The Worthy Woman

Proverbs 31:30-31

Cary church of Christ, 6640 Tryon Road, Cary, NC 27518
919-854-9988 www.carychurchofchrist.org

June – July 2011

A sister asked that we share this bulletin article as part of our personal study and growth this month – what kind of pray-er are you?

What Prayer Does For The Pray-er

(Dee Bowman)

It seems to me significant that our English word "prayer" indicates, by its very nature, someone who does it. A prayer is something prayed by a pray-er.

Have you ever stopped to think about what prayer does for us? It's interesting. Prayer makes us like Him whom we adore. People who associate closely begin to adopt one another's characteristics, personality, and demeanor. When you keep in touch with God, you will become more and more like Him. Peter says, "Whereby are given to us exceeding great and precious promises, that by these ye might be partakers of the divine nature, having escaped the corruption that is I the world through lust (2 Peter 1:4). How exciting to think it possible to take part in the divine nature—to be holy, to be full of love, to be considerate of others—and the multitude of other characteristics inherent in the Divine One. If you want to be like God, meditate on His promises and pray for His goodness and it will come to pass—you will be more like Him.

Prayer exercises our spiritual senses. A lack of exercise results in flaccid muscles. A lack of spiritual exercise produces the same flaccidity—only it's much more serious. You become disinterested, irregular in attendance, unconcerned about spiritual matters. Regular prayer keeps us in good shape, makes us stronger, more able to function in difficult situations, more able to perform in hard places. "Pray without ceasing. In everything give thanks: for this is the will of God in Christ Jesus concerning you" (1 Thessalonians 5:17-18).

Prayer humbles our elevated spirits. We live in a world so comfortable that it's easy to forget from whence our blessings come. We get so caught up in our multitude of blessings that we forget their source. You can't have a spirit of pride and thank God for His blessings at the same time. You have to humble yourself somewhat to give thanks; it places you in a proper position when you pray. The condemnation given the Gentile nations by Paul in Romans 1 says, "Because that when they knew God, they glorified him not as God, neither were they thankful; but became vain in their imaginations, and their foolish heart was darkened. Professing themselves to be wise, they became fools" (Romans 1:21-22). Prayer and humility are connected. No humility, no prayer.

Prayer elevates our broken spirits. Life is filled with unexpected down times. We

must face difficult situations at times. No matter how unfaithful people are, when death comes, or a serious operation is in the offing, they pray. How sad that it is reserved only for such a time. Prayer, for the faithful, enhances his ability to endure by connecting him to the immutable Father, but giving him assurance that Jesus has been there, "For," we are told, "we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need" (Hebrews 4:15-16).

And finally, prayer is our lifeline to spiritual energy. To be constantly in touch with God is to be connected to His strength, to share His power, to imbibe of His energy. "I will never leave thee nor forsake thee," He said, so that we may boldly say, the Lord is my helper, I will not fear what man shall do unto me" (Hebrews 13:6-7). How encouraging is that! How absolutely consoling! How totally comforting!

"Ere you left your room this morning, did you think to pray?"

- **A good prayer, though often used, is still fresh and fair in the eyes and ears of Heaven. (Thomas Fuller)**

- **There is not in the world a kind of life more sweet and delightful than that of a continual conversation with God. (Nicholas Herman of Lorraine)**

- **He who has learned to pray has learned the greatest secret of a holy and happy life. (William Law)**

- **There is nothing that makes us love a man so much as praying for him … By considering yourself as an advocate with God for your neighbors and acquaintances, you would never find it hard to be at peace with them yourself. (William Law)**

COMING NEXT ISSUE: LULU LOVELADY SHARES THOUGHTS ON CHRISTIAN FRIENDSHIPS

****

2011 Cary Church of Christ Ladies' Retreat

The Winds

Have you signed up yet to attend the retreat? Join us October 6-8 at the Winds Resort Beach Club on Ocean Isle. It will be so much fun and inspiring! Check the ladies' bulletin board across from the mailboxes to see if your name is on the preliminary sign-up list that was handed out at the January meeting. Put a check mark to the left of your name if you are still planning to go. On the other hand, erase your name if you have determined you will not be able to attend after all. If you haven't signed up, but are planning to attend, please add your name to the list. We need to have numbers of attendees to make sure enough space is available at the resort. Right now there is room for 48 ladies, 4 ladies in each room. It may seem like a long time yet until October. However, summer plans

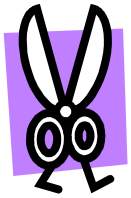
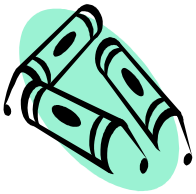
take many of us away from this area and, before you know it, fall has arrived. Don't wait until the last minute to decide! Reserve your vacation time right away.

Keep on saving your loose change so you will have the $80.00 needed to attend the retreat. We still have plenty of cans in which to put your coins. Just ask for one. The $80.00 should be turned in to Neta Genduso, Carol Osborn, or Sonova Smith, starting now to the first of September. Checks should be made out to Cary Church of Christ, with Ladies' Retreat noted on the memo line.

Plans continue to be made for the retreat. The speaker this year will be Candy Bertini. She will be teaching lessons on the types of shoes we might wear as we walk "In His Steps." She always presents great lessons. Three ladies have graciously agreed to lead devotionals: Suzanne Loving, Maria Stallworth, and Jeanne Adams. Committee leaders are being confirmed at this time. Please keep this effort in your prayers.

