admonished us in 1 Peter 3 to let our beauty be not only external, but

*"the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious. For this is how the holy women who hoped in God used to adorn themselves, by submitting to their own husbands, as Sarah obeyed Abraham, calling him lord. And you are her children, if you do good and do not fear anything that is frightening."*

1 Peter 3:4-6

Scripture says we're Sarah's daughters if we do what is right and don't give way to fear.

I don't know about you,

but that little nugget inspires me.

I'm so glad God included it.

Because it indicates that Sarah was like me.

She knew all about fear.

Yet even when the pieces didn't add up, even when there were loads of unknowns, she wasn't paralyzed by fear.

She didn't collapse beneath it.

She trusted God and did what He called her to do.

And we are her daughters if we do the same.

He can be trusted, dear ones, even in quarantine.

As we bring our heart-gripping fears

before Him in faith and surrender,

He replaces them with peace, security, and sweet rest.

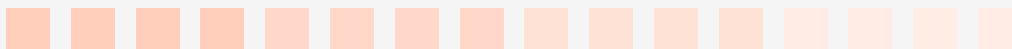
He knows our frame. He knows what we need.

And He'll be faithful to strengthen, help, and uphold us no matter what looms ahead.

*"Now may the Lord of peace himself give you peace at all times in every way.*

*The Lord be with you all."*

2 Thessalonians 3:16





## Unexpected Blessing Amid Quarantine

One of the hidden blessings of this season of quarantine has been seeing the ways it has pushed us to find creative ways to connect with those in our lives. For someone like me, life before quarantine had me so used to rubbing shoulders and getting a quick catch-up with people on Sunday mornings or occasionally throughout the week, that I didn't realize how much I needed those small moments of relationship throughout my week.

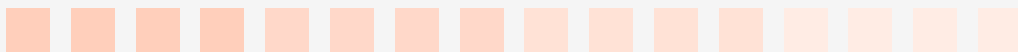
Once I realized my normal routine of interacting with other adults would be shaken up by COVID-19, I knew I needed to finally take a step toward initiating some community. So I gathered up a few friends from eFree via text message and decided to start a small weekly bible study on Zoom. Most of us are moms of preschoolers, so we kept it simple and decided to individually work through one of the studies found in the "First 5" app by Proverbs 31 Ministries, and chat about it once a week after getting our kids to bed.

Despite it just being one hour of our week, this small community of women gathering together via computer screens to check in with one another, discuss what we're learning from Scripture, and spend time praying for one another has become one of my favorite things about, not only quarantine, but of this past year of motherhood. I'm so encouraged by and thankful to God for the way in which he has used this strange time of crisis to bring together women like us into a deeper community than we've otherwise been able to find in our busy stages of life and motherhood.  
~ Kirsten Brown

*"When a woman is absorbed with God's glory, she will interpret her life according to His Truth."* ~ Susan Hunt

And Mary said,

*"My soul magnifies the Lord,  
and my spirit rejoices in God my Savior,  
for he has looked on the humble estate of his servant.  
For behold, from now on all generations will call me  
blessed;  
for he who is mighty has done great things for me,  
and holy is his name.  
And his mercy is for those who fear him  
from generation to generation.  
He has shown strength with his arm;  
he has scattered the proud in the thoughts of their hearts;  
he has brought down the mighty from their thrones  
and exalted those of humble estate;  
he has filled the hungry with good things,  
and the rich he has sent away empty.  
He has helped his servant Israel,  
in remembrance of his mercy,  
as he spoke to our fathers,  
to Abraham and to his offspring forever."* Luke 1:46-55



## Women's Ministries

"Women's Ministries seeks to support the church's mission and vision to multiply disciples of Jesus Christ. Committed to the Word as our authority, we're passionate about nurturing a culture in which Titus 2 discipleship (older teaching younger) can thrive by providing opportunities, resources, and support for women of all ages to connect with one another and the Lord Jesus Christ."



## True Woman 2020

At the time of this writing, the 2020 True Woman Conference, "Awaken Compassion" is still on as scheduled. This conference by Revive Our Hearts will be held in Indianapolis this September 24-26. The theme will "reflect God's heart for orphans, widows, and others who are vulnerable, marginalized, or oppressed by extending kindness, ministering to their needs in the name of Christ, and promoting justice for all people as bearers of God's image." Make plans to attend! Visit [truwoman20.com](http://truwoman20.com)

eFree Church • 1710 North 15th Street  
920-452-6520 • [www.e-free-family.com](http://www.e-free-family.com)