

THE SALVATION ARMY

WOMEN'S MINISTRIES

RESOURCES



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CONFIDENT FAITH

2025-2026 PROGRAM YEAR

"Now faith is confidence in what we hope for
and assurance about what we do not see."

Hebrews 11:1



WOMEN'S SUNDAY



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Women's Sunday

Enrollment of New Members

By Major Beth Desplancke

Confident Faith

Enrollment Ceremony

Focal Point

Display a picture of Mary with baby Jesus on a small table covered with a tablecloth that coordinates with the color scheme of the luncheon or with the picture. The website <https://havenlight.com> has several affordable prints. Search on "Mother Jesus, or Mother's Love." They offer 50% discount for first-time buyer.

How's Your Faith Today?

We read in Hebrews 11:1 "Now faith is confidence in what we hope for and assurance about what we do not see." The rest of this chapter tells the stories of people from the Old Testament, and how they lived their life with confident faith. Several women are also included in this passage—Sarah, Jochebed (Moses' mom), and Rahab.

As Christian women, we too are called to live a life of faith. Being a part of The Salvation Army's Women's Ministries is a way to help us walk with Jesus in confident faith. Our mission is, "To bring women into the knowledge of Jesus Christ, encourage their full potential in influencing family, friends and community; equip them for growth in personal understanding and in life skills, and to address issues that affect women and their families in their world."

Today we have the privilege of enrolling the following women as members of our Women's Ministries group. (Call the women by name and have them to come to the front.)

When I think of a woman of confident faith, Mary, the mother of Jesus, immediately comes to mind. We mainly focus on her at Christmas and Easter, but her faith journey is really an inspiration to all of us. Although none of us will ever be asked to do the same thing she was asked to do (be the mother of the Savior of the world) we can follow her example and be a woman of confident faith.

This woman of confident faith is one who serves others. When the angel Gabriel appeared to Mary and told her she is going to have the privilege of being the mother of our Lord and Savior, despite not knowing all that it entailed, she responded by saying, “I am the Lord’s servant. May your word to me be fulfilled” (Luke 1:38).

A woman of confident faith is a woman who fellowships with and encourages others. Besides being told of her own pregnancy, Gabriel shared with Mary that her cousin, Elizabeth, was going to have a child in her old age (see Luke 1:36). A few days later Mary went to visit Elizabeth. She was able to encourage, support and enjoy fellowship with her cousin.

At the same time, Mary received support from Elizabeth. It must have taken great courage for Mary to undertake the journey of many days to get to Elizabeth’s home. As a young woman, who was not married and carrying a baby, she must have felt anxious. Elizabeth would have offered support and understanding.

The night Jesus was born, shepherds came to see her baby. Following their visit to the manger we read in Luke 2:19 “But Mary treasured up all these things and pondered them in her heart.” She evidently was a deep thinker, which helped develop her confident faith in the Lord. She was a woman who loved the Lord.

As women of confident faith, we should want to know more about God, and to grow in our relationship with Him through worship and prayer. Mary’s commitment to worship and prayer wasn’t just before Jesus’ birth, or during his childhood. The last mention of her in the Bible is in Acts where Mary is gathered with the disciples: “They all joined together constantly in prayer, along with the women and Mary the mother of Jesus, and with his brothers.as they are joined together in prayer” (Acts 1:14).

Mary was a woman of confident faith. A woman who had a servant’s heart for God and to others. She desired to have fellowship, to encourage and support all who came in contact with her. She knew God and His Word but continued to learn. All of her life was about worshipping the Lord.
May we too be women of confident faith. (Pray over the new members or the leaders.)

Bookmark

As a gift of recognition, present each leader with a bookmark, note cards or small framed picture of Mary holding Jesus They are available from <https://havenlight.com> on search on Amazon.com.

With each gift add a personalized note reminding the women to continue to be women of confident faith.

About the Author



Major Beth Desplancke

USA Western Territory



Women's Sunday

Leader Recognition and Food Event

By Captain Harryette O'Brien

Women's Ministries Sunday

Leader Recognition and Food Event

Theme: Confident Faith

Scripture: Hebrews 11:23, Exodus 2:1-10

Menu

Tacos! Look into hiring a Taco Food truck, or local pop-up taco vendor. Ask your Advisory Board, Corps Council, and Chamber of Commerce for any recommendations. If this is not an option for you then put in a catering order at your local/favorite taco shop.

Decoration and Centerpiece Ideas

Place large cloth napkins unfolded in 2-3 shades of blue on the center of the table to represent water. Fill a tall vase with a bouquet of flowers from the grocery store. Make sure the flowers are not obstructing anyone's view of one another from across the table. If so, get a small wooden decorative box and place the vase on top of the box and the box at the center of the napkins. Using the same 2-3 blue color scheme for the centerpiece alternate napkins for the attendees around the table. Use clear cutlery, plates, and cups.

Around the bottom of the podium, or on a small table next to the podium, place a large woven basket to represent the basket Jochebed and Miriam placed Moses in. If you have extra flowers cut the flower from the stem and place them eclectically around the front of the basket facing the crowd.

Welcome/Opening Prayer

Poem: Till Now by Carol A. Andrews

<https://www.familyfriendpoems.com/user/carol-a-andrews/>

Meal

Dismiss the tables one at a time to go to the taco buffet line. To make things equal, have a representative pick a number between 1-100, the closest to whatever number you picked goes first. Dismiss the second closest, and so on until all the tables have been dismissed.

Leader and Volunteer Recognition

I want to take this time to formally thank you for all you have done and will continue to do at the Corps. Our ministry to women is so vital. You play a very important part in keeping that ministry moving. Thank you for the phone calls you have made, centerpieces you have assembled, tables you have set-up and cleared, events you have helped to plan, letters you have written, prayers you have prayed, visits you have made, tears you have cried, and love that you have shared. We are all a part of the body of Christ, and it is crucial that we all do our jobs. Because of your support and encouragement women in this community have come to know the saving grace of Jesus Christ! As I call your name, please stand so we can show our appreciation (call names and start the round of applause).

Testimony

Ask a woman who is part of your ministry group to share a testimony of how faith has played an important role in her life.

Activity

Remaining Confident posters

Give each woman a piece of white copy paper, or poster board (depending on how much space you have available). Have different colored markers available on the tables (at least one per women). Have the women write their names in the middle of the paper. Put on some Christian music and instruct the women to walk around the room and write a note of encouragement on the posters of the other women. These can be memories, Bible verses, quotes, anything that points to encouragement to keep the faith in hard times. After the women have commented on most of the posters tell the ladies to go back to their seats and read what others have said to them. Encourage the women to keep the papers and put them up in their homes or offices.

Motherhood

I first became a mother in 2010. It was something that I wanted for so long, to have it happen was overwhelming. After the hype at the hospital, the visits from friends, calls, and texts from loved ones, and help from the doctors and nurses it was time to go home. However, going home, I had no idea what I was supposed to do. I checked the mounds of paperwork that the hospital provided for me to take home, but there was not one single "How to Parent Your Child" manual at all. I was at a loss. I kind of knew how to change a diaper, I had the fundamentals of breastfeeding, and I figured bathing a baby was similar to washing a dog (the only previous experience I had) but I wasn't as confident as I thought a new mom should be. I wasn't exactly sure what to do.

It wasn't until I had been home with my baby for a few days that we were able to create a rhythm and figure life out. My instincts kicked in, and I cared for my baby the very best way I knew how.

In Exodus chapter 2 we are introduced to Moses' mom, Jochebed (we find out her name in Exodus 6:20; also, Numbers 26:59). We don't know too much about her, but what we do know is foundational. "But when she could no longer hide him, she got a papyrus basket for him and coated it with asphalt and pitch. She placed the child in it and set it among the reeds by the bank of the Nile." Exodus 2:3

Some background to this verse...The King of Egypt was getting stressed out about all of the Hebrews that were populating "his" region. He soon grew paranoid that they were overtake the Egyptians in number and power. This paranoia led to a decree that all Hebrew baby boys were to be killed. Jochebed hid Moses for as long as she could. When the time came, she took him, put him in a basket and placed him in the Nile River. Moses's sister, Miriam stood guard and watched. She later helped to keep him safe in the protection of the Pharaoh's daughter. Once Moses is found, Miriam inserts herself into the situation and offers to get a Hebrew woman to help nurse Moses – she then gets her mother.

As a mom, this story causes me to stress out, and I rejoice in a happy ending. In the end, Moses was saved and Jochebed was able to stay a part of his life. Who would have thought ... only God.

Have you ever been in a situation where the odds were stacked against you? You may have thought that there was no way out? Maybe you even thought, "Where is the manual for how to succeed in this?" I am sure that is what Jochebed was thinking as well. However, she kept the faith. She knew that her son would be protected. For that protection to take place, she knew the best thing for her baby was to let him go and to trust. The minute she let him go, God orchestrated the situation to allow Moses to find his way back to his mom.

When times are tough, I encourage you to hold onto the faith. Hold onto those instincts that direct you where to go. Hold on. There is no manual, but that is okay. Our "manual" is prayer. It is the guidance and direction of the Holy Spirit in us. Trust as the Lord leads.

Prayer Groups

In table groups encourage the woman to share about a time when they had to trust God and keep going. After every woman has shared, have them pray for one another.

Craft

Basket weaving. Go online and purchase some basket making kits (or supplies and directions from Pinterest). Have the ladies spend some time making their own basket to take home and remind them to remain faithful and brave.

Closing Prayer



Women's Sunday

Women's Sunday Service Program

By Captain Harryette O'Brien

Women's Ministries Sunday Meeting Outline

Theme: Confident Faith

Main Scripture Focus: Hebrews 11:1 & Joshua 2

Welcome and Announcements - Home League Secretary

Prayer: Liturgy - read by woman volunteer

"I pray for faith. I pray for faith to take that first step ... or the one hundredth step. I pray for wisdom. Wisdom to know what to do. Wisdom to know what you want from me. Wisdom to make the right choice. I pray for guidance to know what to do. I pray for your voice to guide me in the right direction. I pray for strength to follow your guidance. I pray for strength to make that difficult, or easy decision. I pray for the combined courage of all the beautiful women who have gone before me. I pray that I can muster up a portion of their strength, courage, tenacity, and boldness for myself. As the sun rises, displaying a myriad of colors over the ocean, fields, buildings, and streets, I pray that I can stop and soak it in. I pray to have the faith to display my scarlet cord boldly. To shout to the world that I believe in You. That I believe in Your love, mercy, grace, forgiveness, and redemption. That even when all seems like a lost chaotic mess, I will declare that I choose to follow You. I pray for faith."

Praise and Worship Team

(All available on YouTube)

- "You Lead" by Jamie Grace
- "Do It Again" by Elevation Worship
- "Glorious Day" by Passion

Rahab Monologue

<http://fbcaustin.blogspot.com/2017/12/the-monologue-from-rahab.html>

Testimony of Faith

Sermon: Confident Faith Against the Odds

Worship and Respond/Gift on Mercy Seats

(Place enough scarlet cords on the mercy seats for women to come up and take one. Invite them to pray, either individually or with others. Play soft music during this time of dedication.)

Hymn: To God Be the Glory

Benediction/Closing Prayer on Faith

Women's Ministry Sunday Sermon

Sermon Title: Confident Faith Against the Odds

Scripture: Hebrews 11:1, 31 & Joshua 2

Hebrews 11:31 says “By faith the prostitute Rahab, because she welcomed the spies, was not killed with those who were disobedient.”

It is said that prostitution is the world's oldest occupation. Whether or not that is factual is up for debate. Rahab was a prostitute, and everyone knew it. It was common knowledge in town and was probably frequently talked about around the water well. Because of this, she lived on the edge of society – one step away from complete and total rejection – until the next man found her convenient. Her house was built right into the city wall, which provided both lodging and “favors” for travelers on their journey. Her very house would play a pivotal role in her faith journey.

In reading her story in the Bible you will see that there is no attempt to tone down, cover up or hide her occupation. She is recorded as a Harlot ... a prostitute. This is noted multiple times, repeatedly. Almost as if God is saying “When you hear the name Rahab, think prostitute.”

Besides her occupation, the Bible doesn't give us much information about her. We know that she was a prostitute in Jericho, and she lived near or on the city wall. She was well known by the people (especially the men) in town. They knew right where to go when searching for sexual favors. Also, the king of Jericho knew where she lived and what she did.

However, she is found Hebrews 11, which is known as the Heroes of Faith chapter. She is listed along with Noah – the man who listened to God's orders and built an ark; Moses - the man who led the Israelites out of slavery in Egypt; King David who is known as “A man after God's own heart,” and many, more heroes. Rahab's past did not hold her back, because she is in great company.

But how did she get there? How did she go from being the town gossip with a seedy reputation to standing proudly among the greatest examples of faith and part of the lineage of Jesus Christ himself? Let's look ...

Point 1) A Hopeless Beginning

In looking at the beginning of what would become the start of Rahab's faith journey we notice a few things that make life rather difficult for her. If Rahab were to write a biography about herself, I imagine she might title it "The cards were stacked against me." She was a woman living in a not so "women friendly" world.

At this point in time women were treated more like property and less like people. Often animals had more rights and were shown more respect than women. Physical and emotional abuse were ordinary, and even expected.

Today women have the right to vote for whom they want to hold a political office. They are CEO's of profitable, popular enterprises; entrepreneurs, inventors, business experts, astronauts, senators, authors, and school principals. Yes, we still have a way to go until we reach total equality with men, but we are much farther along in the process than Rahab.

How remarkable is it that the writer of Hebrews should choose to include Rahab. By including a woman like this the writer wants us to know that the ground is leveled before God. That even in that degraded age, a woman could be included on an equal basis with men in the household of faith.

Point 2) Her Occupation ... Prostitute

Being a prostitute may make some people feel uncomfortable. But the Bible doesn't try to cover up what she was, so why should we. In the end, it doesn't matter. Her occupation is even more proof of God's glory. God's grace is for sinners, and Rahab was a sinner. Some might say she was the lowest of lows – with no moral compass, but that didn't matter to God. Her occupation didn't hinder her from being used by God or starting her beautiful life of faith in a God who loved her just the way she was. True, she chose the path she was on, but her occupation was not a hindrance for her. Those same men who chastised her in public, sought after her in the dark. Those that condemned her publicly, made sure to visit her at their earliest convenience. If there was any kind of pole taken in her city, I believe the majority might vote that she was good for only one thing.

She was a Gentile, a foreigner, who was raised in a pagan religion. As such, she did not belong to the Israelites. Yet, by faith she was accepted by God and by His people. When the great attack on Jericho came, she was spared while the city around her was destroyed. Her life illustrates God's promise made to Abraham (Genesis 12:1-3) that through his descendants all the nations on earth would be blessed.

She took a great risk when she sheltered the spies. Why would she do it? Joshua 2:9-13 tells us that she and all the people of Jericho had heard stories about how God had delivered his people through the Red Sea and how He had given them victory over the Amorite kings. That fact means that everyone in Jericho had some understanding of the strength of the Israelites. Rumors had spread like wildfire. But only Rahab had the foresight to believe that the Lord Himself was at work in all that had happened to the Jews. Where does such foresight come from? I believe the eyes of her heart had been opened by the Holy Spirit. When it came time to choose sides, she chose to side with God's people.

Point 3) A Remarkable Deliverance

The spies agreed that if she tied a scarlet cord to her window, she and her family would be saved in the coming attack on Jericho. Why a scarlet cord? In the chaos of the coming battle, a scarlet cord would be easily seen by the attacking army. But there is a deeper symbolism. The scarlet cord reminds us of the blood of the Passover. The color was no coincidence. It was a scarlet cord that guaranteed her deliverance from otherwise certain death. Note that as soon as the spies left, Rahab tied the cord in the window so everyone could see it. She had no idea when the attack would come. Maybe in a few days, in several weeks. It didn't matter. She believed the promise and acted upon it.

Rahab heard the promise and did something about it. It is never enough merely to hear the truth. Hearing the truth must move you to action. Rahab the harlot made the Hall of Fame of Faith for one reason. When the chips were down, she believed the promise and did something about it. And that simple scarlet cord saved her life and the lives of her family.

Time passed. Inside Jericho life proceeded as normal. Meanwhile two things were happening that few people knew about.

1. Rahab spreads the word to her relatives. "When the attack starts, come to my house. Don't delay. Don't join the battle. Don't run and hide. Come to my house and you will be safe." Rahab became an evangelist to her own family.
2. Joshua led the children of Israel across the Jordan and up toward Jericho. That caused the men of Jericho to close the city gates in the belief that they could withstand any assault and any siege.

We all know what happens next. It has been immortalized in the word of the old spiritual, "Joshua fit the battle of Jericho." Archaeologists tell us that the city was already 1000 years old when Joshua prepared to attack it. It had enormous strategic importance because Jericho sat on a hillside guarding the central portion of Palestine. Over the centuries Jericho had been destroyed and rebuilt many times. It was so strong that the people inside felt safe. Apart from a miracle, there was no way the Jews could take the city.

You know how God instructed Joshua and the people to march around the city for six consecutive days. On the seventh day they marched around the city seven times. God promised that on the seventh day, on the seventh time around the city, when the priests blew their horns and the people shouted, the walls would come tumbling down. With the walls down, the people of Jericho were defenseless.

The Jews attacked and at God's express command killed everything in the city. Men and women . . . young and old . . . cattle and donkeys. It was a total slaughter by the children of Israel. Absolute annihilation. Holy war. Nothing was left because they burned it to the ground.

Except ... except for Rahab. When the soldiers saw the scarlet cord in her window, they spared her and everyone with her. They kept the promise the spies had made. And so, Rahab the harlot was secure, and her faith caused her to reach out and guarantee the salvation of her own family as well.

Point 4) A Timeless Message

For 2000 years Christian expositors have seen two major themes in Rahab's story.

1. Salvation is for all - even the worst of sinners.

This story teaches us that no one is beyond the reach of God's grace. But think of all the men she had slept with. Think of all that sin. Think of her stained reputation. Think of her past. And God says, "I know all about her past, and it doesn't matter because she believed in me." Not that sexual sin doesn't matter. It matters greatly. After all, she is still called Rahab the harlot. But she is free now and forgiven.

So, what's your sin? You may be listening to this sermon and right now you feel unworthy to go to heaven. If so, I have wonderful news for you. God has called you worthy. The death of Jesus Christ on the cross allowed you to be covered in HIS righteousness. For the record, I would rather be Rahab the harlot on my way to heaven than to be Sally the Sunday School teacher on my way to hell.

2. Salvation through the blood of Jesus.

If Rahab represents a helpless sinner, then the scarlet cord represents the blood of Jesus shed for you. One of our [old gospel songs](#) puts it in the form of a question.

What can wash away my sin? Nothing but the blood of Jesus.

What can make me whole again? Nothing but the blood of Jesus.

Oh, precious is the flow that makes me white as snow.

No other fount I know, nothing but the blood of Jesus.

This is a message of enormous hope for all of us. And the worse you feel about yourself, the more hope you can find in Rahab. There is no pit so deep that the love of God is not deeper still. (Corrie ten Boom). There is no sin so terrible that Jesus cannot forgive it.

But what if you don't know very much? Take heart. Rahab knew very little and yet she was saved. I have often wondered how much you have to know to be saved. We could argue that for hours. But since faith is a gift of God, we know that it's not how much faith you have, it's where you place your faith. It's not the amount of faith that matters. It's the object of faith. Rahab knew enough to know that the God of the Israelites was the one true God. Her faith caused her to welcome the spies and then send them on their way. And her faith caused her to hang the scarlet cord out of her window.

It's not the amount of faith that matters. It's the object of faith. "By faith Rahab!"

What happened to Rahab after the fall of Jericho? We know this much. She married a Jewish man named Salmon and together they had a son named Boaz whose name pops up in the book of Ruth. Boaz and Ruth gave birth to Obed the father of Jesse the father of David who became the king of Israel. Get the picture?

Hundreds of years later her name shows up on the first page of the New Testament.

When Matthew gives the genealogy of Jesus, he includes this section: Read Matthew 1:5,6
“Salmon the father of Boaz, whose mother was Rahab, Boaz the father of Obed, whose mother was Ruth, Obed the father of Jesse, and Jesse the father of King David.”

Rahab the harlot made the list. She’s part of Jesus’ family tree. If you know Jesus, one day you will meet her in heaven.

The second verse of the familiar gospel song “[To God Be the Glory](#)” goes like this:

Oh, perfect redemption, the purchase of blood.

To every believer, the promise of God.

The vilest offender who truly believes

That moment from Jesus a pardon receives.

How true it is. “The vilest offender who truly believes that moment from Jesus a pardon receives.”
Rahab proves it, and you can prove it too by coming to Christ right now. Don’t let your past keep you away. Come to Jesus! Your sins will be forgiven, you will be saved, and your life will never be the same.

God loves you.

About the Author



Captain Harryette O'Brien

USA Western Territory

EDUCATION



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"Now faith is confidence in what we hope for
and assurance about what we do not see."