SEE YOU AT THE BEACH!
Carol, Neta, and Sonova

****

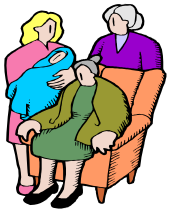



Teachers' Supply Room Update

Many thanks to all the members who helped prepare classrooms for the long-awaited promotion day on June 6. Many hands do indeed make light work. You are still needed this summer: VACATION BIBLE SCHOOL is coming! Any help you can offer cutting, pasting, crafting, coloring, assembling, sorting, laminating, corralling, comforting, correcting, and loving will be joyfully accepted! Please work with Gene Osborne to see where you could serve specific classes or Neta Genduso for general supply-room activities.

Have you visited the supply room lately to see the fruit of your generous gift of storage containers? Check out the curriculum room – it will surprise you. The new containers have greatly simplified the job of taking quarterly inventories!

Kudos to the donors of our new laminator! After months without a functional laminator, we can again extend the useful life of teaching materials via use of lamination. Our supply room volunteers have a bunch of cutting up to do now! Note: Machine use is key operated – see Neta, Carol, or Phyllis for help.



Dear Aunties,

How can anyone worship with all the noise we are having in our services lately? I am really having trouble focusing on the lesson due to the distraction of toys moving all around, toddlers crying, constant trips in and out of the auditorium, etc. Is there anything I could do to help the situation?

Distracted Daisy

What an excellent question, Daisy. We can all help train ourselves and our children to worship. Here is how I was taught.

1. From birth, have prayer times at home where heads are bowed and quiet listening is modeled for the child. Have a phrase that you use with a child that means "bow your head and listen without talking" – and use that phrase throughout the child's time under your roof! Not only will it help the child to enter into worship, it will help you do the same. Praise compliance.
2. Sing with the child both in worship services and at home. Let the child know that he/she is expected to join in the singing – even when it is just a "joyful noise." Whisper to the child "singing time" as you open the songbook and find the hymn. Point to the words being sung – especially as the child begins to hold the book. Consistently remind the child that this is the time to sing, not the time to talk. Praise compliance.
3. When adults reach for a Bible, be sure the child has his own age appropriate Bible or Bible story book. Again, whisper to the child "Bible time". As the child ages, encourage the child to find the desired scripture – by the 4th grade, most children can do this on their own. Consistently remind the child that this is the time to read the Bible, not the time to talk.
4. <u>Practice all these skills at home on a routine basis</u>! <u>Play church</u> – use age appropriate Bible/books, song books, etc. Explain that the Lord's Supper is part of our worship, and they can help us worship by quietly thinking about God. Use a short story to demonstrate how the preacher is teaching everyone about God's word. As the child's attention span increases, more should expected of the child. Consistently remind the child that this is the time to listen, not the time to talk. Some moms even watch TV sermons <u>with</u> older children to learn to listen for specific topics, to take notes, or to list scripture references (a required skill by 4th grade).
5. Resolve to be consistent in teaching this child. If it is very hard to not talk, use the training room to avoid distracting other worshipers while correcting

the child. Be sure you come armed with appropriate Bible books, formula, etc., but don't routinely bring toys and foods that the child associates with "free play"! Otherwise, we are teaching our children that our worship time is their play and snack time. If a toddler or child really needs a drink, go out of the auditorium. Praise compliance. Yes, you will have what seems like unending hours in the training room, and you may feel that you haven't been able to worship fully "forever"! Remember that your job right now is to "raise up the child in the way he should go" - and your training is in fact service to the Lord. As there are consequences to us for not obeying God, there should be consequences to our older children for not following your instructions regarding worship.

6. Always feel free to ask another Sister for help during services. If you find yourself constantly distracted during the Lord's Supper, consider trading off with your husband – one partakes in AM, the other in PM.
7. What you can do: sit by a young family and take a child under your wing following the above principles. Commend parents/grandparents who are training a child. Commend children for positive behavior. Pray for our parents and their children. Be patient: this family/child may never have been to church before, and truly may not have any idea of appropriate behavior. We need to start where they are, and "teach them more perfectly." Above all, be a good example of good worship behavior yourself!
8. Check with the child's Bible class teacher for the skills appropriate for each age. Examples – one-year old can identify a Bible, and hold it respectfully; two year old can hold song book and trace verses; three year old can tell the story of the ark, etc.

Thank you, Daisy, for realizing that you can help others to worship! The parent has the final responsibility for training the child, but all of us can help.

With His Love,
The Aunties

****** How does this section work? Get your question to one of the editors – verbally, by e-mail, or by a note left in our mailbox. We will seek out an answer, get it to you, and then include it in the next edition. We will be happy to refer to you as "Anonymous" if you would prefer not to reveal your identity in the newsletter.

DID YOU KNOW that a group attended the Radford church of Christ, Radford, VA Ladies Day on "Angels Unwares"? See Carol for highlights.

Prayers

Remember to pray for our sisters who are ailing, and their ailing relatives, and their ailing friends, who are expecting, who are experiencing loss(es), who are looking for employment, and who are traveling. Also, remember to pray for those who are actively serving in the military.

Penny Minchey is relocating to Tennessee June 11. Let her know how much she will be missed!

For additional details, please check the Cary Church of Christ website, which is listed at the top of page one, and/or the weekly bulletins. (James 5:13-15)

Clip and save

. . . . . .

A Look Ahead . . . .

June 8. . . . .Summer Series begins for grade 7 – adult – auditorium
August . . . . . Vacation Bible School!!!

****

Do you have information to share through the ***Worthy Woman?***
Please contact Phyllis B. or Dawn Dawson

****