Hebrews 11:1



Education Programs

October 2025 – Confident in Spite of Fear

October 1, 2025 By Captain Jennifer Bearchell



Confident in Spite of Fear

Scripture: Isaiah 41:8, 2 Timothy 1:7

Icebreaker Activity

Fear in a Hat Game

Give everyone a piece of paper and a pen. Have them write down something they fear or worry about without including their name. Collect the paper and redistribute the pieces to each person. Have the first person read what was written and explain how they think that makes the person who wrote it feel. Do not allow any other person to comment and then go to the next person and repeat. This allows our fears to be brought to light, which takes away some of their power, while giving people an empathetic understanding of each other. This can create great discussion and unity among the group.

As a child did you ever stand at the top of the stairs that led to a basement, but were afraid to even take that first step? If you have, you may recall the feeling of fear as you imagined all the things that were awaiting down there in the dark. Fear is “an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat.” (<https://www.merriam-webster.com/>) Fear has been programmed into our nervous system to help protect us. It makes us alert to danger and prepares us to deal with it.

Our body reacts to fear by releasing stress hormones called cortisol and adrenaline. Your heart rate and blood pressure start to increase, and you begin to breathe faster. Even your blood flow changes — blood actually flows away from your heart and into your limbs, giving you the ability to fight or run away if need.

Although fear was designed to assist us, for many, it can hurt us more than help us. I am someone who knew fear as a close friend. It was intertwined in my every decision. But unlike a friend that helped me through life, it made me feel like I was enslaved to a master. It wasn't until God called me down into the basement of my fear to break the chains that kept me prisoner that I was finally free.

God called my family to serve in a foreign country. It was there that I was surrounded by all my fears. I'd love to say that not one of them happened, but actually, every single fear arose while we were there. But guess what... so did God. It wasn't until God took me by my hand that I learned that there was nothing that was bigger than He was. He would sustain, empower, and give me victory over every chain of fear that was attached to my heart.

Jesus knew this would be something his children would struggle with, and so like a good father, he gave us His Spirit to empower us and His word to hold on to. “For God has not given us a spirit of fear and timidity—but of power, love, and self-discipline” (2 Tim. 1:7, NLT). It's no coincidence that our Heavenly Father gave us 365 verses in the Bible for every day of the year to command us to “fear not.” One of those verses is found in Isaiah 41:10 and it says, “Do not fear anything, for I am with you. Do not be afraid, for I am your God. I will certainly take hold of you with my righteous right hand” (NIV).

God wants to take hold of your hand to lead you through the places you fear, showing you that you have nothing to be afraid of. The God of this universe whose hands created everything will not let go of your hand. He will empower you through the darkness, showing you the promise of victory is yours through Christ Jesus.

Craft Activity

Invite the women to make journals listing some of their favorite verses about fear. The following is a link to an easy journal craft: <https://usw-womensministries.org/january-2024-craft-lets-make-a-journal/>. This site suggests scripture verses about fear. <https://believersportal.com/list-365-fear-not-bible-verses/>

Begin to write about the things in your heart, the things that you struggle with, your fears. List the things you need God's help with. Watch as God holds you and help you through your fears. At the end of the month look back on your entries and see that God never left you and heard your every word.

Practical Tools for Dealing with Fear

- Watch what you put into your mind. Limit news, scary movies/shows, and fear driven conversations. Think of your mind as a bank, what you put in will be what you will think about.
- Print out verses that command us "not to fear" and place them in areas you often visit. Have the women share their favorite verse about dealing with fear. Here are some great ones:

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." Joshua 1:9 NIV

"The Lord is my light and my salvation— whom shall I fear? The Lord is the stronghold of my life— of whom shall I be afraid?" Psalms 27:1 NIV

"When I am afraid, I put my trust in you. In God, whose word I praise— in God I trust and am not afraid. What can mere mortals do to me?" Psalms 56:3-4 NIV

- Create a worship song playlist that will bring peace to your heart. Fear cannot coincide with praise.
*Suggested playlist on Apple Music-Worship for Anxiety, Spotify -Worship Songs for Anxiety.
- Seek counseling. There is no shame if you feel fear has taken over your life. Sometimes there are chemical imbalances that a professional can access and make suggestions for further help. (Change of diet, therapy, or medication.)

About the Author



Captain Jennifer Bearchell

USA Western Territory

Education Programs

November 2025 – Schemes and Scams

November 1, 2025 By Major Cathi Boyd



Schemes and Scams

Scripture: Genesis :1, 5, John 8:44, 1 Peter 5:8, John 10:10

"Your Netflix service will be stopped unless we hear from you with updated credit card information in the next 48 hours. Please send us your information to ensure there is no interruption in your service." I was surprised to receive this email recently. I went to get my credit card, then stopped and called my husband. He told me that it was not my card on the account, but his. I went back to the email and ran the cursor over the supposed Netflix address. Sure enough, it revealed an address that was not the official Netflix address, was misspelled and made no sense. I was nearly the victim of a phishing scam. Phishing is when a scammer sends an email that appears to come from a legitimate source, but is actually seeking information, including identity and credit card data.

According to the Federal Trade Commission consumers like you and me reported losing close to 8.8 billion dollars to various schemes, scams, and frauds in 2022. Alarmingly, this number was up about 30 percent over 2021's reported losses. As the old proverb says, "Forewarned is forearmed," so let's spend a few minutes talking about how we can protect ourselves.

Consumer Finance, a government agency, lists some common signs of scams. These include phone calls, emails, or texts that ask for money, credit card, or personal information such as your social security number. Never provide personal information via text, email or over the phone without first calling an official number that you can find by visiting the website of the agency or business claiming to be contacting you. Scammers pretend to be well-known businesses, utilities, technical support, or government agencies including the IRS or the Social Security Administration. Who isn't nervous about being told that their computer may have been infected with a virus, or that there is a problem with a utility bill and the lights may be turned off? And no one wants to hear from IRS that there is a problem with their taxes. All of these scams use fear to elicit a response. However, the government rarely calls anyone, and they never ask for payment over the phone.

Another popular scam uses the claim that you have won a prize or sweepstakes, or perhaps you have inherited money. You may not remember having a rich uncle, or having entered the contest, but the prize is all yours. All you need to do is to pay the taxes on the win so that it can be sent to you. If it sounds too good to be true? It probably is. A similar type of scheme claims that you have been "specially selected" for a bargain that isn't available to the public at large. High pressure sales tactics follow, encouraging you to take advantage of this limited time offer. Offers include everything from cookware to cosmetics, from vacations to vehicles. Be wary of deals that are only "good today," and that pressure you to act quickly.

The website Scam Spotter recommends a simple three step process when you suspect a scam: <https://www.scamspotter.org/> This website lists common schemes and how not to be scammed. It also has a fun online quiz you can use to help your women spot scams.

1. Slow Down—be skeptical of urgent messages.
2. Spot Check—Investigate the business or agency; call a legitimate phone number.
3. Stop! Don't Send—Personal information, credit card information, or unusual payments (gift cards or wire transfers which cannot be cancelled.)

Scams and schemes are as old as mankind. Think about Adam and Eve in the garden of Eden (Genesis 3). God gave them everything they needed. There was only one tree that He asked them not to eat from. The serpent, who was “more crafty than any of the wild animals,” (Genesis 3:1) slinks up to Eve and appeals to her pride. He convinces her that by eating from that one tree, she will gain wisdom and “be like God, knowing good and evil” (Gen. 3:5). Who could resist such a deal? Not Eve, and not Adam, who she convinced to join her in this venture. And Satan has been using these tricks to scam and scheme against God and His people ever since.

Jesus gives the best description of this enemy of our souls. In John 8:44b He says “...there is no truth in him. When he lies, he speaks his native language for he is a liar and the father of lies.” Peter warns us that we need to be alert and of a sober mind—a watchful mind—because “Your enemy the devil prowls around like a roaring lion looking for someone to devour.” (1 Peter 5:8) Does this mean that we need to be fearful? Never, for Jesus tells us that while the thief (the devil) comes to steal and to kill and destroy, He has come that we might have life, and have it to the full (John 10:10). We just need to be forewarned in order to be forearmed.

When we find ourselves struggling with an issue, when we aren’t sure if the message that we are hearing is from God or from the enemy, we can use the same three step process described for handling scams and schemes.

1. Slow Down—be skeptical of messages that bring you down, make you fearful or that try to lead you in a way that doesn’t seem right. Take a deep breath and ask God to show you the truth.
2. Spot Check—investigate. Open your Bible and see what God’s Word has to say about the message you are hearing. If it isn’t in line with His Word, then it isn’t from Him. If you aren’t sure where to look to find the truth you are seeking, ask your corps officer or a mature Christian friend.
3. Stop—go no further down that road until you have your answer. Once you know the truth, the lie will reveal itself as blatantly not from God.

With this information we can live confidently, avoiding the costly mistakes of falling prey to scams and schemes of any sort.

Schemers and Scammers in the Bible

(The answers are in bold.)

What son plotted with his mother to fool his father into giving him the family blessing? (Genesis 27)

A. Esau

B. Isaac

C. Jacob

How did Jacob's father-in-law Laban scam Jacob on his wedding night? (Genesis 29)

A. Stole the dowry money.

B. Gave him the wrong sister.

C. Traded sick goats for healthy ones.

Delilah tricked Samson into giving up this secret to his strength. What was it? (Judges 16)

A. Tying him up with new ropes.

B. Cutting his hair.

C. Weaving his hair into her loom.

Rahab helped the two spies of Israel by fooling the soldiers seeking them in what way? (Joshua 2)

A. Hid the spies and told the soldiers they had already left the city gate

B. Entertained them so that the spies could sneak out of town.

C. Got them drunk until they passed out.

Jesus warned against false prophets. He said that they come in sheep's clothing, to fool you, but inside they are really. (Matthew 7:15)

A. Lions seeking to devour you.

B. Ferocious wolves.

C. Sneaky hyenas.

What disciple tried to fool people into thinking he didn't know Jesus? (Luke 22:54-62)

A. Thomas

B. Matthew

C. Peter

What scheme did Ananias and Sapphira use to deceive God and the early Church? (Acts 5:1-11)

A. They claimed to have healed a man who had been lame all his life.

B. They sold land and only gave part of the money to the church, claiming it was everything they received.

C. They took up a collection from all their neighbors for the church but kept the money for themselves

What did Simon the magician want Peter to do for him? (Acts 8:9-24)

A. Guarantee him a seat in heaven.

B. Sell him the power of the Holy Spirit.

C. Teach him how to turn water into wine, like Jesus.

For even more information:

<https://www.consumerfinance.gov/consumer-tools/fraud/>

Information on how to report being scammed:

<https://consumer.ftc.gov/articles/what-do-if-you-were-scammed>

The National Do Not Call registry. Or call 888-382-1222. This will help block robocalls and other unwanted sales calls:

<https://www.donotcall.gov/>

About the Author



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Education Programs

December 2025 – Come on Ring Those Bells

December 1, 2025 By Captain Deanna Markham



Come on Ring Those Bells

Scripture: Luke 2:8-20

Introduction

During the Christmas season, there are many things that claim our attention. The weather turns colder, and we feel a nip in the air. In some places, there is frost on the ground, or even snow. During this festive season there are carolers, sleigh rides, and beautifully decorated trees. All these things serve to remind us of God's greatest gift to us—the birth of the Christ child, Jesus. He truly is the reason for the season.

At The Salvation Army we have our own traditions that include the sights, sounds and smells of Christmas. Imagine the sound of our brass band playing a traditional Christmas carol, or the sight and smell of the advent wreath with its candles. And of course, we hear in our memories of many Christmases the sound of bells ringing at our Christmas kettles.

History of Christmas Kettles

In 1891, Salvation Army Captain Joseph McFee was distraught because so many poor individuals in San Francisco were going hungry. During the holiday season, he resolved to provide a free Christmas dinner for the destitute and poverty-stricken. He only had one major hurdle to overcome—funding the project.

He wondered where the money would come from. He lay awake nights, worrying, thinking, praying about how he could find the funds to fulfill his commitment of feeding 1,000 of the city's poorest individuals on Christmas Day. As he pondered the issue, his thoughts drifted back to his sailor days in Liverpool, England. He remembered how at Stage Landing, where the boats came in, there was a large, iron kettle called "Simpson's Pot" into which passers-by tossed a coin or two to help the poor.

The next day Captain McFee placed a similar pot at the Oakland Ferry Landing at the foot of Market Street. Beside the pot, he placed a sign that read, "Keep the Pot Boiling." He soon had the money to see that the needy people were properly fed at Christmas.

Six years later, the kettle idea spread from the west coast to the Boston area. That year, the combined effort nationwide resulted in 150,000 Christmas dinners for the needy. In 1901, kettle contributions in New York City provided funds for the first mammoth sit-down dinner in Madison Square Garden, a custom that continued for many years. Today in the U.S., The Salvation Army assists more than four-and-a-half million people during the Thanksgiving and Christmas time periods.

Captain McFee's kettle idea launched a tradition that has spread not only throughout the United States, but across the world. Kettles are now used in such distant lands as Korea, Japan, Chile and many European countries. Everywhere, public contributions to Salvation Army kettles enable the organization to continue its year-round efforts at helping those who would otherwise be forgotten.

Sing-Along With the Bells

For some reason, bells have always been associated with Christmas. There are many Christmas songs that mention bells. Enjoy singing some of the "bell" carols as a group. Or play "Name that Tune" where the women guess what the song is that mentions "bells." Following are a few suggestions:

"Silver bells, silver bells, it's Christmas time in the city. Ring a ling, hear them ring. Soon it'll be Christmas day."

"I Heard the Bells on Christmas Day, their old familiar carols play."

"Ring the bells, ring the bells, let the whole world know, Christ was born in Bethlehem many years ago."

"Just hear those sleigh bells jingling, Ring-ting-tingling, too. Come on, it's lovely weather for a sleigh ride together with you!"

"Jingle bells, jingle bells, jingle all the way. O what fun it is to ride in a one-horse open sleigh."

"Jingle bell, jingle bell, jingle bell rock. Jingle bells swing and jingle bells ring."

"Caroling, caroling through the snow, Christmas bells are ringing."

"Come on, ring the bells, light the Christmas tree. Jesus is the King, born for you and me."

Bells are a big part of Christmas, and they always been a part of The Salvation Army's Christmas kettle effort from the earliest days. Bells are frequently used to draw attention to a need. Think of the bell on the desk of a business that would call the worker to the front, or the days when you were called into school by a bell. Or imagine a queen calling her servant to her chambers for assistance with a bell. When we hear the kettle bell, it calls us into action, and it calls us to commitment.

The Three Commitments of the Christmas Kettle Worker

In Luke 2:8-20, the shepherds around Bethlehem were called into action. However, they weren't called by a bell, they were called by an angel and a great company of the heavenly host. Let's read through this exciting part of the Christmas story.

Read Luke 2:8-20.

There are three areas of commitment to notice about the shepherds, and three levels of commitment we can make when we volunteer to assist with Christmas kettles:

1 Commitment to Help

After hearing the fantastic news about the birth of the Messiah, the shepherds were motivated to see the baby in Bethlehem and then to help spread the word about this spectacular event.

We are motivated to help spread the word today about the Messiah, and we are committed to help others in tangible and practical ways in His name.

1 Commitment to Endure

Sometimes, we must endure some tough things to be a kettle volunteer. There's cold weather and standing on the hard concrete. Sometimes, people aren't very friendly and don't want to hear our Christmas greeting.

The shepherds might have dealt with the same problems. They were outdoors most of the time and likely had a very rough existence. They may also have faced disbelief and rejection from those who wouldn't believe that the Messiah had come in a meager and primitive shelter. Despite this, they endured, and they glorified and praised God for all they had seen and heard. We can do the same.

1 Commitment to Celebrate

At the end of our kettle adventure, we can celebrate what was accomplished. We celebrate the fact that our contribution will make a big difference in someone's life. We celebrate the opportunity to give freely of ourselves.

The shepherds made a difference. They were an encouragement to Mary and Joseph. They were witnesses to everyone they met. They shared the good news.

Jesus touched the lives of those shepherds on that Palestinian hillside 2000 years ago. He continues to change lives as our Savior and friend today.

Prayer

Father, we praise You for showing us how immeasurable is Your love and goodness to us every day. Help us, Lord, to follow in Your ways and do good to those who need it the most.

We ask for You, Holy Spirit, to be with The Salvation Army around the world at this time and to help them raise the funds they need in order to do good with what You have given them. We praise You and honor You in all we do. In the name of Jesus, Amen.

Game

Christmas Kettle Crossword Puzzle

Create a crossword puzzle using the words associated with Christmas, bells, kettle, shepherds. You can find sites online. The following are a couple of sites: <https://puzzlemaker.discoveryeducation.com> or <https://worksheets.theteacherscorner.net/make-your-own/crossword>

Other Activities

Have women volunteer as a group to stand at a kettle, whether for a few hours, or perhaps adopt a kettle for the entire day. If women can't stand at the kettles, have them deliver hot chocolate and cookies to the kettle workers.

More about the History of Bellringing:

<https://www.salvationarmyusa.org/usn/red-kettle-history/>

Salvation Army Bell (Red Kettle Song) – Camille & Haley

<https://www.youtube.com/watch?v=18t0EUVdeLw>

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Education Programs

January 2026 – Let it Go! ... No, Seriously, Just Let it Go!

January 1, 2026 By Captain Rosanna Tollerud



Let it Go! ... No, Seriously, Just Let it Go!

Scripture: Matthew 11:28-30, Hebrews 12:1-3, Ecclesiastes 4:12

You Can Do It! Let it Go!

When I was about 7 years old, my mom bought new pillows. We lived paycheck to paycheck, and I didn't ever remember having a new pillow. I was in awe of these new white, fluffy pillows. I was happy to get something new and couldn't wait to sleep on my new pillows. But first, I had to go to my room and change out the old pillows and replace them with my new pillows. I went to my room, and I guess I never noticed how old, tattered, and flat my old pillows were. I put my new pillows on my bed and went to my mom with my old pillows. I asked her, "What now? What do I do with these old ones?" And she said something that I never imagined, "Throw them away in the dumpster." Had this woman forgotten that these pillows had been with me every night for the past 2 years? And suddenly, I was just supposed to throw them out? But my wise mother knew that it was time to depart from the flimsy, discolored piece of cotton. As I walked the short path to the dumpster, I nearly cried. Saying goodbye with each step and opening the lid to the dumpster, it hit me! "They are just pillows."

I brought up this story because many times in my life, I have held on to things for the sake of holding onto it. They were familiar or comfortable (emotional pain or hurt). Some things were safe and so I just held on to them. The reality is that they were unhealthy relationships, toxic friendships and/or unfulfilling materialistic things.

Scripture says, to bring your pain to God. Matthew 11:28-30 says "Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke on you and learn from Me, because I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy to bear, and My load is not hard to carry." In my faith walk, I have had many highs and some lows. Some days I feel confident in my faith and other days I feel like a horrible Christian. As women, we compare our journeys with other women. The thing is, what we don't know is what other are going through each day and moment of their lives. One thing I hope we can agree on is that life is not easy. Being a daughter, a sister, a mother, a friend, an auntie, a mentor means that we have other people in our lives. Relationships can create happiness and it can create hurt.

God gave us the ultimate gift of salvation by the blood and sacrifice of His beloved Son, Jesus. It is through Him and by Him that we can let go of our past life of sin. Whatever happened in the past can be made new in Jesus' name.

Hebrews 12:1-3 says, "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before Him He endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider Him who endured such opposition from sinners, so that you will not grow weary and lose heart."

Discussion Questions:

1. Tell a time when it was hard to let go of something or someone.
2. Read Matthew 11:28-30. After reading this Scripture, did it give you comfort?
3. What do you struggle holding onto? (Family heirlooms, gifts that you really don't like or have no use for, greeting cards, clothes that may fit someday.)
4. Are there unhealthy relationships that you let go in the past or are there any you are dealing with currently?
5. According to Hebrews 12:1-3, what are we encouraged to let go of?
6. What do you need to let go of?

For the past 35 years, I have made it a point to look at my closet and drawers to de-clutter things that I am overlooking. Like I stressed earlier, I became comfortable with the safe and familiar 'pillows' and didn't realize how it may have been affecting my health. De-cluttering doesn't mean that you are going to eliminate everything you own. What it does mean is that you are going to intentionally look at the things you own and evaluate your clutter.

I started following Dawn Madsen, The Minimal Mom, on YouTube a few years ago. She has some great pointers and she's funny. <https://www.theminimalmom.com/> She uses the Onion Method to declutter her home. The first layer is trash. Some things are just trash (my junk drawer is usually full of receipts and candy wrappers). The next layer are items you don't need or use any longer. For me this meant cookbooks that I hadn't used for at least 2 years. Why did I have them when I wasn't using them? I usually end up searching recipes online anyway. You keep moving through the layers until you have let go of duplicate items and those items you are keeping for that "someday" (which may never come).

Decluttering Tips & Methods:

How to Declutter: The Onion Method, Minimalism Basics

(Approximately 12 minutes)

<https://www.youtube.com/watch?v=PA2NAoKNxUs>

Refreshments

Since we are talking about the Onion Method, serve onion refreshments: French onion soup, onion rings, chips and onion dip.

Other Tips:

One in, One Out.

Here is another easy tip to keep clutter from growing. For every one thing that comes into your home, there is one thing going out. Donate to your local Salvation Army Thrift Store or another non-profit thrift store.

Lent Decluttering Challenge

This year, Lent begins on February 18. Spend the 40 days before Easter decluttering your home with the 40 bags in 40 days challenge.

<https://www.letmeorganizeit.com/declutter-for-lent-40-bags-in-40-days>

Why do It alone?

You can get your friends to help with a 'declutter party.' Ecclesiastes 4:12 (The Message) says, "By yourself you're unprotected. With a friend you can face the worst." Can you round up a third? A three-stranded rope isn't easily snapped." Can get your friends to help with a 'declutter party.'

<https://www.oprah.com/home/host-a-declutter-party-quick-ways-to-organize/all>

Have a Corps Declutter Party

As a women's group, put things into practice and declutter the corps kitchen, Women's Ministries or craft closet.

About the Author



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Education Programs

February 2026 – Why Our Heart Health Matters

February 1, 2026 By Captain Victoria Mercer



Why Our Heart Health Matters

Scripture: Proverbs 3:5-6, 4:23, Philippians 4:6-8

Setup

Since this program is around Valentine's Day cover your tables with red or pink tablecloths. Add heart confetti on your table. Check Pinterest for many more heart decorating ideas.

Food

As this program is about our heart health, serve healthy snacks and beverages. You can get a fruit or vegetable tray, with cheese and crackers for that added protein.

Activity

- Organize a prayer walk. This not only addresses the physical heart health but also the spiritual one. Ask the women if there is anything pressing on their hearts to pray for. The walk does not have to belong. You can either walk around the inside of your building, outside of it, or take them somewhere beautiful outside.
- Do Christian Zumba! This is a fun one whether you dance or not. Here are a couple of videos on Youtube if you want some ideas of how to do this:

<https://www.youtube.com/watch?v=H7OnZCtISkI&list=PL9t2BfZ7yRhCZSEQESmYsGv-ZdhJrYR8y>

https://www.youtube.com/watch?v=ijEh2hgqH3E&list=PLeq_b4IGK1crJ1libxn9Phji4wFnAKolb

- Ask a health professional to come and speak to the women about the importance of having a healthy heart; how to do that, and what are the symptoms of a heart attack to look out for and what to do. You can also show videos that give great information on this if you can't get someone to come in:

<https://www.youtube.com/watch?v=N9yUmdUG820>

<https://www.youtube.com/watch?v=BntMLQ86-vY>

- Here are some wordsearches online that are about the heart:

https://wordmint.com/public_puzzles/23101

<https://thewordsearch.com/puzzle/1822128/national-heart-health-month/downloadable/>

https://wordmint.com/public_puzzles/1166775

The Heart

In February we celebrate Valentine's Day. This is a time of year when we think about the heart— the emotional heart. But what about our physical heart? What about our spiritual one? In the Bible, the Hebrew word for heart is *leb* which means, "inner man, mind, will, heart ... mind, memory ... emotions. "This is the word used in Proverbs 3:5-6, "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight." The heart was not just separated into different parts, it was all connected.

The heart is the center of a person, which contained the emotions, the will, and the mind. Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it." We need to guard our hearts, physical, emotional, mentally and spiritual. What we put in our bodies, what we choose to put in our minds, what comes out in our words, and how we behave are all important. Have you ever heard the saying, "Garbage in, garbage out?" The same is true for the good things we put in, the godly things.

For our physical hearts, to keep them healthy, we need to not just eat better, drink more water, and exercise more, we also need to manage our stress. If we don't know how to manage it, stress can do so much damage to our bodies. If you struggle with chronic stress or with depression and anxiety, know that seeking professional help is a good thing. God used a godly Christian counselor during a time I really needed it. When I wasn't handling things well.

Our spiritual hearts are much the same as our physical hearts. If we don't take care of it, then we can have a spiritual heart attack. It is so important that we stay in God's Word. We need to be consistent with our time with Him, even if the time of day or way we do it isn't consistent. Maybe one day you wake up early and spend solid time in prayer and reading His Word. On another day you listen to the Bible app on your phone and think about what you heard all day and how to apply that to your life. Write down memory verses on sticky notes and leave them around your home or office, is another way to feed your spiritual heart. Whatever you do, just be consistent in His Word and in prayer.

Read Philippians 4:6-8. Instead of dwelling on the anxieties of life, or dwelling on the past mistakes, dwelling on the future. Give your anxieties, your problem to the Lord and fix your mind of things of Him. Ask these questions and earnestly seek His answers. Who is God? What is His character? How much does He love you? What answers to prayer has He given you? How has He helped you through a rough time? What did Jesus do for you on the cross? What has God freed you from? What has He blessed you with? Focus on the godly and good things and not the negative things.

You may need to take a break from social media and watching the news. Things today can be very negative and scary and if that's all we are putting in our minds, it eventually will come out in how we live our lives and what we say.

Remember not to just take care of your physical heart, but also your spiritual heart as well.

About the Author



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Education Programs

March 2026 – Wonder Women

March 1, 2026 By Captain Ryan Boyd



Wonder Women

Scripture: "She is clothed with strength and dignity, and she laughs without fear of the future" (Prov. 31:25).

Activity

Invite the women to bring a picture of a "wonder woman" who has made an impact on their life. Have them share why that woman is significant to them.

Strong Women

Women have always played a strong part in my life. My paternal grandmother, Ruth, is a strong woman. My mother is a strong woman. I inherited my sass from both. There has never been a point in my life where there were not women influencing me in positive ways. Perhaps that is why I try to advocate for women and love to surround myself with girlfriends. Some of my dearest female friends are some of the smartest people on this planet. They breathe life into my soul.

I was born into The Salvation Army. It is the only church I attended growing up. As an adult, one of the primary reasons I stayed was their egalitarian stance. I wanted to be in a place where I had a voice and the authority to lead. And for that, we have Catherine Booth to thank. Catherine Booth is the co-founder of The Salvation Army and used her voice in a time when women's voices were supposed to be meek and silent. She boldly proclaimed her faith and used her pulpit to bring thousands of people to the Lord.

God has been using women since the birth of humanity. Genesis 1:28 tells us that "God blessed them and said to them, "be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground." God gave that blessing to Adam and Eve together. Before the fall, the original plan was for men and women to do this in partnership with each other. God still uses women today.

God has used women in the past – Eve, Mary, Priscilla, Evangeline and Catherine Booth, and God wants to use you. His plan for you is lead others and invite them into a relationship with Jesus. He clothes us with strength and dignity. We can be bold in our faith and laugh without fear of the future because we know that we are centering our lives in His plan. God's plan for us includes being secure in our knowledge of His love for us and in the peace that He provides for His children.

The only barriers to this are the ones we create for ourselves. Women are created in the image of God. Do not let the things of this world distort your thinking into believing anything less for yourself. God has called you and He will equip you. You may not be the next great inventor, but you can be a great example of the love of Christ to others. What is keeping you from living your life in abundance through Jesus? What can you do today to make the changes needed? What is God calling you to? How can the women in your group help you to get there?

Activity

Invite the women to share how the other group members have made an impact in their life. Sometimes it helps if the leader starts. For example, “Norma, your willingness to help each week is such a blessing to me. You are selfless and a great example of someone who cares for others.”

Wonder Women Inventors

Some of our household appliances and technology that we would not want to live without were invented by women. Unscramble the letters to reveal the items.

HUOBOTLTE _____

EIRHSHDAWS _____

IASMOLMTNCOENICUTE CSEDVIE _____

NHSLWIDDIE SEWIPR _____

HOEM TREIUSCY SSYTMSE _____

MSURIAAUQ _____

ATNRTMEET ORF RALMIAA _____

ETRPMCUEO MRPRNIAGGOM _____

OFFECE REFLSIT _____

ECAPS NISTATO EOWPR YSTSSEM _____

Answer Key: Bluetooth, Dishwasher, Telecommunications Devices, Windshield Wipers, Home Security Systems, Aquariums, Treatment for Malaria, Computer Programming, Coffee Filters, Space Station Power Systems

Look Who Is a Super Woman

Materials:

- 8×11" frame for each participant
- Colored cardstock paper
- Picture of each woman (they can bring it or take it the week before and get it printed)
- Markers
- Have each participant tape their picture onto the piece of cardstock and place it in front of them on the table.
- Have the women walk around the table writing words of encouragement on each woman's paper.
- Put the paper into the frame and let the participants take them home.

If you have new women, take their picture so they can participate.

About the Author



Captain Ryan Boyd

USA Western Territory

Education Programs

April 2026 – I Come to the Garden Alone

April 1, 2026 By Captain Gin Pack



I Come to the Garden Alone

Scripture: John 20:11-18

Introduction

This program that will explore the spiritual and practical benefits of gardening while spending quality time with God. Just as Mary Magdalene met the resurrected Jesus in a garden, we can also encounter the divine presence in our gardens as we nurture the earth. Let's delve into the wisdom of John 20:11-18 and learn how gardening can be a form of prayer and communion with our Lord.

Let this program inspire you to spend time alone in your garden, connecting with God while nurturing the beauty and life He has given us in the form of plants and flowers. Having a confident faith is much like planting seeds. We exercise faith when we plant seeds and eagerly anticipate the harvest to come.

Prepare Ahead of Time

Many plants can be started in small planters. Often the dollar tree or other big box stores have little dirt pods and inexpensive plastic containers to start plants. This is a great way to get the women involved in a corps garden or begin their own. Use the resource links below to plan ahead to determine what items will grow best in your zone.

Also, provide printed prayer prompts of things the women can pray for while they're planting. Examples can be:

- Who is one person who you've always struggled to pray for? In confident faith, take this time while planting to pray for that person.
- What situation in your life feels impossible.
- What does it mean to live in confident faith in your life?
- How can God expand your horizons to live in confident faith?

Encourage a time of sharing after the women have prayed silently to share how God might have spoken to each woman through the experience.

Blessings

Nothing quite blesses my heart like the two things found in John 20:11-18 in which Jesus speaks to Mary Magdalene and calls her to be the first one to tell of the news that not even death could overcome Him. The second, is seeing the wonder of an abundant harvest.

When I came to my present appointment, I had heard that there was a large garden. Isn't the Lord funny? I couldn't even keep a houseplant alive, and now I had a huge garden. I never truly understood why anyone would find enjoyment in something that, in my eyes, was doomed to fail. However, Jesus reminded me that if He could overcome sin and death, surely, I could overcome my black thumb.

If you go to Amazon and do a quick search "gardening for beginners" it yields over 10,000 results! That's a LOT, which can be overwhelming. It's hard to decide where to begin but just know that there are both benefits and easy steps to begin your journey.

The Garden as a Place of Solitude

Just like Mary Magdalene, sometimes we need solitude to connect with God. Gardens offer a peaceful sanctuary to meditate, pray, and listen to His voice.

The Miracle of Growth

Gardens teach us about patience and trust. As you plant a seed and watch it grow, remember that God works in His time, not ours. Just as Jesus' resurrection was a miracle, so too is the growth of every plant.

Cultivating Beauty and Abundance

God has provided us with the earth's resources, and gardening is a way to participate in His creation. The colorful flowers and the bounty of a vegetable garden are a testament to His generosity.

Practical Gardening Tips

I like to have things planned out so here are a few really good starting points.

- 1 Find your place.** You must decide where you would like to grow your garden. Whether you want a beautiful flower garden or bountiful vegetables you must keep in mind the location. Things to consider when you're looking for a garden location is sufficient sunlight and access to water.
- 2 Know what plants can and will grow in your area.** There's a tool hosted by the USDA called the "Plant Hardiness Zone Map" <https://planthardiness.ars.usda.gov/>. This information allows you to start mapping out what sort of plants will thrive in your area. While I would personally love a bountiful banana tree or perhaps a garden full of wonderful melons, the reality is the zone I'm in allows for hearty and healthy deep green vegetables. Knowing what will thrive in your area helps set you up for success.
- 3 Know the soil.** Many state universities offer very affordable soil analysis and fertilizer recommendations. These experts can ensure that your soil is fit for growing. Often, if the ground has the same things planted each year, it can cause the soil to be deficient in nutrients and your soil may need a little help from you. <https://gardeningproductsreview.com/state-by-state-list-soil-testing-labs-cooperative-extension-offices/>
- 4 Perennial or annual? That is the question.** Plants that complete their entire lifecycle in a single year are annuals, meaning annually, you'll need to replace them. Perennials have a more permanent lifecycle, not indefinite, but longer than one season. Some plants such as blanket flowers live up to 5 years and are perennials, whereas rhododendrons can live for hundreds of years.
- 5 Make your purchase and plan ahead.** Did you know that although seeds have an expiration date, most will still sprout even years after they've "expired?" If you're looking ahead and wanting to save a few dollars, check out the clearance section of some stores and get the seeds that are out of season. You'll likely have great success planting and save some money too.
- 6 Plant!** Now that you've done the research, it's time to plant the seeds and wait in confident faith.

A note about companion planting and maximizing your space.

Companion planting, also known as companion gardening, involves planting different plants together in a way that benefits one or both of the plants. Here are some brief tips on companion gardening:

- **Complementary Plant Pairings:** Research which plants work well together and which ones should be kept apart. For example, tomatoes and basil are often recommended as companions, while tomatoes and potatoes should be kept separate to prevent the spread of disease.
- **Repel Pests with Aromatics:** Some aromatic herbs like basil, mint, and rosemary can help repel common garden pests when planted alongside susceptible crops. For instance, basil can deter aphids near tomato plants.
- **Attract Beneficial Insects:** Certain flowers, like marigolds and calendula, can attract pollinators and beneficial insects that prey on garden pests. Plant them strategically throughout your garden to promote a healthy ecosystem.
- **Utilize Vertical Space:** Consider planting vining vegetables like cucumbers and beans near tall plants like corn or sunflowers. This way, you can maximize your garden's use of vertical space and sunlight.
- **Monitor and Experiment:** Keep an eye on how different plant combinations work in your garden. Gardening is often a matter of trial and error, so be open to adjusting your companion planting strategies based on your observations and the specific conditions in your garden.

Benefits of Gardening Alone

- Reflection and meditation in a peaceful setting.
- A break from the noise and busyness of daily life.
- The joy of nurturing life and seeing God's creation at work.

Remember that just as Mary Magdalene encountered Jesus in the garden, you too can experience divine moments while tending to your garden. Gardening can be a form of prayer and a way to connect with the Creator as you witness the beauty and abundance of His creation. May your time in the garden be a reminder of the resurrection and the hope it brings and cultivates a confident faith.

Give thanks, in all seasons, a final prayer.

Heavenly Father, we thank you for the gift of gardening and the spiritual lessons it offers. As we tend to our gardens, may we feel Your presence and hear Your voice. Bless our efforts, and may our gardens be a source of joy, solace, and growth in faith. In Jesus' name, we pray. Amen.

Additional Activity

Make a Resurrection Garden. <https://usw-womensministries.org/april-2022-craft-resurrection-garden/>

About author



Captain Gin Pack

USA Western Territory

Education Programs

May 2026 – It Is Well With My Soul

May 1, 2026 By Lieutenant Kristin Boyd



It is Well With My Soul

Scripture: Psalm 23:1-3, Luke 5:16, 1 Thessalonians 5:23-24, 1 Corinthians 6:19-20

ICE BREAKERS

Mingle Bingo (See attached pdf Bingo Card)

Two truths and a lie – Share three “facts” about yourself – except one will be completely made up. The group has to guess which of your “facts” is a fib.

WORSHIP

“You Say” by Lauren Daigle <https://www.youtube.com/watch?v=slaT8Jl2zpl>

CRAFT

Epsom Salt Bath Crystals

What you'll need the following, which are available at Amazon:

- Coarse Grain Epsom Salt
- Essential Oils
- Dried Florals
- Glass Vials With Corks

Directions:

- Fill vial halfway with Epsom salt and add 5 drops of essential oil of choice
- Add a pinch of crumbled dried florals
- Replace cork and gently shake vial so Epsom salt and essential oil mix together
- Fill vial with Epsom salt, leaving room at the top
- Add 5 more drops of essential oil and a pinch of crumbled dried florals
- Replace cork and shake gently
- Enjoy by emptying contents into a warm bath and relax!

Spaghetti Dinner Fundraiser:

Territorial Project Video – Watch: <https://youtu.be/by-spGEUD8Y>

- Decide on a goal
 - a. How much do you want to Raise?
 - b. How many people would you like to attend?
 - c. How much should each ticket cost?)
- Decide on a date. Be sure to check your local, divisional, and territorial calendars to ensure your availability.
- Decide on entertainment.

TIPS:

- Make sure the vision is well-articulated and guests are aware of where their support is going.
- Consider offering an opportunity for local restaurants to sponsor the event and provide the food and beverages.
- Entertainment is important! Consider making it a community talent show!

GROUP CRAFT/SNACK

Budget-Friendly Charcuterie Board

Ingredients you'll need:

- Blackberries
- Grapes (red or green)
- Sliced Salami
- Block of White Cheddar Cheese
- Brie Cheese
- Blue Cheese Wedge
- Green Olives (Stuffed with pimento, garlic or jalapeño)
- Chocolate Bars
- Crackers
- Nuts

Not sure how to make a charcuterie board? Watch this video:

<https://www.youtube.com/watch?v=12M588-jT4w>

It Is Well With My Soul

When is the last time you asked yourself, “Hey self, how are you?” What would your honest answer be to this question? Sometimes when we are asked, we might reply with a simple response such as, “I’m fine.” But are we fine? It is common for women to run on fumes.

Have you visited the zoo and seen a flamingo that is a lighter in color than all of the other? That lighter colored one is a mother flamingo. She is lighter in color because she has young ones that she is caring for and she has given all that she has to them. All her energy, nutrients, time, and care have gone into meeting the needs of the ones who depend on her. She takes this role very seriously and gives all that she has to attending to their needs. It takes a very long time for the mother flamingo to get her pink color back.

This is one of the very few instances in nature where God presents us with a physical illustration of how depleted women can become while caring for others. She gives happily and freely, because God has created her to give life, nurture and protect her young. Caring for those she is entrusted with is a great privilege she is honored to fulfill. This is part of how we, as women, are made in the image of God, our creator, sustainer and protector. But are we forgetting to rest, recharge and prioritize self-care? Why is it important to protect our own mental health and wellness?

Often, we are left feeling like we are falling short. Have you thought, “I am trying so hard, but it is never enough.” The truth is, we are not broken. We are tired. God has intended for us to rest and recharge.

Psalms 23:1-3 says it best: “The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along right paths.” He doesn’t intend for us to be depleted creatures who are always thirsty, but never drink, or always tired but never rest. Sometimes, we confuse self-care with selfishness. Caring for yourself and taking time to refresh your soul is not selfish. It is your obedience to Him. It is evidence of you being a good steward of some of the greatest gifts he has given you—your mind, body and soul. When you care for yourself, you are equipping all parts of you; your entire self, to be available for God to use for the good of other people and for His glory.

Did you know Jesus often practiced self-care? The gospel tells us when He got tired, He resisted the temptation to run on fumes, and He rested. Luke 5:16 says “He would withdraw to desolate places and pray.” He knew the power of recharging.

Have you ever had a piece of technology stop working? What is the first thing tech support typically says to you? “Have you tried restarting it?” It’s amazing how that works! Nine times out of ten, if something is not working, unplugging it, waiting a moment, and then plugging it in again is all it takes. People are no different. When we are depleted, exhausted, empty and feeling like we are just at the end of our rope, rest is sometimes all we need. But how do we incorporate this as a spiritual discipline in our lives so that we do not get to the position of burn out in the first place?

Here is a simple daily plan to keep you in a place of peace and pouring from an overflowing fountain of blessing.

Pray – Upon waking up, spend a few quiet moments in prayer and do not “hang up the phone.” Meaning, do not end your prayer at all. Speak to God in the morning when you wake, listen to Him, and then keep the phone line open and live the day as if you are walking around with Him on the line with you. You can check in with Him and He with you. Live your day in a constant state of prayer.

Enjoy – Do something that brings you joy. Maybe it is journaling, going for a walk, or reading a good book. Give yourself permission to spend time every day doing something that brings you joy.

Ask – Ask God to fill your cup if you notice it getting low. He wants to sustain you. 1 Thessalonians 5:23-24 says “Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it.”

Create Space – So many of us feel that time is not on our side when it comes to self-care and our mental health. We can all make this excuse. We all have the same number of hours in our day. But we must realize that we can have excuses, or we can have results. We cannot have both. Give yourself permission to create space for you. You are not selfish. You are obedient. 1 Corinthians 6:19-20 says, “Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body.”

Escape – Take breaks! Jesus encouraged his followers in Mark 6:31 to come with Him and rest when they were all exhausted, even when there was more work to do. Their job was not finished, but they needed rest, so He said to them, “Come with me by yourselves to a quiet place and get some rest.” If you feel the need for a break, take the break. God keeps the world spinning, not us.

About the Author



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Education Programs

June 2026 – The Doughnut Principle

June 1, 2026 By Lieutenant Gina Noble



The Doughnut Principle

Scripture: Hebrews 11:1, Jeremiah 17:7, Philippians 1:6, Psalm 27:3

Activities

- Serve coffee and donuts at the USO or Veterans Hospital on Donut Day.
- Deliver handwritten cards of gratitude to the veterans thanking them for their service.
- Visit nursing homes with lap blankets and donut holes offering spiritual and emotional care to the residents.

Make Salvation Army Donuts. Here's a link to the original recipe.

<https://www.foodnetwork.com/recipes/the-famous-salvation-army-donut-recipe-recipe-2103906>

Ways to Celebrate National Donut Day

<https://thehousethatlarsbuilt.com/2023/05/5-ways-to-celebrate-national-donut-day.html/>

The Doughnut Principle

When my mom, Judith Hamlet arrived in Vietnam in 1963 with 12 other women of the Army Nurse Corps to serve their country, they had no idea what to expect. They traveled on a ship filled with men to a foreign land and into war combat. They hoped to make a difference, not just physically with their nursing skills, but emotionally and psychologically, caring for the men who valiantly fought the war. My mom will tell you that it was the scariest experience of her life, but also the most adventurous one, where she exercised her faith and developed and utilized her greatest confidence.

When The Salvation Army sent women to the frontlines of battle in France in 1917, they also traveled faraway from home to simply serve. They were called to live out a confident faith, in an unknown and dangerous place, believing that they could make a difference. Hebrews 11:1 says, "Now faith is confidence in what we hope for and assurance about what we don't see." Like my mom, they willingly went to serve, not knowing what that service would entail.

They were sent to WW1 to serve as God's confident messengers to the troops on the frontlines, just as we as are all sent to serve, as God's confident messengers, to the everyday war against sin. Jeremiah 17:7 says, "But blessed is the one who trusts in the Lord, whose confidence is in him."

John J. Pershing, General in The United States Army, and Evangeline Booth, National Commander of The Salvation Army specifically sent the doughnut girls to boost the morale of the military men. In support of U.S. soldiers fighting in France during WWI, about 250 Salvation Army volunteers traveled overseas and set up small huts located near the front lines where they could give soldiers clothes, supplies and, of course, baked goods.

Two volunteers began frying donuts in soldiers' helmets. These tasty treats boosted morale and won the hearts of many soldiers. Nicknamed "Donut Lassies," the women who served donuts to troops are often credited with popularizing the donut in the United States when the troops (nicknamed "doughboys") returned home from war.

They developed donuts from the resources available to not only satisfy physical hunger, but to nourish spiritual need. What they did with rustic dough fried in a helmet was amazing. The donut became the comfort food for the front lines, assured the troops they were supported from home, and boosted their confidence.

The volunteers 'donated' so much more than donuts. Women on the front lines, not only reflected, but brought confidence to life by trusting in the abilities and qualities God had placed in them. As we can imagine, the scarcity of resources was a challenge. They put all of themselves in those donuts that became more than a physical but spiritual meal, bringing up the confidence to the valiant soldiers. Our confidence in God can be spread through service reminding others that God is there, and He will faithfully complete His work and purpose in us, no matter the circumstances.

Philippians 1:6 says, "Being confident of this, that He who began a good work in you will carry it to completion until the day of Christ Jesus."

We are reminded of God's good work in us. This scripture is a statement of great confidence and assures us that we are being transformed into the image and likeness of Christ. Our hearts, minds, desires, character and will are works in progress and we can confidently rely on upon God to finish His work.

Sometimes we are willing to serve, but our strength is tested. We are placed in an unknown situation, where we have no instruction manual, and we need to be resourceful. This could lead to us being overwhelmed and left wondering what exactly we signed up for? Can you imagine how being one of very few females in an environment of all men, could easily test your confidence?

We are all, individually and congregationally, sent to serve those in need, with genuine care and compassion. The battlefield is the world we live in, and the communities we call home. The huts are the places we spend time with each other and invite friends in. The frontlines are in our homes among our parents, children, and families.

We are to be confident. Rely on God. Work with each other. Impact community. Inspire the world. Psalm 27:3 says, "Though an army encamp against me, my heart shall not fear; though war rise against me, yet I will be confident." We can be confident, despite fear. The Oxford dictionary definition of confidence is "the feeling of belief that one can rely on someone or something: firm trust." Confidence is a feeling of self-assurance arising from one's appreciation of one's own abilities or qualities. Example: "she is brimming with confidence." Confidence in God, ourselves and each other.

This month we celebrate what was started over a century ago. National Donut Day started in 1938 in Chicago as a tribute to The Salvation Army "Donut Lassies" who supported our troops on the front lines during World War I. It is celebrated annually on the first Friday in June. This year, that will be Friday, June 5th.

May we be like the Donut Girls, filled with powerful confidence. May we boldly go and serve, knowing that we are making a difference.

References:

[Salvation Army Doughnut Girls of WWI – YouTube](#)

<https://centralusa.salvationarmy.org/northcentralillinois/donut-day-history/>

[https://www.worldwar1centennial.org/index.php/communicate/press-media/wwi-centennial-news/3929-doughnut-girls-the-women-who-fried-donuts-and-dodged-bombs-on-the-front-lines-of-world-war-](https://www.worldwar1centennial.org/index.php/communicate/press-media/wwi-centennial-news/3929-doughnut-girls-the-women-who-fried-donuts-and-dodged-bombs-on-the-front-lines-of-world-war-1)

Education Programs

July 2026 – Jesus Etiquette and Table Talk

July 1, 2026 By Major Nancy Helms



Jesus Etiquette and Table Talk

Scripture: Luke 14:12-14, Acts 2:42-47

This program is in observance of July being National Disability Awareness Month.

Tables are an essence fixture. Often fixtures can help create space for powerful life events – both good and bad. Peace treaties and wars have been initiated around tables. Wedding papers and divorce papers have been signed at tables. Conversations of encouragement, as well as conversations of slander have taken place around tables. Table time is important to my family. Tables are a safe and sacred space where we play games, pray, talk, listen, build puzzles, write encouraging cards, and share meals together. A lot of good memories have taken place around our dining room table. I think it's fair to say, the table can be a place of connection, disconnection, brokenness, healing, encouragement, slander, blessing and cursing.

Jesus didn't have a particular people group he ate with. He dined with the rich and the poor, the abled and disabled, women and men, young and old, every race, sinner and saint. The Pharisees were certainly a bold and presumptuous group of individuals, which many might have wanted to ignore. But Jesus shared meals with them on occasion, too. As members of an ancient Jewish sect, distinguished by strict observance of the traditional and written law, they were of the mindset that they held superior sanctity over others. Jesus often turned the tables on their backwards theology. Where they tried setting traps at the table by exploiting people, Jesus reminded them that "those who exalt themselves will be humbled and, and those who humble themselves will be exalted" (Luke 14:11). Jesus cautioned them that the outcasts of society should have the seat of highest honor.

In Luke 14, Jesus addresses the Pharisees on table etiquette. They just loved to have the seat of distinction and had the habit of inviting prominent guests to their banquets. Jesus looked around the table and noticed how the guests picked the places of honor. He told the host, "When you give a luncheon or dinner, do not invite your friends, your brothers or sisters, your relatives, or your rich neighbors; if you do, they may invite you back and so you will be repaid. But when you give a banquet, invite the poor, the crippled, the lame, the blind, and you will be blessed. Although they cannot repay you, you will be repaid at the resurrection of the righteous" (Luke 14:12-14). This is God's proper kingdom etiquette.

The early Church of Acts participated in a table set for the whosoever. Everyone was welcomed and no person had any need. "All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need" (Acts 2:44-45). Acts 4: 34 says, "there were no needy persons among them." What a beautiful image. Everyone had a place at the table, and not a single soul was left in the margins. This is the Gospel lived out in the early Church. This is the Gospel lived and taught by Jesus. This is the Gospel we should still be living out today. Every single soul should have a place at the table, and every soul should have their needs met. Debie Thomas, in an article entitled, "Table Manners," says, "Jesus asks us to believe that our behavior at the table matters — because it does. Where we sit speaks volumes, and the people whom we choose to welcome reveals the stuff of our souls."

In our faith communities, those with disabilities are often missing from our tables. Stats show that around 80% of families affected by disabilities do not attend church because they have felt isolated, ostracized and alone. Think of some practical ways you can adapt your tables to include those with all types of disabilities who might be missing.

Discuss

- 1 How can we shift our seating orders and adjust our table manners/attitudes so that the last will be first and the least will be greatest?
- 2 Who do you know in the disability community that you can welcome as a friend, and offer a seat of belonging in your ministry circles?
- 3 What do you think it means to meet human need in the name of Jesus, without discrimination?

Identify

Dialogue about the following disabilities and your understanding of them based on experience and awareness:

Cerebral Palsy

Mobility disabilities

Deafness

Blindness

Cognitive impairment

Dyslexia

Down Syndrome

Autism Spectrum Disorder

Mental Health Disorders

Activity

Gather around a table or tables and practice the following activities, finding ways to make it so that the person with the identified disability could belong, as well:

- Your women's group is going to wrap gifts for Christmas outreach that includes cutting paper and tying bows – one woman has cerebral palsy and can only use one hand. Provide supplies and have someone try wrapping a present with one hand behind their back. How could you help the woman with CP to fully participate?
- Read Scripture for women's ministry event. The person you are asking to read is legally blind. Blindfold a woman, hand her a Bible and ask her to read Scripture. How could you make it so the woman who is blind can fully participate?
- You are presenting a devotional and one of your women is deaf. Give someone noise canceling earphones and ask her how it felt to miss what was shared. How can you allow the person who is deaf to fully participate?

- You attend a women's retreat that has a very loud worship team. One woman is autistic and sensitive to loud noises. How can she be present, without being overwhelmed by the stimulation from the noise?
- It's women's ministry Sunday and your women's group is going to present a responsive reading. One woman is in a wheelchair and doesn't have access to platform. How can she participate like everyone else, without being isolated?
- It's prayer time and everyone is silent. One woman with a cognitive disability has a hard time staying quiet. How do you let her belong without asking her to change?
- Your group is writing encouraging notes to take to a nursing home. One woman in your group has a cognitive impairment and can't spell words. How might she participate?

Prayer

Father, Son and Holy Spirit, thank you for including us and choosing us to have seats of honor at Your table. As we turn our hearts to you, help us to turn our tables to others.

About author



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Education Programs

August 2026 – Country Roads Take Me Home

August 1, 2026 By Captain Stephanie Pavlakis



Country Roads Take Me Home

Scripture: Deuteronomy 31:8

Décor

Placed toy cars on the roadmaps as the centerpieces. Roadmaps can be found at AAA or print online from Google maps. If doing a place setting, use maps printed on 8.5×11 or legal-size paper as

placemats.

Provide each woman with a travel journal to record their notes and tips. This can be an inexpensive notebook from the dollar store. Fun stickers, pens, and markers to personalize their journals are an excellent bonus. Through this program there will be opportunities for women to contribute to their travel journals in preparation for future trips.

Here are a few suggestions:

- Date of trip
- Location – where are you going
- Top three memories
- Favorite food, favorite restaurant
- Who I met
- A mishap

Snacks

Ask each woman to bring her favorite road trip snack to share. If looking for a more substantial meal, just switch it to favorite road trip meal. For example, our favorite road trip snack is meat and cheese. We make a mobile charcuterie board! For favorite meal, I love stopping at Cracker Barrel on road trips and I always get the chicken and dumplings. Consider providing a small charcuterie board or a crockpot of chicken and dumplings.

This is a great way of collecting snack ideas for your next road trip! Encourage the women to take notes in their “travel journals.”

Icebreaker #1

Take turns sharing about your most memorable road trip. This could be memorable for a good reason or memorable for all the wrong reasons. Women can note in their “travel journals” tips they learn from each other’s stories.

Icebreaker #2

Ask each person to share their dream road trip. Where would they go, what time of year, and who would it be with?

Icebreaker #3

Provide simple black and white maps of the state, the country, and the world along with colored pencils. Ask the women to color in places they visited on the map. On the state map, you might ask them to

draw a small picture or write a couple words about what they did in each location. This will provide opportunity for your world travelers and your homebodies to share and participate equally.

Game

Road trips can go a lot quicker when you're having fun! Check out this link for a great list of road trip games. Share the whole list or just a few games with your group. Then choose one game to try out together.

<https://www.realsimple.com/work-life/family/relationships/couples-road-trip-games>

Road Trip Tips

One of the best sources for road trip tips is each other. Using a giant notepad or whiteboard make categories and designate a scribe. For very large groups, break them into tabletop groups so more people have a chance to share.

Categories can include things like:

- Packing tips
- Favorite pit stops
- How to find the best bathrooms
- Best places to road trip through

Here's one of my tips: For bathrooms, we try to plan stops at Starbucks or Target. These provide opportunity for a snack break and a leg stretch. When our kids were with us, we try to find rest stops that have playgrounds or big grassy areas where they can run around for a bit. If we had enough time, I'd try to plan pitstops in advance to include fun destinations and viewpoints so it provides something more to look forward to and break up the trip.

Craft

Design a dream road trip! Collect a variety of old magazines. Provide scissors, glue sticks, and card stocks. Each woman could cut out pictures that represent a dream road trip or destination to them. They should keep going until the entire page is full. Then the women can take turns sharing about their collage. These can be as fun and outlandish as they like, maybe even a road trip to outer space!

Scripture

Deuteronomy 31:8 "The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged." (NIV)

The Ultimate Road Trip

The Israelites had been on the ultimate road trip. After some not so good choices, some spiritual wrong turns, their trip had been expanded into a forty-year wandering. Now they were finally nearing their destination—the Promise Land.

It's here in Deuteronomy 31 that they also learn of Moses' successor. Moses has been their leader for so long; the only leader they've had besides Aaron, the high priest. It was Moses who brought them out of Egypt, but it will not be Moses who brings them into the Promise Land. That will be Joshua, Moses' assistant.

Moses had assembled all the Israelites, brought Joshua to the front, and spoke these words over them. Deuteronomy 31:8 "The Lord himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged." (NIV). The road trip would look very different going forward. They were entering unknown territory into a land filled with an unknown people with a leader who was much less known to them than Moses had been. It could have been a terrifying time.

And yet they were called to be courageous because while much was changing, the mapmaker was the same. God had been with them in the desert. He had not abandoned them in their wandering, and He would not abandon them now. Joshua and the Israelites could be courageous because ultimately it was God going before them and alongside them. They were not alone.

Very few of us know what the future holds. Perhaps it seems your road trip has taken a turn into the unknown. Maybe God is calling you to move forward into places and spaces you haven't ventured before. Or maybe it just seems like nothing is going the way you have planned. You do all the right things, but it just never works out in your favor. Don't give up. Continue to be courageous, following the Lord, walking in His ways as He maps the course. We serve a God who is the ultimate mapmaker, and He loves us more than enough to not lead us astray. This is not a God who will forget you in the desert or lead you down paths where He will not go with you. Not only is He the mapmaker, but He's also the best road trip companion. So, take courage on this road trip of a lifetime and enjoy the ride.

About author



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Education Programs

September 2026 – You've Got a Friend in Me

September 1, 2026 By Major Monica Covert



You've Got a Friend in Me

Scripture: Proverbs 27:9,17; Ecclesiastes 4:9-12

Introduction

In honor of National Friendship month, we'll learn how to make friends as adults and combat loneliness. Making friends in adulthood is not an easy task. Friends can enrich our lives and even improve our health. When we lean in and deepen our connections with those around us, we create opportunities to receive the beautiful blessings found in this gift from God. Friendships are stamped into our spiritual DNA and they benefit us spiritually, physically, mentally and emotionally.

Decorations and Room Set Up

- Place vases or mason jars filled with yellow roses throughout the room.
- Put a colorful beaded friendship bracelet around each vase or mason jar.
- Display small frames with scriptures and poems about friendships.
- At each place setting, place an artificial yellow rose with a ribbon.

Six Ways to Make New Friends

- If you want to make new friends, you need to go where the people are—churches, Bible studies, an event at another church, coffee shops, the library, a gym or a job. Can you give other examples?
- Simply going to places is not enough, you also need to get involved and get to know people. What are some ways you can get to know others better?
- Once you meet people and begin to know them better, it's time to reach out and get intentional. What are some ways to make this happen?
- Put together some fun gatherings where women can bring their friends, and all get to know each other and offer encouragement. What are some examples?
- Thanks to technology, people all over the world are more accessible than ever before. Where are some places to look?

<https://equippinggodlywomen.com/community/six-ways-to-develop-close-godly-friendships/>

Friendship Bracelets

Making friendship bracelets is fun and can bring you joy, especially when you give them to others. Simply seeing the reaction of someone receiving this handmade gift is enough to increase your own joy.

Supplies Needed

- Beads – Colorful pony and letter beads can be found on Amazon or at any craft store. Specific letters can be purchased in bulk to spell out FRIENDS.
- Stretchy Bead Cord – .5mm stretchy string is ideal.
- Small binder clips
- Scissors

Instructions

- Plan out the colors and beads you need. Lay out the beads and decide on the pattern or order of how you will string them.
- Cut a 12" piece of stretchy bead cord.
- Attach a small binder clip to one end of the stretchy bead cord. This keeps the beads from falling off the end of the string as you are threading them.
- String beads in the design or pattern that you like. In this project, string the letters that spell out FRIENDS or a related word/phrase.
- Double knot the cord and trim excess.

Friendship

The nostalgic trend representing friendship exploded during the Taylor Swift Eras Tour of 2023. The friendship bracelet craze was inspired by the lyrics of a song written by Swift, "So make the friendship bracelets, take the moment and taste it ... you've got no reason to be afraid." The fans, known as 'Swifties', took this literally and thousands of friendship bracelets were made and exchanged during each of her concerts around the world. Many concert goers described the exchange and introduction with fellow fans as the most incredible joy experienced. My own daughter even said, "... it was like being in a room filled with thousands of your best and closest friends!"

The first step to any friendship is the introduction, much like the ones that took place when Swifties exchanged friendship bracelets. But some people are afraid to take the first step of saying hello and introducing themselves. It's usually this first step that keeps us from moving onto the next, which is when we get to really know the other person and develop the friendship.

I love the quote from Basil of Caesarea, which says, "The Creator arranged things so that we need each other." It's true! We were never meant to journey on this life alone. In fact, our holy calling is friendship. When we lean into others and connect with them, whether it's for a lifetime or just a season, we open ourselves up to receiving one of the most incredible gifts from the Lord—friendship. It's through this gift, that we can be spurred on and propelled toward Jesus to become the best version of ourselves.

King Solomon wrote a lot about life's meaning. One of those topics centered on the importance of friendships. Not just superficial friendships, but the kind that are deeply connected with one another and filled with love, trust, loyalty, accountability, and support. The kind that points us to Jesus and helps us to persevere when we're feeling stuck or lonely.

Proverbs 27:9 says, "Perfume and incense bring joy to the heart, and the pleasantness of a friend springs from their heartfelt advice." True friends seek our best interest. Solomon goes on to say in Proverbs 27:17, "As iron sharpens iron, so one person sharpens another." This is what true friendship is all about. It involves helping each other to be better in all aspects of our lives – spiritually, physically, mentally and emotionally.

Friendships are complex. As we get older, it becomes more challenging to maintain them because we're busier or perhaps we've been hurt in the past and we're afraid to open our hearts. But once again, we

find King Solomon reminding us of the value of a friend in Ecclesiastes 4:9-12, "Two are better than one, because they have a good reward for their labor. If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

No one is exempt from some form of loneliness. No person can live an isolated life and expect to thrive. King Solomon was surrounded by crowds, wealth, possessions, and honor, yet he wrote about the importance of having and keeping faithful friends over all of that. Friendships are not easy, they take effort, sacrifice, vulnerability. At times, they're inconvenient and cause us hurt. But sweet friendship centered in Christ, refreshes the soul and awakens our hearts with joy ... it's worth it!

Today, there are so many ways to stay in touch: emails, texts, face time, phone calls or even good ole' fashion letters or cards sent through snail mail. A good friend is made by the quality of communication, not the amount. Don't be afraid to take the first step of saying hello, introducing yourself or even exchanging a friendship bracelet like the thousands of Taylor Swift fans did. But don't stop there, take the next step of enjoying this beautiful gift and nurture it. We all need good friends, and we also need to be good friends. Surround yourself with people who will help you be the best that you can be and do the same for them. There's a friend in each one of us and we need each other, it's how God made us!

Prayer

Lord, thank you so much for the gift of friendship. The friends that you have placed in my life are a blessing to me and I pray that I can be a blessing to them as well. Help me to nourish those friendships and put effort into them, so that they grow in you. Lord, thank you for being my best friend and for being the perfect example of true friendship.

Resources and References

Equipping Godly Women –

"Need More Christian Friends? Here are 6 ways to Find Them" by Brittany Ann

<https://equippinggodlywomen.com/community/six-ways-to-develop-close-godly-friendships/>

Friendship for Grown-Ups: What I Missed and Learned Along the Way by Lisa Whelchel

Spiritual Disciplines Handbook: Practices That Transform Us by Adele Ahlberg Calhoun, Chapter: Spiritual Friendships

Mayo Clinic Article – "Friendships: Enrich Your Life and Improve Your Health"

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860>

Los Angeles Christian Counseling – "Dealing with Loneliness as a Christian"

<https://lchristiancounseling.com/articles/dealing-with-loneliness-as-a-christian>

Everyday Health – "Why Friendships Are So Important to Well-Being" by Moira Lawler

<https://www.everydayhealth.com/emotional-health/social-support.aspx>

About the Author



Major Monica Covert

USA Western Territory

FELLOWSHIP



THE SALVATION ARMY
WOMEN'S MINISTRIES RESOURCES

CONFIDENT FAITH

2025-2026 PROGRAM YEAR

"Now faith is confidence in what we hope for
and assurance about what we do not see."

Hebrews 11:1



Fellowship Programs

October 2025 – S'more Stories

October 1, 2025 By Major Jennifer Ortman



S'more Stories

Preparation

- Choose an outdoor location with a good space for a bonfire. This might be at your home or to ask one of the women to host it in their backyard. Setup an area with enough seating for everyone, away from the smoke.
- If holding the meeting outdoors is difficult for your group, set the chairs in a circle in the meeting room around a fake bonfire. You can serve "Indoor S'mores." The recipe is available at Onceuponachef.com. Search on Indoor S'mores.
- If the weather is cool, make sure to let the women know to dress warm or provide some blankets. October is the perfect time for this activity, especially in the northern states, as the fall air starts to turn crisp and there are plenty of dead leaves for kindling.
- When an activity involves fire, make sure to practice good safety habits by having a source of water nearby to put out the fire if it needs to be extinguished quickly. Use a metal or brick fire pit or ring to contain the fire. You may also want to designate someone as a fire keeper to get your fire going to build the hot coals that are perfect for s'mores.

Refreshment

The S'mores activity can be introduced as soon as the fire is at a good roasting level. This main snack is a traditional bonfire staple, but you could consider going gourmet. Chocolate comes in many forms with add-ins like peanut butter cups, mint patties or even nuts, or crushed Oreo cookies. Stroopwafles can give the night an elevated taste, if offered in place of the traditional graham crackers. Encourage the women to help each other, especially if there are any mobility concerns in the group.

Sharing Time

Sharing our personal stories is important in helping to restore and build our faith. Once everyone has eaten their S'mores, start the time of sharing stories. Preparing the women ahead of time letting them know that there will be a time of sharing. You can also break the ice by sharing your own story first. Here are some questions you can ask them to answer:

- If you could have dinner with any Bible character, who would it be and why?
- What is your favorite Bible story or book and why?
- Describe a time when you feel your faith was tested.
- If you could ask God to explain one thing you do not understand, what would it be and why?
- What one person has had the most influence on your faith? How?
- Are there any special traditions or practices that you have helped you grow in your faith? How?
- What song lyric or scripture best describes your faith life? Why?
- Tell us about a mountaintop experience in your faith and how God moved in your life.
- Have you ever witnessed something you would describe as miraculous?
- If you could give a younger person advice about walking in faith, what would you say?
- Tell about a time when you knew God was close.

If you have a chatty group, consider using a timer for each speaker or a talking stick to be passed around so that everyone gets a chance to share. However, always give the option to pass as no one should be forced to share if they are not comfortable.

When the sharing winds down, share the devotional thought. Conclude the evening with prayer and singing choruses at a campfire. Some suggestions could be “What the Lord has done for me.” “Turn Your Eyes Upon Jesus” or “Blessed Assurance; with special emphasis on the chorus lyric “This is my story, this is my song.”

Hall of Faith

Hebrews 11 is often referred to as the “Hall of Faith.” It is forty verses that speed through short summaries of some of the big stories of the Old Testament. It lists out commendations for the faith of its major characters, by sharing their stories. However, it really shares the big story of who God is and how we can experience Him by faith. The passage describes what we can see; to assure us we can have confident faith in what we cannot see – the end of the story.

By faith we understand that God as the creator of the universe made it from nothing. We see God was worshipped properly by Abel and that Enoch pleased God and was rewarded for faithfully seeking Him. We see Noah acting in holy fear to build an ark and then inheriting righteousness. Abraham’s obedience, along with Sarah’s, led to Isaac and Jacob’s faith and the foundation of a great nation that would become the people of God. Joseph, Moses, Rahab all get individual mentions before the passage speeds faster through a list of names of so many more stories of faithful men and women who acted by faith and were commended for it.

The author ends with his ultimate point – there is still more to the whole story. Verse 40 tells us that God has planned something better for us all. Hebrews 11:40 tells us, “These were all commended for their faith, yet none of them received what had been promised, since God had planned something better for us so that only together with us would they be made perfect” (NIV) And the next chapter goes on to tell us to keep walking in faith, which can now be placed in someone we can see, know, and have a personal relationship with—Jesus.

We read in Hebrews 12:1,2,3 “Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before Him He endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Consider Him who endured such opposition from sinners, so that you will not grow weary and lose heart.” (NIV) God is made known through us, in our stories also. When we tell our faith stories, fixing our eyes on Jesus, we show how God has written His story into our lives. What role does God play in your story? Is He in the right role or does He need to be recast as the main character?

About the Author



Major Jennifer Ortman

USA Central Territory

Fellowship Programs

November 2025 – Faithful

November 1, 2025 By Major Melissa Shiels



Faithful

Scripture: “Therefore, let us keep the festival, not with the old bread leavened with malice and wickedness, but with the unleavened bread of sincerity and truth” (1 Corinthians 5:8. NIV).

Set up

Set up the tables like a family dining room. Use dishes from the thrift store for the various food items that will be shared. Provide recipe cards for the women to copy the recipes for food that they would like to try in their own home. Or pre-print some of the recipes. Set up a table at the front of the room for the cooking demonstration.

Program Ideas

- Ask everyone to bring a family recipe to share. Give them time to explain what memories their family recipe brings.
- Ask five women to prepare a crockpot meal for everyone to sample.
- Ask someone to demonstrate their favorite easy recipe that is a family favorite.
- Put the women into groups and have a “Chopped” competition. They are to cook an appetizer, meal, or dessert with only the ingredients provided in their bag.
- Bake cookies three different ways leaving out an ingredient. Talk about how that affects the way the cookies taste, look or bake. Discuss how our spiritual life is affected when we leave God out.
- Watch a cooking show and talk about how the host introduces the ingredients in the dish. How can we better display God’s roll in our life and the life of others, highlighting the good things He does?
- Invite a local chef to do a cooking demonstration with the emphasis of using the best healthy ingredients.

Festivals

Festivals are designed to bring joy to people. It is a time where they gather to enjoy great food, fellowship, and fun. As we look at 1 Corinthians 5:8, we see that Paul is reminding the church to keep the festival ... not with the old bread of wickedness and evil, but with the new bread of sincerity and truth.” That is a reminder to keep our Christian lives clean, fun, and joyful and not to turn back to our old ways of living.

Our Christian Walk should be like a festival that is filled with joy, sincerity, and truth. At times we can find that we will be faced with the temptation of sin, and human malice. Because the human heart is deceitful, we must ask God, the Holy Spirit to clean out our hearts, our souls and our minds of the sinful temptations that can produce malice and wickedness in our thoughts and in our actions.

Just like the festivals around us that are planned with the intention of bringing fun and joy to people in the community, our Christian Walk should be centered around showing the love of Christ to the people in our community and sphere of influence. That when they look at us, they will see Jesus.

In making a good meal for our family, friends, or church members, we must be careful with the ingredients that we use. If we use too much cayenne pepper it could make the meal too spicy for some to enjoy. We could use expired ingredients, which would not bring out the full flavor of the meal and result in making it not taste as good as intended. But when we use the proper ingredients, we make a meal with love that provides good nourishment to others. We need to use our evil human intentions and trade them in for the sincerity and truth found in the gospel. We need to keep in our relationship with Christ foremost, showing His love to each other.

As we go through our week, may we be aware of using the good “ingredients” of our Christian Walk with others to bring our community closer to Christ.

About the Author



Major Melissa Shiels

USA Central Territory

Fellowship Programs

December 2025 – Faith, Hope and Love

December 1, 2025 By Charlsie Godwin



Faith, Hope and Love

The Christmas season is the perfect time of year to reflect on faith, hope, and assurance of a better tomorrow. Take advantage of the many festivities in your community by being a part of an even-song program, a holiday concert at the high school, or a Christmas play. Beginning or ending the festivities with punch and cookies at a set location.

Plan this meeting weeks in advance to give the women an opportunity to place it on their calendars and invite friends. Whether you meet at the Corps, provide transportation, or arrange to meet at one specific place, will depend on the needs of the women.

No matter your town's size, there is usually something to do together during the month of December. Ahead of time, invite the women to research activities in your area and decide on an outing that most of the women would enjoy. Here is a list of common options:

- Visiting a Christmas tree farm.
- Attend a local school or church choir concert.
- Attend the annual Christmas Parade.
- Go Caroling in a local nursing and rehabilitation center.
- Visit a Christmas Light display or neighborhood with the best lights.
- Visit a live nativity.
- Attend the city's Christmas tree lighting ceremony.
- Attend a Christmas play.
- Attend a Christmas program at a local church

Before the outing, prepare a Christmas Bingo card that they have to complete during the time together. Provide pens or ask them to bring their own. Have a few simple prizes for the winners along the way: candy canes, hot cocoa bombs, chocolates, or a Christmas tree cake.

Create your own bingo cards for free on Canva.com.

<https://myfreebingocards.com/bingo-card-generator>

Many women may not have the opportunity to take part in Christmas festivities due to finances, transportation, or simply because they do not want to attend alone. This is a time to create wonderful memories.

If an outing is not possible, here are a few fellowship ideas:

- Host a gingerbread home decorating contest
- Create a Christmas card wreath. Have each woman bring five homemade or store-bought Christmas cards. Use a wreath form and attach cards with mini clothes pins. Decorate with ribbon, pinecones. Check YouTube for easy directions.
- Cinnamon stick reindeer – Make reindeer figures by gluing cinnamon sticks together with google eyes and red pom-pom noses. Use jute to make harnesses. Check YouTube for directions.

- Snow globe ornaments – Fill plastic ornament balls half full of white confetti to make “snow.” Add mini figurines like angels, trees, or stars. Seal tops with hot glue.
- Decorated notebooks – Cover plain notebooks with wrapping paper. Add stickers, washi tape, ribbon. These can be used to journal reflections afterward.

As you close your time together, gather around for a time of devotion and refreshments. Refreshment options could be:

- –Christmas Punch
- –Hot cocoa bar
- –Christmas Cookies
- –Christmas themed popcorn bar

Faith, Hope, and Love—The True Gifts of Christmas

I am so glad we can gather to focus our hearts on the true meaning of Christmas and reflect on the gifts of faith, hope, and love we have through Jesus. Let us start by coming before the Lord in prayer.

The Gifts that Truly Keep Giving

It is the most wonderful time of the year! As the familiar sights and sounds of the Christmas season surround us once again, our attention turns towards gift giving and receiving. Stores overflow with advertisements for the latest gadgets, toys, appliances, and more—all the things money can buy. But as followers of Jesus, we know that the true gifts of Christmas reflect so much more. 1 Corinthians 13:13 says, “And now these three remain: faith, hope and love. But the greatest of these is love.” These gifts that Paul describes are available to us every day because of what we celebrate at Christmastime—the incredible gift of Jesus coming to earth out of God’s perfect love for us.

On that starlit night so long ago, hope was born to a weary world in the unlikely form of a newborn King, wrapped in cloths and lying in a manger. This was the promise of God to His people coming to fruition. Through His birth, life, death and resurrection, Jesus made a way for us to live in right relationship with God, free from the grip of sin and death.

Christmas reminds us of the faithfulness of God to fulfill His promises. Despite impossible circumstances, He sent the Savior who was prophesied. When God says He will do something, He does it! As we put our trust in Him, our faith is strengthened. No matter what we face in this earthly life, God is faithful. He is working and moving in ways we cannot yet see or understand fully. But He is true to His Word. Christ’s arrival also gives us an unshakable, eternal hope. The trials and pain of this life are temporary, but Jesus came to make all things new. Though the brokenness around us is deep, darkness will not have the final word. Someday, if we dedicate our life to the Lord, we will be with our Savior face-to-face, and His Kingdom will reign forever. What incredible joy this future hope brings. It is a light to guide our path today.

Most importantly, Christmas reminds us of the greatest gift—God’s perfect love portrayed through His son. “For God so loved the world that He gave His one and only Son...” (John 3:16). Undeserved and

unbelievable, it is a love that rescues, restores, and redeems. When we accept the gift of salvation Jesus offers, we are no longer defined by our mistakes and shortcomings. We are called sons and daughters of the Most High God, and nothing can separate us from His love.

Reflection

As you reflect on the true meaning of Christmas, consider these questions:

- How does remembering God's faithfulness encourage you as you face difficulties or an uncertain future? What promises of God can you cling to?
- How does the eternal hope Jesus gives reshape your perspective and priorities in daily life? What needs redeeming in your life right now?
- How can you reflect the self-giving love of Jesus to others this Christmas season through your words, actions, and generosity?
- May the gifts of faith, hope and love fill you afresh this Christmas as we celebrate Immanuel – God with us! He is the gift that truly keeps on giving.

Closing Prayer

Lord, thank You for fulfilling Your promises and sending the greatest gift of all—Your own perfect Son. Please deepen my understanding of Your faithfulness, hope, and love this Christmas. Help me walk fully in the gifts You offer through Your amazing grace. Amen.

Fellowship Programs

January 2026 – Confident Faith - Image Bearer

January 1, 2026 By Captain Dana Bigelow



Confident Faith – Image Bearer

Psalm 139:14 “I praise you because I am fearfully and wonderfully made; Your works are wonderful; I know that full well.”

Activity – Thrift Shopping and Fashion Show

- Take the women shopping at the local thrift store for an outfit to wear for a winter fashion show
- Ask each woman to write a story of where she found the outfit, what she likes about it and why she chose to wear it.
- If there is not a thrift store in town, or if finances are concerning, have women bring a themed outfit from their closet to wear for the fashion show.
- Invite the women to bring clothes and accessories that are in good condition, but no longer fit them, for a clothing exchange. Include these items in the fashion show.
- Door prizes could include coupons to go back to the thrift store.

Activity – Food, Fashion Sense and the Favor of God

- Serve flower cupcakes, or Barbie doll with cake skirt. Check Pinterest for ideas.
- Use small mirrors, as table favors.
- Have someone lead in a short presentation on the following subjects:
 - How to match colors
 - <https://www.stylecraze.com/articles/how-to-match-the-colors-of-your-clothes/>
 - How to dress for your body type
 - <https://thewelldressedlife.com/how-to-dress-your-body-type/>
 - How to dress for your personality type
 - <https://thegreenhubonline.com/whats-your-style-personality-take-the-quiz-to-find-out/>
- Label one sheet of paper for each woman's name, and tape to the walls around the room. Have women go paper to paper, writing down one way they see the image of God in each person.
- Put Scripture verses at each place on how we are made in the image of God. Have women read their verse for the group:
 - Ephesians 2:10
 - Genesis 1:27
 - Colossians 3:10
 - Romans 8:29
 - 2 Corinthians 3:18
 - Ephesians 4:24
 - 1 Corinthians 15:49
 - 1 John 3:2

Fashion Show Decor

Use the chapel platform for your fashion show or create a runway space with cloth or even a roll of paper for a “red carpet.” Use a microphone and fun background music to set a fun, upbeat tone. Some spot lighting or white lights on the floor would add to the atmosphere.

Transformation

Many people think of The Salvation Army as a thrift store for finding treasures, the ringing of the bells at Christmas, or asking for money to help others in need. They are surprised when we say that's where we attend church and worship God. For many of us it is where we grew up and first met the Lord. Even though part of The Salvation Army's mission is to help meet the needs of others through our thrift stores or ringing bells, our main aim is to share the love of Christ and introduce others to Him.

Sometimes for others, and us, it is hard to move past the lie that God's love is only for other people; that we are just not good enough. We find ourselves focusing on the importance of doing the good deeds. Of trying to earn God's love and forget that what He wants is to have a personal relationship with us.

While attending a summer camp as a young girl, an officer talked about the scripture verse from Psalm 103:12, which says, "He has removed our sins as far from us as the east is from the west" (NLT). She explained that "as far as the east is from the west" meant that the distance went on and on and on, and that by Christ dying on the cross for our sins and rising again from the dead, the price had been paid for my sins and I could now be reconciled with God.

I remember going forward to pray with a group of girls from my cabin; snot-crying as we realized how much God loved us. Although that was the moment that I decided to follow Jesus' teaching in my life, there have been several times since where I have struggled to remember God's love for me. We somehow get it twisted, and begin the chase for God's love, believing that the only way we can reach it is by climbing a ladder of good deeds to get closer and closer to God.

I can sometimes still fall into this trap. I think that if I just work hard enough. If I just help enough people, then God will be super proud of me and will love me. It is then that God reminds me, "But God showed His great love for us by sending Christ to die for us while we were still sinners" (Romans 5:8). It wasn't after God saw all of the nice things we were doing, or the amount of hours of service we had given, but it was while I/we were still sinners, doing the wrong thing and separated from Him, that He sent his one and only Son—to not only die on the cross for our sins, but to rise again so we can be reconciled with Him.

It is like the clothes that we picked up at the thrift store. These clothes were discarded—not needed by the person who previously owned them. They did not look like much just sitting on the rack, but when we were shopping with a purpose of putting together just the right combination, we were able to create masterpieces. Psalm 139:14 says, "I praise you because I am fearfully and wonderfully made; Your works are wonderful, I know that full well."

Do you know that you are an image-bearer of God? The price of sin has already been paid by the blood of Jesus. We have been created by God and we have been saved by Jesus. Not by our own doings but because of God's deep love for us. I will never fully understand the depth of God's love for me, but I believe and have faith that God loves me for me, and that He wants to have a relationship with me. Are you interested in asking God to fill you with His love and presence. to change you and give you the desire to follow and love Him?

Closing Song: “All That I Am” or “Reckless Love of God.”

Benediction

About the Author



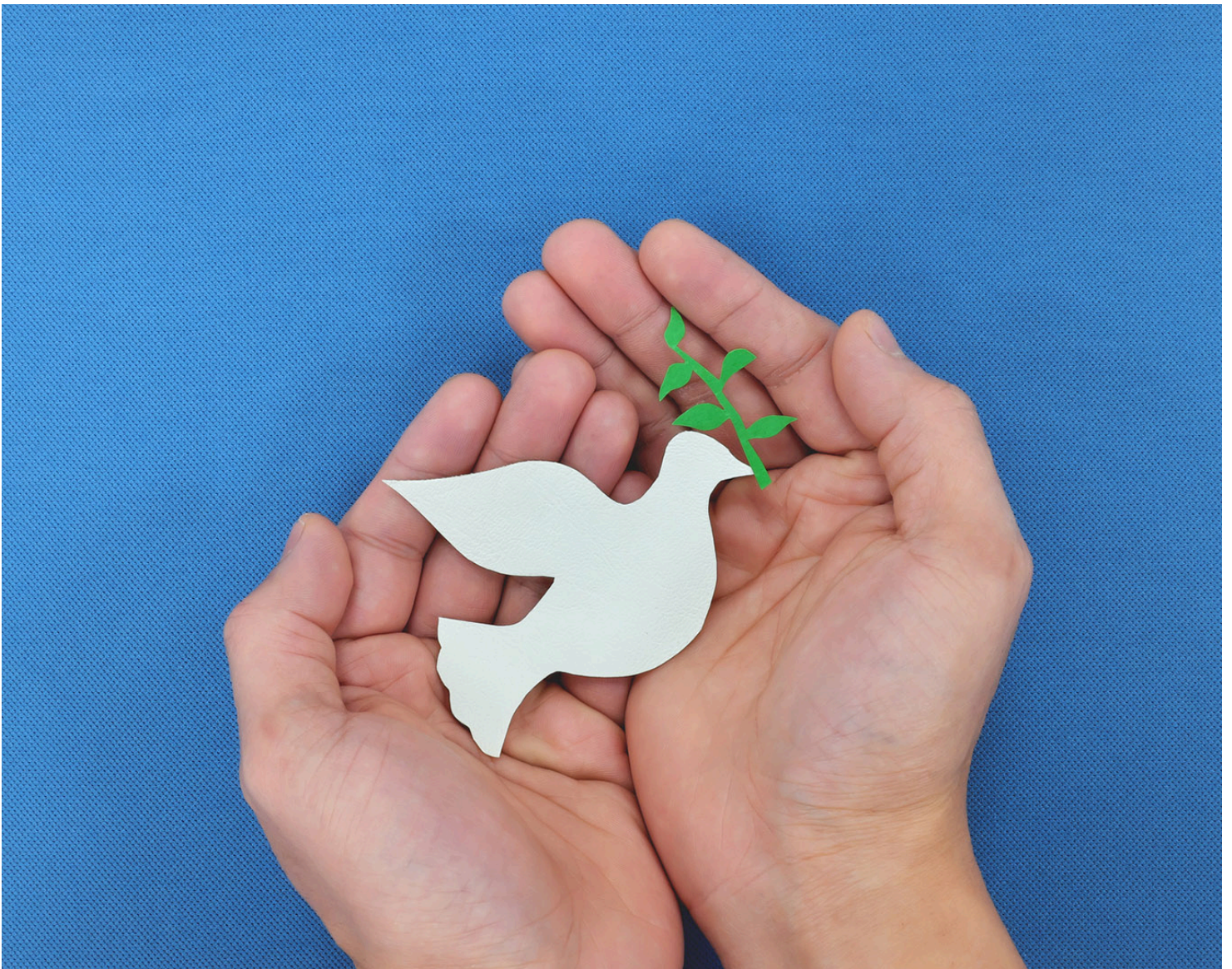
Captain Dana Bigelow

USA Central Territory

Fellowship Programs

February 2026 – Expressions of Faith

February 1, 2026 By Envoy Kristy Anderson



Expressions of Faith

Welcome

Opening Prayer

Express Your Faith Through Song

Suggested worship music links:

- "Same God" Elevation Worship – (Jonsal Barrientes) YouTube
- "We are Messengers – Come What May" YouTube
- "Way Maker" (Michael W. Smith) YouTube
- "I'm in His Hands" – Salvation Army Songbook, #478
- Also, Phil Laeger "I'm In His Hands" YouTube
- Standing on the Promises – Salvation Army Songbook, #522

Let's Discuss Faith – Group Discussion

Ask the women to look up the following verses:

- 1 Corinthians 10:13
- James 1:17
- Numbers 23:19
- Psalm 36:5
- Psalm 40:10-11
- Proverbs 16:6
- Isaiah 25:1

Discuss:

- How does the Bible describe God's faithfulness?
- Why do we sometimes fail to recognize God's gifts?
- What are some things that this world puts faith in? How is God's faithfulness different?
- What good and perfect gift has God provided for you through His faithfulness?
- James is calling us to act on our faith. What is one way to express your faith to those close to you?
How about to a stranger?

Express Your Faith Through Creativity – Craft Time

- Learn Calligraphy:
- Suggested links for Calligraphy YouTube tutorial "How To: Calligraphy & Hand Lettering for Beginners! Tutorial + Tips! – YouTube
- The Ultimate Guide to Modern Calligraphy & Hand Lettering for Beginners: June & Lucy: Amazon.com

Make A Card Craft:

- Scripture Verses- Isaiah 25:1, Proverbs 3:3 (Supplies needed: cardstock, scissors, markers, stickers.) Have a list of individuals that would appreciate receiving an encouraging card. Address and mail the cards following the meeting.

Bring Your Own Craft:

- Knitting, Crocheting, jewelry making.
- Express Your Faith Through Service Projects

Mom's Night Out: Give Moms a much-needed break by offering a night of childcare programming at the corps.

If your corps has a food bank, have the women collect food that will be distributed to the community, or support an area food bank.

Express Your Faith Through Fellowship – Coffee & Testimony Time

Invite the women to bring a favorite snack or dessert to share. Ask them to share their testimony about a time where they experienced God's faithfulness in their life.

God's Faithfulness to Us

"Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows" (James 1:17 NIV).

What is your idea of a perfect gift? For a moment, let's consider physical earthly possessions. Would it be a new designer handbag? A state-of-the-art Tesla? A shiny diamond ring? Each of us has different wants and desires depending on our background and culture. If I had to choose one extravagant gift to receive, it would be a commercial grade La Cimbali Espresso Machine, fully plumbed into my kitchen. However, no matter how much I would love my new espresso machine, it would not satisfy me the way that God's gifts do.

In James 1:17, we are told about the nature of God's gifts to us. The Lord is referred to as the "Father of the heavenly lights," which in Jewish culture is an expression referencing the Creator who gave us the sun, moon, and stars. Morning and evening, they are constant and unchanging. Like the Heavenly Father, His gifts are also unchanging and constant. This scripture tells us that there is no shadow or uncertainty with things that come from the Lord. He provides goodness and light, and best of all, He knows exactly what we need. His gifts to us are perfect, enduring, and will provide us with a safety net as we face seasons of adversity.

The first verse of the hymn, "Great is Thy Faithfulness" (poem by Thomas Chisolm, music by William M.O Runyan, 1923) declares God's unchanging mercy and provision for His Creation. Confusion, doubt, and darkness are cast away by His unfailing constancy and merciful love for us.

"Great is Thy faithfulness, O God my Father, there is no shadow of turning with Thee; Thou changest not, Thy compassions they fail not; As Thou hast been, Thou forever wilt be. Great is Thy faithfulness, Great is Thy faithfulness. Morning by morning, new mercies I see. All I have needed Thy hand hath provided, Great is Thy faithfulness Lord unto me."

Although I would love an espresso machine to make my morning coffee, God's gifts are a sharp contrast to our fleeting earthly possessions. Our God is the great gift giver! He knows what we truly need. God's gifts reflect His nature; they are unchanging, enduring, and good. Although we may not see the purpose in the short term, with time and reflection, God's gifts are easily recognizable because they bring us peace, joy, and stability.

Closing Prayer

Our good and unchanging Father, thank You for the many gifts you provide for each of us every day. We acknowledge that You are the author of all that is good, right, and holy. In You, there is no darkness, shadow, or confusion. Please help us to stay strong, abiding in Your unwavering faithfulness, so that we may face the trials and temptations that might otherwise lead us astray. We stand firm in your goodness. May we express Your love and light to others, so that more people can come to know Your saving grace. In Your name, Lord Jesus, we pray, Amen.

About the Author



Envoy Kristy Anderson

USA Central Territory

Fellowship Programs

March 2026 – Let's Talk About Faith

March 1, 2026 By Major Michelle Harms



Let's Talk About Faith

Preparation

Set the room up like a living room or coffee shop. Serve snacks and beverages. If space allows, move the tables to create a unified space. This can be done by pushing multiple tables together in a "U" shape or rectangle.

Faith

Often, we find ourselves going through hardships, walking thru pain, and suffering. It can be the loss of job or a loved one, a broken relationship or an ill family member. Whatever the situation may be, we find ourselves wondering why we must walk through these difficult moments in life.

So often we base our belief and trust on what we see and not by faith. But God tells us to focus on faith. The scripture in 2 Corinthians 5:7 tell us "For we live by believing and not by seeing it." It can be difficult to trust God during uncertain times, but as believers we know that His ways are not our ways. We also are told in Romans 8:28, "And we know that God causes everything to work together for the good of those who love God and are called according to His purpose."

We sometimes forget that God told us we will experience hardships. We read in the Bible about those who have gone before us. However, when we face troubles, we still ask, "Why Me?" We are quick to worry about how to handle the hardship instead of having faith during those times that the Lord knows and will be with us. God, by His grace and mercy, has given us the gift of faith. He did not give it to use because we deserve it, but He gave it to us because of His everlasting love for us. But what exactly is faith?

Faith is such a small word but leaves room for so much discussion and personal impact. Faith can be as small as a mustard seed but move something as large as a mountain (Matthew 17:20-21). It can be this tiny feeling inside of you, yet powerful enough to raise people from the dead.

So how do we find out what faith is? The Bible is full of direction, suggestions and testimonies of what faith is. Read the following passages.

- Luke 7:36-50
- Luke 8:44-48
- Luke 5:17-20
- Hebrews 11:1-40

Having faith in difficult times can allow you to find the Lord's peace. Learning to give up all your struggles and problems to God can lift a heavy burden off yourself. God has given us the gift of faith so that we may use it to recognize His works and not be in constant worry when we are surrounded by uncertainties.

So whatever faith means to you, make sure in this life of hardships, and struggles you are always prepared to help others see not only your faith, but their faith too. Look around the room right now. The women that are sitting next to you might need to remember to relay on faith to get them through the difficulties they are facing. We are called to learn and lean on each other during our hard times.

Making sure what faith means to each other can help us rely on our faith in God during those difficult times.

Now that we understand a little of what faith is, let's explore it a little more by sharing using the 3Practice Circle to help each other to grow in faith.

The 3Practice Circle

The 3Practice Circle method is used to allow everyone to share their opinion in a safe environment and not be judged. It takes a little practice, so the leader may want a volunteer who has learned the method before the meeting to show the women how it works. The following website has a video that explains this method of sharing:

<https://3practices.com/3practice-circles>

The main concept is presented in five easy steps.

- A speaker/participant gets 2 minutes to state their opinion on a subject. "What does faith mean to me." (Based on Hebrews 11:1 "Now faith is confidence in what we hope for and assurance about what we do not see.")
- The other participants listen without interrupting.
- When the speaker finishes talking, anyone in the circle may ask a clarifying question that starts with the phrase, "I would be curious to know..."
- Limit this to 20 seconds.
- The speaker has 1 minute to respond.

This can continue for as long as you are comfortable or until the speaker and audience feel like they have presented and been heard. This does not mean that everyone has come to the same conclusion, but that everyone has had a chance to voice their opinion and clarifications.

About the Author



Major Michelle Harms

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Fellowship Programs

April 2026 – Seasons of Faith

April 1, 2026 By Major Wendy Faundez



Seasons of Faith

Herbs and Spices in the Bible

Herbs and spices can be found in nearly every book of the Bible. They played a significant role during biblical times, and it was important to have good knowledge of what they were used for. Below are

some examples of spices in the Bible.

Perfume for the Temple of Jerusalem

“Now I am about to build a temple for the name of the Lord my God and to dedicate it to Him for burning fragrant incense before Him, for setting out the consecrated bread regularly, and for making burnt offerings every morning and evening and on the Sabbaths, at the New Moons and at the appointed festivals of the Lord our God. This is a lasting ordinance for Israel” (2 Chron. 2:4 NIV).

Calamus, Frankincense, and Myrrh to Make the Home Fragrant

“The mandrakes send out their fragrance, and at our door is every delicacy, both new and old, that I have stored up for you, my beloved” (Song of Songs 7:13 NIV).

Basil, Chervil, Cumin, Coriander, Dill, Marjoram, Mint, Oregano, Poppy Seed, Savory and Tarragon to season food and drink

“I would lead you and bring you to my mother’s house— she who has taught me. I would give you spiced wine to drink, the nectar of my pomegranates.” (Song of Songs 8:2, NIV).

Hyssop used for Cleansing and Religious Rituals

“Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow” (Psalm 51:7 NIV).

People have been using herbs for thousands of years for medicinal benefits. The Aloe Vera plant mentioned in the bible in Numbers 24:6, was used to heal conditions like burns, wounds, and skin irritations. Aloe was also used in Biblical times to embalm the dead and, in perfume.

Balm (balsam) also has healing properties. Balm is mentioned in the bible in Jeremiah 8:22, “Is there no balm in Gilead? Is there no physician there? Why then is there no healing for the wound of my people?” Balm is a very fragrant substance that was taken from the balsam tree. In the biblical times, balsam was unbelievably valuable. The gum was used for incense, while the oil that came from the bark, the leaves and the berries worked as medicine.

Cassia oil was an extremely popular anointing oil in the Bible (Exodus 30:24-25). The smell of Cassia is remarkably like that of cinnamon. The word Cassia comes from the Hebrew word, “kadad” or “ketzi’ot” which means to bow the head, to stoop or strip off. This oil is a clear picture of humility and is one of four fragrant components in the Holy Anointing Oil. The fragrance of Cassia reminds us to honor others and follow the example of Jesus who gave His life for us. The oil is an example of humility, pride being stripped away, and a servant heart emerging from the life of a person. Today, Cassia can be used as natural hair care, coloring, and conditioning. The leaves are harvested, dried, and ground into a powder that is used for hair care.

There are so many different herbs and spices spoken about the Bible, take time to discuss others. For more information on spices of the Bible go to: <https://www.womanofnoblecharacter.com/spices-in-the-bible/>

Create an Herb Garden

The best thing about an herb garden, is that you can benefit from it all year long. For information on how to plant an herb garden, check out this video: https://www.youtube.com/watch?v=BG4v_qjV-KI or you can reference this article: <https://bonnieplants.com/blogs/garden-fundamentals/how-to-grow-an-herb-garden>

A Beautiful Garden

In the beginning, when God created Adam and Eve, He placed them in a beautiful garden, called the Garden of Eden, to work and take care of it (Genesis 2:15). Adam and Eve tended and ate from the garden. The garden provided everything they needed. When you think of the Garden of Eden, what comes to mind? What flowers and herbs do you see? When you walk around, what do you smell? What do you taste? As you rub them between your fingers, how do they feel? I imagine the Garden of Eden to be the most beautiful place, full of millions of colors, so delightful beyond human words to describe.

The Garden of Eden was also a place where Adam and Eve walked with God. Genesis 3:8a says, "Then the man and his wife heard the sound of the Lord God as He was walking in the garden in the cool of the day." Can you imagine walking and talking with God in the garden? What a beautiful picture of relationship and comfort. Spending time with God is like meeting with Him in the garden of our lives. God wants us to tend to the soil of our garden, removing the weeds that try pull us away from Him. He wants us to be planted on good soil. Luke 8:15 says, "But the seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering produce a crop."

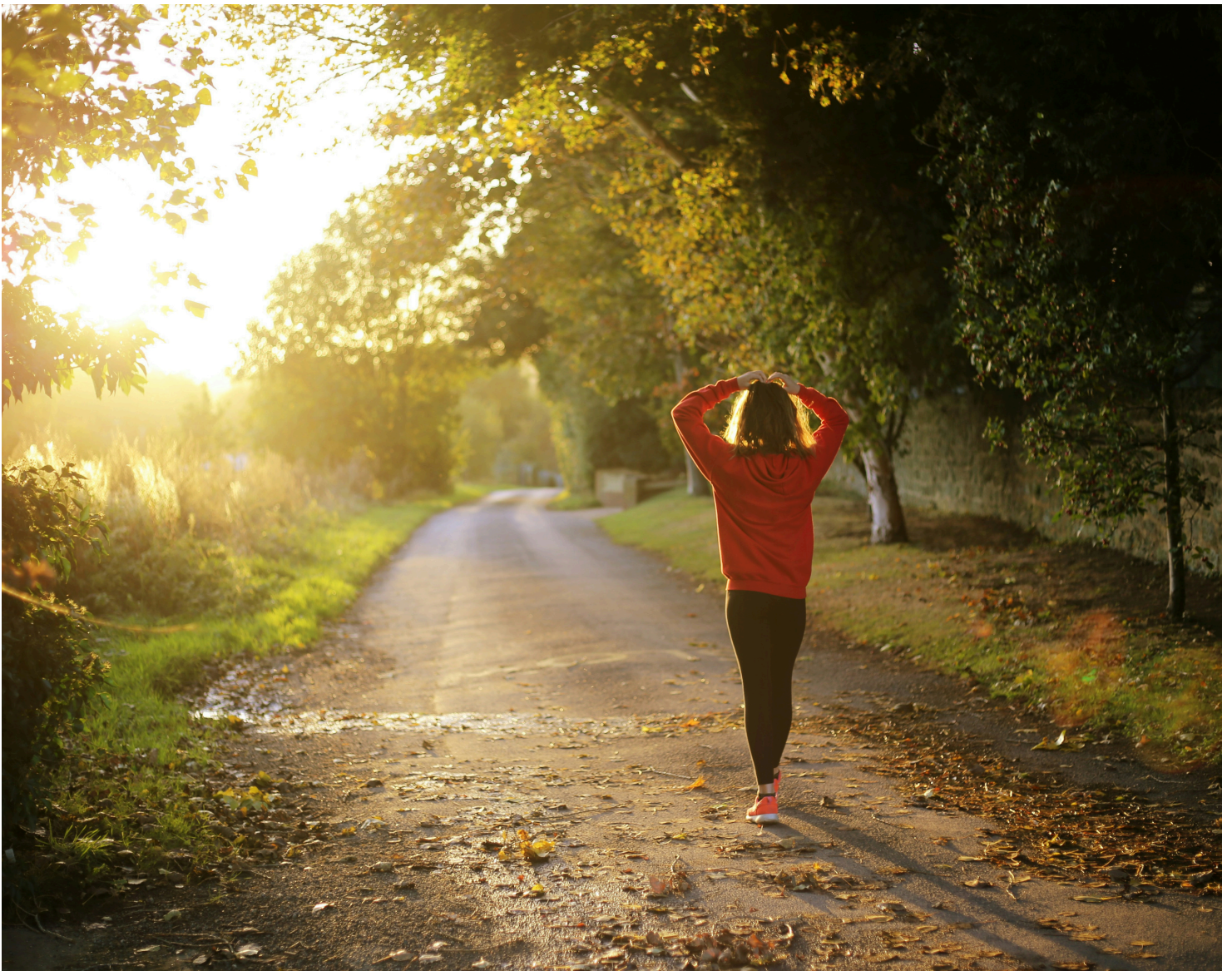
The Garden of Eden is a place where God met with men. It was a place of perfection and beauty. God has given each of us a garden, where He wants to meet with us. Close your eyes for a moment and think about all the senses of being in a garden. What would it be like to walk and talk with Him, allowing Him to help you grow to be more like Him? You can do this daily by finding a quiet place and spending time in prayer. Sometimes, we are so busy telling the Lord about our problems, that we neglect to be quiet and listen to what He wants to tell us. Open the scriptures and let Him speak to you through His Word. Worship Him by listening to songs that feed your soul. Enjoy your walk in His garden with Him.

Close in prayer.

Fellowship Programs

May 2026 – Walking in Confident Faith

May 1, 2026 By Envoy Shannon Benner



Walking in Confident Faith

Scripture: 2 Corinthians 5:7

Shoe Exchange

We all have brought shoes only to find out that they are not comfortable when we get them home. Invite the women to bring these shoes to the meeting as they may fit someone else in the group. Donate any shoes not wanted to the thrift store.

The Best Shoes I Ever Bought

Invite the women to share what brand of shoes is their favorite and what it is about them that they like. Also, where they bought them. Have they found an inexpensive store to purchase shoes. One online store is www.6pmshoes.com.

Bulletin Board Decorations

<https://www.supercoloring.com/coloring-pages/flip-flop?version=print>

Use this flip flop template and invite the women to color or decorate the flip flops. Write out 2 Cor. 5:7 as a reminder to walk by faith, not by sight. Display them on the corps bulletin board.

Song

“I Walk by Faith” by Praise Band <https://www.youtube.com/watch?v=x0-eljXhRMM>

Learning to Walk

Have you ever watched as a baby discovers the use of their legs? They begin to leverage themselves by using the coffee table and sometimes inadvertently pull things over on top of themselves. They try and try again, and eventually stand up. Until their legs are strong enough, they might fall right back down, but a baby is resilient and does not give up.

Then comes the day the baby not only stands, but holding onto the table, begins taking timid steps until they have mastered walking the circumference of the coffee table . . . walking, staggering, falling, and bouncing back up again. As their confidence grows, the baby eventually steps away from the table. As the baby practices, their falls become less, and their steps increase. Watching them make progress is so amazing.

Think of your own faith journey. I personally have failed many times trying to live by faith, especially when I was a baby Christian. Babies make so many mistakes, but they are constantly learning, constantly growing, constantly maturing. The key for us to have confident faith is to keep our eyes on Jesus. Peter learned that lesson the hard way when he took his eyes off Jesus when he tried to walk on water.

Read Matthew 14:22-33 (NLT)

Jesus had just preached to the crowd and fed the 5,000 with 5 loaves and two fishes. When He had dismissed the people, He sent His disciples ahead of Him and went off by himself to pray. Jesus knew the importance of prayer. If Jesus who is God needed regular prayer, how much more do we. Prayer refills us, replenishes us, and gives us strength. Prayer is necessary to walk by faith.

Did you notice that Jesus came to His disciples at three in the morning? He knew that his disciples were in trouble and were not confident on their own. His arrival initially brought fear, but instantly Jesus spoke to them saying, "Don't be afraid!" His words brought calmness and reassurance.

Peter upon seeing Jesus said, "If it's really You, tell me to come to You, walking on the water." Jesus needed the disciples to trust Him and to believe in Him. He needed his disciples to learn to walk by faith not by sight. So, Jesus beckons Peter to come and at first Peter does so with confidence. He climbs over the side of the boat and begins to walk on the water, but then he makes the mistake of looking around. He takes his eyes off Jesus. Peter panics and calls out to Jesus to save him. While Jesus immediately saves Peter, He also rebukes Peter for his lack of faith.

Likewise, we as believers in Christ do not begin our faith journey by running. We have to practice by first learning how to walk by faith ... learning to trust the Lord and learning to keep our focus upon Him. Are you ready to let go of the coffee table and to step out in faith? We read in 2 Cor 5:7 "For we walk by faith, not by sight." (KJV)

Going Deeper: "How to Walk by Faith"

www.wikihow.com

This website gives you step by step pictures as well as a summary of how to walk by faith. The article found at this website will show you 1) how to have faith in promises you cannot see, 2) how to let go of your fear, 3) how to focus on things with eternal value. It will 1) provide information on obeying God's Word, 2) speak of trials along the way, 3) speak to giving God glory in everything that you do, 4) speak to the importance of prayer, 5) help you learn to listen for direction from God, 6) speak of the importance of service to others and 7) tell you how to stay yoked to other believers.

About the Author



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Fellowship Programs

June 2026 – What Adventure is Waiting for You?

June 1, 2026 By Major Michele Harms



What Adventure is Waiting for You?

Scripture: Exodus 16 1-36

Program Ideas

Invite those who are able to go for a hike or walk before having a picnic in a state park. For those less mobile, drive thru to see nature and all the great things provided for us in God's creation. For the

younger women investigate scheduling a horseback riding experience.

If none of the ideas for an outside adventure is possible, set up your meeting space to represent nature and the outdoors. Have pictures of trees, ponds, rivers, or lakes around the room. Place flowers and leaves on the table. Show a nature documentary that features God's creation. There are many on YouTube. One site is BBC Earth.

Where is Your Joy?

Do you ever find yourself not being able to find joy in anything? You try a new diet and for the first day it is great, but then by the second day, you have lost your joy in it and you revert back to your old way of eating. Maybe you found that item of clothing your wardrobe had been missing. It is perfect and makes you feel great. Then you wash it and something bad happens to it and it no longer fits.

You may have someone in your life who is like the donkey Eeyore in Winnie the Pooh. They are always seeing gloom and doom, nothing is great, everything is wrong. The Israelites were much like that. Exodus 16 tells us the story of the Israelites grumbling in the wilderness for food. Chapter 15 closed with them grumbling for drinkable water. Moses takes a piece of wood to make the bitter water drinkable. That was three days into their desert journey—three days. Their joy of leaving Egypt did not last long.

Chapter 16 now brings us to them being a month and a half into the journey to Sinai and the Israelites are grumbling again. They say that they were better off in Egypt where they had pots of meat and an abundance of bread to eat. They thought their life was easier and therefore better when they were slaves. They thought that if they had not turned to God they would not be going through their present struggles. How quickly they forgot the difficulties of their old life.

Sometimes even mature Christians get hit with the deception that life over in "Egypt" would be more fun, more satisfying, more struggle-free than the present difficulties they are facing. But it is all deception, a way to avoid having to deal with the sometimes harsh realities of life in the present.

Sometimes when we try something new, we love it because it is exciting. But then we lose our joy for the new thing and find it was not what we expected. We can be like the Israelites. We forget the issues of the past and want to go back to the old ways.

Faith is our most amazing and valuable asset. It is also often the most underused asset we have. Our faith is what should bring us joy. Our faith is the great adventure we should be on as we trust the Lord for each day.

Chapter 16 of Exodus would be a sad chapter if this is where God left His children, but He doesn't. The chapter goes on to tell us that Yahweh does not leave His children to starve to death in the desert. He hears their grumbling and tells Moses that they will have both bread and meat to eat. Yahweh will rain down bread from heaven every morning and serve meat/quail in the evenings. Yahweh provides. They just had to have faith. As He provided for the Israelites, He will also provide for us when we put our faith in Him.

Discussion

Ask the women to discuss these questions.

- 1 In your own words, what does faith mean to you?
- 2 What is the biggest thing your faith has helped you overcome?
- 3 Who is someone in your life (past or present) who has been an example of faith? How has their faith been an inspiration to you?
- 4 Does faith come natural to you, or do you find yourself having to work on it?
- 5 Do you rely more on your faith or your gut instincts when it comes to major decisions in life?

About author



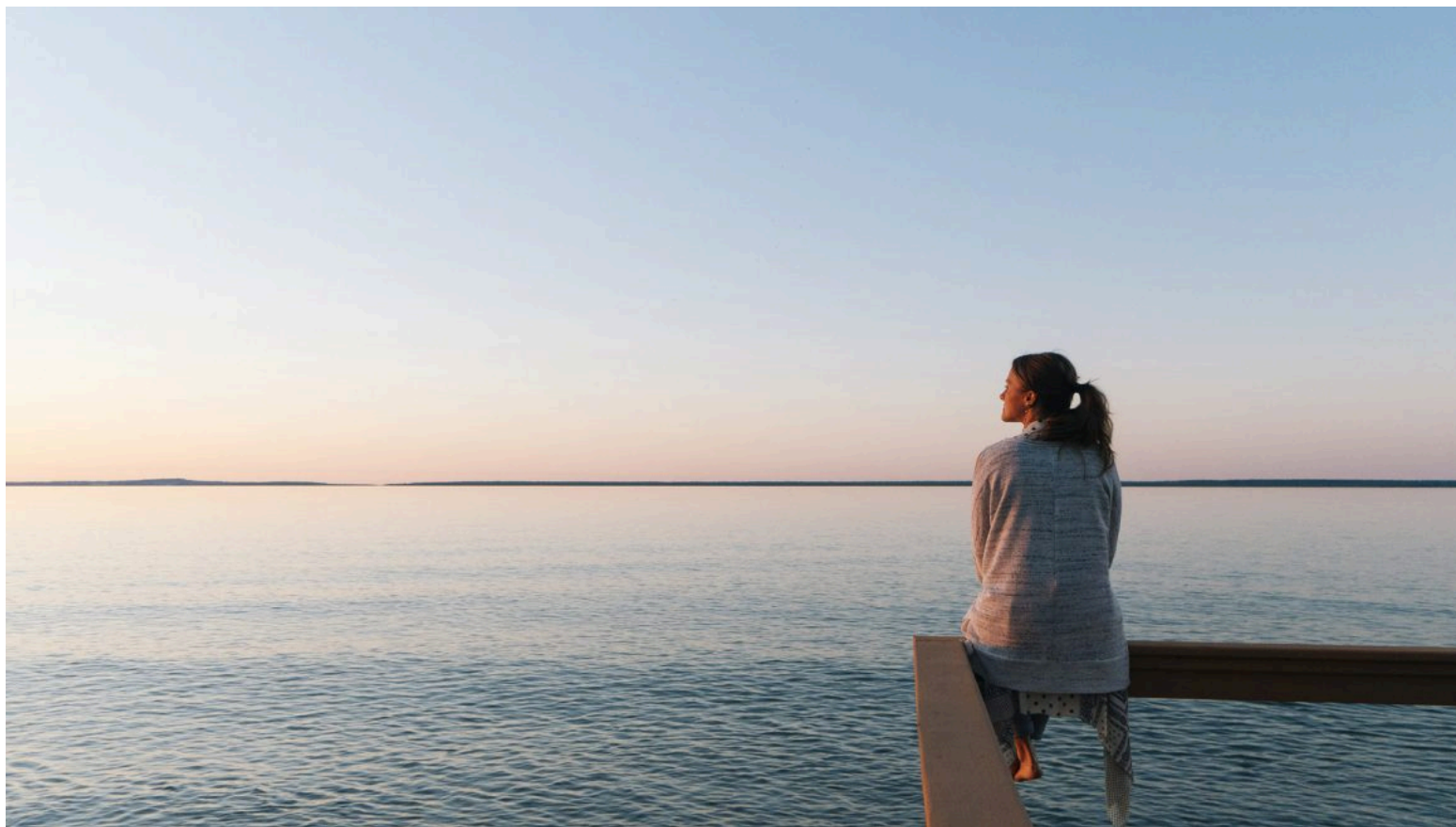
Major Michelle Harms

USA Central Territory

Fellowship Programs

July 2026 – Finding Faith in Hindsight

July 1, 2026 By Major Kathy Wolfe



Finding Faith in Hindsight

Scripture: Psalm 27:1, Psalm 127 NIV

Decorations

Fill a pie plate with sand. Place small rocks on the sand with a cross secured to a lighted, battery-operated tea candle in the middle.

Refreshments

It is a comfort to know that God will hold us through difficult times. Serve comfort food: chicken and waffles, spaghetti and meatballs, chicken fried steak, mac and cheese, Chicago-style pizza, grilled cheese and tomato soup, or matzo ball soup. Or if you are only going to serve a snack, ice cream with all the toppings is always a winner.

Activity – Decoupage Stones

As a reminder that God wants to be the stronghold of our life, supply everyone with a smooth stone. Print the words of Psalm 27:1 “The Lord is the stronghold of my life—of whom shall I be afraid?” on slips of paper. Decoupage the verse to the stones.

Discussion Questions

Depending on the size of the group, you may want to break into smaller groups for great participation.

- 1 What were you afraid of when you were a child?
- 2 How did you overcome that fear?
- 3 What is your greatest fear today – heights, flying, spiders, snakes.
- 4 Do you have fears about events – speaking to a group, voicing your opinion because you might appear foolish, fear of large crowds, getting lost going to a new location.
- 5 What fears do you have regarding your family – illness, safety, alcohol, drugs, getting old.
- 6 Do you fear death of yourself, spouse, or children?

Whom Shall I Fear?

It is hard to remember that God is your stronghold when you are in a difficult place in your life. To give praise to the Lord when it seems every effort made is an impossibility. However, the psalmist proclaims in 27:1, “The Lord is my light and my salvation—whom shall I fear?

The Lord is the stronghold of my life—of whom shall I be afraid?” (NIV)

I woke up one June morning three weeks after my sixth and last child had been born, and it was just like any other day. I went outside and retrieved the paper, cut the rubber band, and then my world went blank. I awoke to my husband frantically trying to get me to wake up. The hours and weeks afterward were a hazy blur. I had had a major stroke that weakened my right side. As a servant of God, an officer, a wife, and a mother with a newborn, I suddenly had a new way of life to discover. So did everyone around me, including my family and corps. Did I mention also a new relationship with God? As I faced three solid weeks of therapy, learning how to walk, talk, and even do things like dress and cook again, I held onto the light and stronghold from the Lord that we read about in Psalms. My first weeks at home were a hilarious mess! I squirted toothpaste everywhere but on the brush. I tried to crack an egg over the pan instead of a bowl. I did exactly what the therapist said not to do. Psalm 124:4 says that “the

flood would have engulfed us,” then in verses 7 and 8 we see the same sentiment repeated that we saw in verse 27.

“The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid.”

Wash, rinse, and repeat...I think the scripture is trying to tell us something. Everyone we meet in our ministries has gone through some type of life crisis. It does not have to be a stroke. It can come in the form of deep loss or minor crises like a parking ticket. Every woman in our Women’s Ministries group has experienced at least one trial in their life. It is not the crisis that defines us, it is the faith we hold onto that sees us through the raging storm. The Lord is the stronghold of my life, the cleft in the rock, the shelter from the storm. Most people do not know about my crisis of 18 years ago. Unless they shake my hand too hard or throw something to my right hand. Those turbulent waters are calm now and God has me.

I have been watching a Holmes on Homes special from way back. There was an episode where he and his crew went to build a home for a family that had been affected by Hurricane Katrina. Actor Brad Pitt had put the project together. Holmes was building the first home to get it started. To rebuild fifteen home was the goal in this area, homes that had been devastated when the levee broke that day. Imagine being rescued from your home by a boat only to witness the destruction of yours’ and your neighbors’ home as you speed away from what could have been your last hours on earth.

An ocean normally stays within its boundaries but, forces of nature can whip it up into something ferocious. Our lives can be a lot like that ocean. Most days we are just ebbing and flowing, going about our business. Then the forces outside of our control come and our lives become an uncontrollable torrent of unfettered emotions, actions, and words. It is then that we must look for the lifeboat. There is someone out there looking to rescue us. He wants to provide us with an anchor. He wants to be a stronghold in the midst of an uncontrollable storm. Life sometimes gets messy because of sin. Again, what are we going to let Him do about it? “Whom shall I Fear?”

If you had told me 30 years ago, I’d be married, have 6 children, be called to become a Salvation Army Officer, have a stroke and still be my kind of normal, and still love what I do 25 years later even on the toughest days; I might have looked askew at God and said go find some other joker and I’ll stay with what I know and that is not people. That might be why the Lord does not let us see our futures. Faith in hindsight, is far better than no sight at all. The Lord is on our side through all life’s trials and that makes us stronger. Looking at what He has done before can gird us up to prepare for the battles ahead.

Conclusion

Looking back at the discussion questions you answered, here is the final question. How are you coping with your fears? What can you do differently from your previous coping mechanisms?

Close in Prayer

About author



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USA Central Territory

Fellowship Programs

August 2026 – Confidence for the Future

August 1, 2026 By Major Stephanie Sawka



Confidence for the Future

Scripture: “Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take” (Prov. 3:5,6 NLT).

Introduction

Goal setting and vision casting are not only tasks used to accomplish New Year’s resolutions. Taking time to think, dream and pray can help you to know where God is leading you. By praying and trusting in Him, He will show you which path to take as you work towards your goals. First create a Vision Board for the Women’s Ministries Group. Then invite the women to create their own Vision Board.

Vision Board

A Vision Board is a creative tool used to help you take steps to walk in faith towards the dreams that God has placed in your life. By keeping your goals in sight, you will be reminded daily to pursue the goals those dreams. Begin by making list of all the things that are needed to accomplish these goals. Look in magazines, newspapers, google, or Pinterest for images that could depict these goals.

Vision Board for the Women’s Ministry Group

Invite God into the process. Pray asking Him to give the group a vision and direction for the future. Remember Proverbs 16:9 says, “We can make our plans, but the Lord determines our steps.” Be open to the leading of the Holy Spirit. Invite all the women to be a part of this process. Establish the goals and how they can be accomplished with the Lord’s help.

Possible goals:

- Increase membership: How: Hold a friendship tea to which the women can invite their friends and neighbors.
- Effective Serve Projects: Survey your community to find an area of need that is not being met.
- Education Programs: In what areas of daily life are the women interested in learning more about?

Vision Board for Each Individual

Once the women have experienced setting up a vision board for the Women’s Ministries Group, invite them to make a board for themselves. In what areas is He leading them to work towards—faith, spiritual life, health, family, relationships, finances, work. What is God putting on their heart? Remind them to keep praying and keep God at the center of their dreams and goals. Once completed they can hang their vision board in a place where they will see it over the next several months. When they see it, they should ask God to lead them in ways to accomplish the goals and dreams represented. And if they need motivation, add a sticker, or check mark to each task as it is accomplished.

God's Plans

In a world where digital tools are at our fingertips, I must confess, that I still choose to purchase a paper planner each year. My planner is a place where I can keep track of my schedule, blocking out workdays and vacation days. I fill the pages as I create my to-do lists and record prayer requests. I add in the various projects that I am working on and line out my action steps so I can keep track of what I have accomplished and what I need to focus on. I am a visual person, so of course I add lots of stickers for birthdays and special events. My planner is a version of a vision board that I use daily.

As I look at my planner (my vision board) for the next year, the possibilities are endless. Each day is blank, waiting to be filled with color coded goals, activities, projects, or even intentional rest. It is human nature to try to control every situation I find myself in, and I often do not take the time to pause and reflect on what God would have me do. I need to remember that before I fill my days, I must pause and ask God to fill them for me so that I accomplish His will for my days.

Proverbs 3:5-6 (NLT) says, "Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take." When we take that time to pause, to be still and to focus on God with all our heart, we do not need to worry about the future. When we trust Him, and seek His will, He will show us where He wants us to go, what to focus on, what goals are right for us, and how He wants us to spend our time. When we make Him a vital part of all we do, we will see that He guides our path and our purpose. So, go and fill your vision board with images and words that describe who you want to be in Christ and start working towards those goals.

Resources

Ashley Varner from the renewed mind explains vision boards from a Christian perspective. Watch her video here: <https://ashleyvarner.com/should-christians-make-vision-boards/>

About the Author



Major Stephanie Sawka

USA Central Territory

Fellowship Programs

September 2026 – A Confident Welcome

September 1, 2026 By Major Ramona Arthur



A Confident Welcome

Scripture

Offer hospitality to one another without grumbling. Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms" (I Peter 4:9-11 NIV).

Christian hospitality is key in setting the stage for relationships to be built and genuine conversations to take place. Consider all that is included in Christian hospitality and then plan a time for family, friends, and women to gather for fellowship. Fellowship ideas may include a fall tea, a trivia night, a movie night, or a game night.

Introduction

Being hospitable to others is not a gift that comes naturally to everyone. But it can be easy to nurture with just a few simple ideas that help us connect with others to fellowship and grow in faith together. The NIV Exhaustive Bible Concordance tells us that the word welcome means "to receive or embrace. "How lovely is it to receive or embrace someone and make space for them in our lives. The dictionary describes it as, "the quality or disposition of receiving and treating guests and strangers in a warm, friendly, generous way." As Christian women, we want to treat others with warmth, friendship, and generosity.

We can practice hospitality without meeting in our homes. Invite someone to meet you at the coffeeshop, movie theater, local library, or shop together at the Farmer's market. Shovorne Charly Adams of www.thehopetable.com reminds us "Opening your door to others and showing hospitality is about demonstrating love. It's welcoming someone, not just into your home but into your heart. Hospitality is about saying 'we've made room for you at the table,' just like Christ has made room for us all at His. "Welcoming others into your life with confidence building relationships for eternity.

Program Ideas

- Decorate trays with items found at the dollar tree store. Directions for a tiered tray can be found at: <https://www.dollartree.com/trendy-diy-farmhouse-tiered-trays/idea-20210312>, which can be used when hosting guests. Check Pinterest for additional ideas.
- In some cultures, the pineapple is considered a symbol of hospitality, welcome and good luck. Have coffee, tea, and water available and pineapple upside down cupcakes. Here's a simple recipe: https://www.the-girl-who-ate-everything.com/wprm_print/14445
- Make pineapple jam. All you need is one 8oz can of crushed pineapple with juice and $\frac{3}{4}$ cup of white sugar. Bring the pineapple and sugar to boil in a small saucepan and boil for 20 minutes, stirring often to allow the jam to thicken. Pour into clean 8oz jar. You could deliver these to someone and invite them to a future women's ministries program.
- Host a block party in the parking lot to welcome the community and introduce them to The Salvation Army and how they would be welcomed at future events. Hand out flyers listing the various programs and activities available.
- Invite a local speaker from a hotel or restaurant who can speak about how they use hospitality everyday when welcoming people to their establishment.

Hospitality

I've always enjoyed visiting the Southern United States where I've always felt that people are a little friendlier and kinder. Even the phrase "Southern Hospitality" invokes thoughts of charm, politeness and an offer of sweet tea with good food. I think Southern hospitality is just making people feel comfortable and attending to their needs and you don't have to be from the south to do that.

What holds us back from being hospitable? We make excuses: my house isn't clean enough...my kids are in the way...I don't cook well...

First Peter 4:9,10 tells us to offer hospitality without grumbling and to use whatever gift we have received to serve others. This command is not just to be hospitable, but to do so without complaining about it. Hospitality is about making someone feel welcome. It means making it easy for someone to spend time with you without feeling as if they are intruding. It's a warm welcome and a comfortable setting. It doesn't have to be perfect or beautiful, or elaborate just open and welcoming.

In The Salvation Army, we practice hospitality when we offer the ministry of presence. This usually is referenced when we are at a disaster scene and offer comfort to those survivors of the disaster by just being there. We can also offer this ministry of presence to friends, neighbors, the clerk at the grocery store, and the teller at the bank. We have been given the greatest gift in Jesus and can use our faith in Him to serve those around us. It doesn't necessarily mean we have to open our homes and plan a lavish meal, we just need to open up our hearts and demonstrate love.

Resources

"The Turquoise Table: Finding Community and Connection in Your Own Front Yard" by Kristen Schell. She painted an old table turquoise and put it into her yard to invite her neighbors to just stop by. She was genuine and simple in her approach, and she built great relationships just by being available.

About the Author



Major Ramona Arthur

USA Central Territory

SERVICE



THE SALVATION ARMY
WOMEN'S MINISTRIES RESOURCES

CONFIDENT FAITH

2025-2026 PROGRAM YEAR

"Now faith is confidence in what we hope for
and assurance about what we do not see."

Hebrews 11:1



Service Programs

October 2025 – Walk by Faith

October 1, 2025 By Major Susan Wood



Walk by Faith

Scripture: 2 Corinthians 5:7 “For we live by faith, not by sight.”

Introduction

We’ve all been affected by cancer in some way. It may be someone in our family or one of our close friends. How can we help those who are walking through this disease?

Program Ideas

- Make pink ribbons to hand out to people to wear.

<https://www.cancer.org/involved/fundraise/making-strides-against-breast-cancer/make-a-pink-ribbon-lapel-pin.html>

- Do you know a woman who has recently recovered from breast cancer? Hold a Pink Party for her to celebrate. <https://www.xpandlaces.com/blogs/news/top-tips-for-hosting-a-pink-out-for-breast-cancer-awareness-month>
- Do you have women who can knit? Knit some Knitted Knockers!

Knitted Knockers are special handmade breast prostheses for women who have undergone a mastectomy or lumpectomy. Traditional breast prosthetics can be hot, heavy, and sticky. They typically require special bras or camisoles with pockets and can’t be worn for weeks after surgery. Knitted Knockers are soft, comfortable, beautiful and when placed in a regular bra take the shape and **feel** of a real breast. They are adjustable, washable and can even be worn while swimming.

The website below has the information you need. It includes information and patterns. Once completed donate them to your local cancer clinic. They are always looking for them for the women who come to the clinic. <https://www.knittedknockers.org/>

How Do You Walk?

Why do bad things happen to good people? This may be the question we ask when unexpected events happen in our lives. A child becomes sick, our parents are growing older and need extra care; we become ill, and words such as cancer are brought up. Second Corinthians speaks of these times and tells us, that yes, we will have troubles here on this earth. Yes, even those of us who believe are not exempt, and “groan” for the time when our troubles will pass. We just want it to end! We can find words of encouragement throughout the Bible for the times we feel overwhelmed with the troubles of this world.

Don’t Fear (Isaiah 41:10)

“Do not fear, for I am with you,” declares the Lord. These words echo throughout the ages, resonating with a timeless truth that transcends circumstances. They remind us that regardless of what we face, we are never alone. God, the Creator of the universe, the Almighty One, is with us every step of the way. His presence is our greatest source of strength and peace. Moreover, God reassures us, saying, “Do not be dismayed, for I am your God.”

He is not a distant deity who remains indifferent to our struggles. No, He is intimately acquainted with every detail of our lives. He knows our fears, our doubts, and our weaknesses. And yet, He chooses to be our God, extending His boundless grace and compassion towards us.

In His infinite love and mercy, God promises, “I will strengthen you and help you.” He doesn’t just offer empty words of consolation. He provides tangible support and empowerment. When we feel weak and powerless, He infuses us with His strength. When we are lost and confused, He guides us with His wisdom. When we are broken and hurting, He heals us with His tender touch.

Finally, God declares, “I will uphold you with my righteous right hand.” His grip on us is firm and unwavering. Even when we falter and stumble, He is there to lift us up and carry us through. His righteousness serves as our shield and our protection, guarding us against every scheme of the enemy.

He Gives Us Strength

Philippians 4:13, “I can do all things through Christ who gives me strength.” (NIV)

The apostle Paul shares a profound truth that has echoed through the centuries: our strength comes from Christ alone. This simple yet powerful statement encapsulates the essence of our journey as followers of Christ.

Life often presents challenges that seem insurmountable. We face trials, temptations, and obstacles that can leave us feeling weak and inadequate. Yet, in the midst of our weaknesses, we find strength in Christ. He is our source of empowerment, our refuge in times of trouble. When we feel overwhelmed by the demands of life, when we doubt our abilities, or when we face seemingly impossible tasks, we can turn to Christ with confidence. He not only sympathizes with our weaknesses but also empowers us to overcome them.

Philippians 4:13 “I can do all this through him who gives me strength.” Paul reminds us that our abilities are limited by our own strength but by the limitless power of the Holy Spirit working within us, we “can do all things.” As we surrender ourselves to Him and rely on His strength, we discover that we are capable of far more than we ever imagined. So let us embrace this truth and live each day with boldness and courage, knowing that in Christ, we have the strength to face whatever challenges come our way.

When Weary

Psalms 119:28, “My soul is weary with sorrow; strengthen me according to your word.” In the depths of sorrow and weariness, we often find ourselves longing for strength and solace. This psalm beautifully expresses this cry of the soul—a plea for God’s comforting presence and empowering grace in times of distress. When our hearts are heavy with sorrow, when the burdens of life weigh us down, we can turn

to the Word of God for renewal and strength. His promises are like a beacon of hope in the darkness, guiding us through the storms of life and filling us with courage to continue in our walk.

The psalmist recognizes the weariness of the soul, yet amidst the struggle, there is an unwavering trust in the power of God's Word to bring renewal and strength. It's a reminder that even in our weakest moments, God's Word remains a source of comfort, encouragement, and strength.

Walk by Faith Not Sight

2 Corinthians 5:6, 7, "So, we are always of good courage. We know that while we are at home in the body we are away from the Lord, for we walk by faith, not by sight." In the journey of faith, uncertainty often looms like a shadow, threatening to cast doubt and fear upon our hearts. Yet, as believers, we are called to live with unwavering courage and confidence, anchored in the truth of God's promises.

This Scripture reminds us that our earthly existence is but a temporary dwelling place. While we may be physically present in this world, our true home lies in the eternal presence of the Lord. This knowledge fills us with hope and assurance, even amidst life's trials and tribulations. Walking by faith requires a shift in perspective—a willingness to trust in God's unseen hand at work in our lives. It means choosing to believe in His goodness and sovereignty, even when circumstances seem bleak. For faith transcends what our eyes can see, grounding us in the unchanging truth of God's Word.

As we navigate the ups and downs of life, let us take courage in the knowledge that we are not alone. Though we may not always understand God's ways, we can trust in His unfailing love and wisdom. "So, we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal" 2 Corinthians 4:18

About the Author



Major Susan Wood

USA Eastern Territory

Service Programs

November 2025 – Precious Rewards

November 1, 2025 By Major María López



Precious Rewards

Introduction

“And without faith it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him” (Heb. 11:6).

"I lift up my eyes to the hills. From where does my help come? My help comes from the Lord who made heaven and earth" (Ps. 121:1, 2).

Veterans Day is to thank and recognize all those who served honorably in the military, both living and dead, whether in wartime or peace. It is to acknowledge that their contributions to our national security is appreciated, and to underscore the fact that all those who served have sacrificed and done their duty. For further information check the website <https://department.va.gov/wp-content/uploads/2023/10/2023-Veterans-Day-Teachers-Guide-508.pdf>

Program Ideas

We can honor the Veterans in our community by organizing a program at The Salvation Army Corps.

- It can be a breakfast, luncheon or an evening dinner. When doing this, you may want to have a gift to recognize and acknowledge the veteran's service.
- Invite a guest speaker from a military base or a local VA to speak on behalf of all the veterans.
- If there is a VA Hospital in your community, become part of their volunteer program. Look into asking someone to serve as a representative for The Salvation Army on a committee at the hospital.
- The Salvation Army Community Care Ministry can also help in this venue and honor veterans with any event that is planned by the VA Hospital.
- Ask at the local VA Hospital about women who have served in the military. Invite them to come to a meeting and share their experiences.
- Visit the VAVS Hospital in town and recognize women veterans. Inquire about ways that the women's ministries group could recognize or serve them.
- Invite someone who suffers from PTSD because of their military service share with the women how it has affected them. There may also be a spouse or relative who has seen the devastating results of PTSD and how it impacted their family.

Wars and Rumors of Wars

On June 12, 1948, President Harry S. Truman signed into Law the Women's Armed Services Integration Act allowing women to serve as regular members of the Military. For information check the VA official website and search on the various elements mentioned in this program.

Each year, the Veterans Day National Committee publishes a commemorative Veterans Day poster. The poster is selected from artwork submitted by artists nationwide and is distributed to VA facilities across the country and to military installations around the world. It is also used as the cover of the official program for the Veterans Day Observance at Arlington National Cemetery. In 2023 the poster was designed by Mr. Gene Russell, a photographer at the VA headquarters in Washington D.C. This contest is open to all individuals.

Men and women who have served in the military give up all for the sake of our country and to protect our freedom. Some pay the ultimate price by giving their life on the battlefield. For others, although they

return home, they will never forget their fellow soldiers who were lost on the battlefields. Many suffer from PTSD for the rest of their lives.

No one desires war. However, Jesus told his disciples that before the coming end of the age, “You will hear of wars and rumors of wars but see to it that you are not alarmed. Such things must happen, but the end is still to come” (Matt. 24:6). The most important thing we can be doing in time of war is to pray for our leaders to seek wisdom from God. Also, pray for our leaders, for the safety of our military, for a quick resolution to conflicts, and for a minimum of casualties among civilians on both sides.

Thought for Today

Dear Veterans, those of us who have not served will never fully understand the sacrifices you’ve made both in times of peace and of war. We will never fully understand what you were required to do or how you were able to do it. We will never fully understand the depth of your scars, both physically and emotional. But what we can offer you is this: We see you. We recognize your humanity. And we send you love that is gentle, patient and healing. With blessings and gratitude, we ask that you remember you are loved.

About the Author



Major María López

USA Eastern Territory

Service Programs

December 2025 – Sharing the Gift of God with Others

December 1, 2025 By Envoy Gina Harris



Sharing the Gift of God with Others

Introduction

“For it is by grace you have been saved, through faith and this is not from yourselves, it is a gift of God not by works, so that no one can boast. For we are God’s handiwork, created in Christ Jesus to do good

works, which God prepared in advance for us to do” (Eph. 2:8-10).

Program Ideas

- a. Invite a volunteer coordinator to share on the benefits of volunteering.
- b. Invite the women to compile a list of acts of kindness. For suggestions check the Internet.
- c. Ask them to be prepared to share next week about what they did and what happened.

Decorating Ideas

Use Christmas colors of red and white. Wrapped small gifts could be used as centerpieces and then given to the women at the end of the program.

Snacks

Healthy Options

Christmas tree charcuterie: On a wooden rectangle tray, lay out cubed cheese, red and green grapes, pepperoni, and salami in the shape of a Christmas tree (Garnish with rosemary twigs). Or a veggie tray wreath can be served with chilled-flavored sparkling water. You can find examples on Pinterest.

Simple Options: Christmas cookies, punch, and chips.

Group Volunteer/Contribution Ideas

- Kettles – Organize one or more groups to stand at a kettle location. It’s always more fun with friends. Depending on the size of your group, you could have a friendly competition to see who can raise the most money. The winners could be crowned “Kettle Queen” and awarded a silly homemade prize.
- As a group, adopt a family and have each woman contribute an item. Select a couple of angel requests and fill them as a group. Hold a mini-toy drive. Ask each woman to bring a gift to contribute to the toy effort. Even small items can be used as stocking stuffers.
- Camp Assistance: Have volunteers collect and wrap items that campers may have difficulty bringing to camp—hygiene products, suitcases, backpack.
- Corps Community Days Including Property Clean up. Have a day in which volunteers help clean up the inside and outside of the corps building.
- Pantry- Have the volunteers do a can food drive and ask them to sort and organize the food pantry.
- Create a volunteer registry through Sign Up Genius (<https://www.signupgenius.com>). This will allow you to know who, what, and when of the skills, desires, and availability of the volunteers in your area.
- Community Care Day for Nursing Homes or Senior Housing Units: Allow the volunteers to assist in the visits to the Nursing Homes during the Christmas and Easter Seasons.
- Create a food basket for shut-ins. Put together a group who enjoy visiting shut-ins. Package food bags that contain fresh produce for the elderly, which are always welcome.

What is Your Purpose?

Some people live their whole lives looking for their purpose and never find it. I think it is sad when the scripture tells us exactly what our purpose is. It should be clear to those of us who have been saved by grace, as stated in Ephesians 2:8, 9. "For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast." This gift of salvation that God gives us, is not just to assure us that we will be with Him in heaven. It makes us even more alive to do the things He wants us to do now.

In Ephesians 2:10 it tells us that we are created in Christ Jesus to do good works. That is our purpose. The next line is exciting because we don't have to sit around and wonder what good works we are supposed to do. The Word tells us that God prepared these good works in advance for us to do, so it seems that all we need to do is to pay attention and seek His will.

The most beautiful thing about Christmas in The Salvation Army is there are so many ways we can be the hands and feet of Jesus by serving others. There are many ministries that give us the opportunity to step outside of ourselves and do things for others. The "Good Works" are there, planned. We just need to step into the plan God has for us. We get to help others in His Name. And the best part is, we don't have to come up with it on our own. Keep an eye out for a place that He has prepared for you and step in and help.

In Matthew 22: 36-39 when Jesus was questioned by an expert in the law as to the greatest commandment, He replied. "Love the Lord your God with all your heart and with all your soul and with all your mind." This is the first and greatest commandment. And the second is like it: "Love your neighbor as yourself." Our purpose, and the greatest commandment are one and the same. We love God, and because of our love for Him, we love others and do good works in His Name. Then, Jesus says later on in Matthew 25:40 that whatever we do to others, we are doing it to Him.

Service Programs

January 2026 – Your Faith Has Made You Well

January 1, 2026 By Captain LaNissa Sukhdeo



Your Faith Has Made You Well

Introduction

Since 2010, January has been designated as the month which raises awareness regarding National Human Trafficking Prevention. The US Department of State estimates that more than 27.6 million adults and children are being trafficked all over the world. Human trafficking includes both sex trafficking as well as forced labor.

Service Project

We are blessed to serve in a nation where we can provide for those in need. We can help to serve those who are being trafficked by sharing essential items, clothing, meals, and refreshments. We are also able to share God's Word.

- Blessing Bags
 - Work as a group to make blessing bags. Each bag could include toiletry items such as combs, toothbrush/toothpaste, soap, deodorant. Snack items and small juices would also be welcomed. Ask the women to collect these items. They could also contact friends and family members to also donate these items.
 - Other items that could be included are hand-made small blankets.
 - Once the bags are completed, pray over each bag. Have the women include a handwritten note of affirmation for whoever will receive the bag, so that they know they are seen, and are loved.
 - Contact your Divisional Headquarters Social Justice representative to find the best way to distribute these bags.

Resources

The Salvation Army:

<https://www.salvationarmyusa.org/usn/fight-human-trafficking>
https://easternusa.salvationarmy.org/eastern-territory/fight-for-justice_
<https://centralusa.salvationarmy.org/usc/protect-human-rights>
<https://southernusa.salvationarmy.org/uss/fight-human-trafficking/>
<https://sajustice.us/resources/>

Other helpful websites:

- <https://www.state.gov/national-human-trafficking-prevention-month> <https://www.state.gov/what-is-trafficking-in-persons/>
- https://www.state.gov/wp-content/uploads/2023/09/Trafficking-in-Persons-Report-2023_Introduction-V3e.pdf
- <https://www.state.gov/20-ways-you-can-help-fight-human-trafficking>
- <https://humantraffickinghotline.org>

Faith Has Made You Well

“Go,” said Jesus, “your faith has healed you.” Immediately he received his sight and followed Jesus along the road” (Mark 10:52). Most of us have heard of blind Bartimaeus and his encounter with Jesus. He heard that Jesus was coming, and he shouted for Him to have mercy on him. Even though others tried to get him to be quiet, he continued calling for Jesus until Jesus finally stopped and told the crowd to call him. Bartimaeus then threw his cloak aside and came to Jesus, who healed him.

Although Bartimaeus may not have eyes to see, he did have ears to hear. He could hear the snickering and rebukes from those who criticized the fact that he would sit by the roadside begging for help. And in this instance, the crowds could no longer ignore him because his screams for Jesus permeated the noise around him. But his faith, and his persistence in crying out to Jesus to have mercy on him, resulted in Jesus making him well.

Not only did Bartimaeus seek Jesus, but he gave up all he had to receive healing. The cloak that Bartimaeus had would have been extremely important to him. It would have held some of the worldly belongings that meant the most to him. It could have also served as his comfort blanket, not only shielding him from the hardships of society, but also from the weather elements as well. The fact that Bartimaeus cast aside what would have been the most valuable item that he had took both courage and strength.

There are many people who need to have mercy shown them. People who have been trafficked may be terrified of making a change even if they feel trapped in a life in which they see no way out. They may feel afraid to walk away from the one thing that they are able to hold onto, even if it is destroying them. Or, they could already have been calling out for mercy, but their cries may have fallen upon deaf ears. It is important for us to be the eyes of Jesus to see the injustices of others. It is important for us to stand in the gap for those who are falling into the hands of those who are taking advantage of them.

Other helpful websites:

****If you are in the United States and believe someone may be a victim of human trafficking, call the 24-hour National Human Trafficking Hotline at 1-888-373-7888 or report an emergency to law enforcement by calling 911. Trafficking victims, whether or not U.S. citizens, are eligible for services and immigration assistance.****

About the Author



Captain LeNissa Sukhdeo

USA Eastern Territory

Service Programs

February 2026 – Faith is Action

February 1, 2026 By Captain Edelyn Lalanne



Faith is Action

Introduction

The more confidence we have of the promises in God's Word and how good God is, the more we are inspired to obey, trust, and have faith in Him. When we realize that God is on our side and that He is always working even when we cannot see Him, we will trust Him more. The same is true of our faith. Noah prepared an ark. Abraham obeyed without knowing where he was going. Sarah confidently expected the son God promised. Joseph interpreted dreams. Rahab hid the spies before the conquest of Canaan and ended up saving herself and her family. Joshua fought the battle of Jericho by following God's instruction to circle around the city once for six days and then seven times on the seventh day. These believers have one thing in common. All of them acted in faith. We as believers, should do so also.

Program Ideas

Acts of Kindness: Bible Verses on a Cross and Care Basket

Invite the women to cut out bible verses about acting in faith, healing, courage, and strength. Use verses that are meaningful to them and to the person who is going to receive the care basket. Glue the verses on the cross and add a small flower. The cross represents the action Jesus took on our behalf. The care baskets can be get-well, stress, physical and emotional abuse, sickness, laundry, or groceries baskets.

Materials (verses on cross):

- crosses, scissors, glue, flowers
- Scripture reading: Hebrews 11
- Faith is the Victory – YouTube
- <https://youtu.be/nP8-7Trvno0?si=w2s6fQdr534Q0xyk>

Scripture reading: Hebrews 11

Faith is the Victory – YouTube

<https://youtu.be/nP8-7Trvno0?si=w2s6fQdr534Q0xyk>

Discussion

Have women share the meaning of the bible verses they chose.

- How have these verses helped them in acting out their faith?
- What specific actions did they take to overcome their fear, worry, anxiety

Faith is Action

"In the same way, faith by itself, if it is not accompanied by action, is dead" (James 2:17).

Faith is the ability to believe, but that ability must be used to work and flourish. It should produce actions. James 2:17 tells us that faith without corresponding actions is lifeless and dead. That means having faith without action is not enough. Actions are needed to bring faith to life.

To the paralytic man in John 5:8, Jesus said "I tell you, get up, take your mat and go home." Jesus put His faith in the Father into action by telling the man to get up and take his mat and go home. The man having little faith in Jesus put it into action by doing what Jesus instructed to do.

We read in Luke 8:43-48, how the woman who was suffering from the issue of blood for twelve years, "came up behind [Jesus] and touched the edge of his cloak, and immediately her bleeding stopped." The woman put her faith into action by pressing to the crowd and touched the edge of Jesus clothes and immediately her hemorrhage stopped. Because she put her faith into action, she received healing and deliverance. Finally, Jesus rewarded her for putting her faith to action by saying "Daughter, your faith has healed you. Go in peace."

Esther was a gorgeous woman who was raised by her cousin. She saved a generation through her courage. This story demonstrates how God can use anyone who is not afraid to act in faith. The story of Esther demonstrates how when we overcome our fears and act in faith, we can help our community, and bring glory to God. Esther acted by ordering a fast for three days and three nights. At the end of those three days, she put her faith into action and approached the king with her request. Just like in the case of the woman with the issue of blood, God delivered and rewarded her and her people because she put her faith in action.

I accepted Christ at the age of 10 years through the ministry of the Salvation Army in Port au Prince, Haiti. Life became harder for me because my father was not a Christian. He did not want any of his five children who were living with him to attend church services. He used to physically and emotionally abuse me each time I went to church. Sometimes, the punishment, such as forcing me to kneel on a fruit grater and not allowing me to eat for days, was so severe my knees bled and my whole body was sore. He showed no mercy even after I pleaded with him.

Despite the hitting and punishments, I never stopped going to church because I had faith in God, even at a young age. Through it all I kept my faith and continue to follow God. My faith caused me to believe that one day the physical and emotional abuse will come to an end. My corps officers did not know what I was going through. But God knew and saw my pain. God knew that despite the emotional issues that resulted from the physical abuse, I kept my faith and continue to follow Him.

Days before my father died, he said to me "Daughter, one day you will be God's voice to preach the gospel and to win souls for Him." Today I can testify that God is faithful and rewards those who seek Him earnestly. I am a full-time minister of the gospel of Jesus Christ.

I encourage you to not let fear drive your life. Put fear in the trunk of your car. Act in faith to overcome all the problems of your life.

Closing prayer

Pray for the people who are weak in faith. Pray so that God would increase their faith and give them the courage to act. Physical and spiritual health doesn't come without us taking actions. Pray so we may take steps to achieve both physical and spiritual health.

Benediction

Ephesians 3:17-19

(May) Christ dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

James 2:26:

“For as the body without the spirit is dead, so faith without works is dead also dead.

Service Programs

March 2026 – Sisters In Christ

March 1, 2026 By Captain Megan Moretz



Sisters in Christ

Introduction

In March, we celebrate Women's History Month. There are many notable women in history whose lives of service can inspire us today. As we reflect on the past, let's carry their examples forward into the future.

Decorations

Decorate in muted shades of brown or achromatic colors. Put up pictures of famous women throughout history who devoted their lives to service.

Meeting Outline

- Opening Prayer
- Quiz: Women who Inspire
- Scripture Reading: Romans 1:17 (theme verse) and 1 Peter 4:9-11
- Devotional Thought: We are Sisters in Christ
- Service Activity
- Closing Prayer

Quiz: Women Who Inspire

- What Methodist woman wrote more hymns than Charles Wesley?
A. Frances Willard B. Fanny Crosby C. Frances Alexander (Answer: B)
- Who said, "Peace begins with a smile"?
A. Mother Teresa B. Florence Nightingale C. Clara Barton (Answer: A)
- Who was the first woman General of The Salvation Army?
A. Catherine Booth B. Eva Burrows C. Evangeline Booth (Answer: C)
- Who gave a famous speech titled "Ain't I a Woman?"
A. Sojourner Truth B. Harriet Beecher Stowe C. Hattie McDaniel (Answer: A)
- What woman was a Quaker minister and also helped to organize the Seneca Falls Convention?
A. Susan B. Anthony B. Lucretia Mott C. Nellie McClung (Answer: B)
- Who was the first woman to serve on the United States' Supreme Court?
A. Ruth Bader-Ginsberg B. Gloria Allred C. Sandra Day O'Connor (Answer: C)
- Who was the first African American officer in The Salvation Army of the United States?
A. Mabel Broome B. Pearl Beck C. Estava Maughn (Answer: A)
- What woman started the Catholic Worker Movement and opened the first House of Hospitality?
A. Mother Cabrini B. Dorothy Day C. Phyllis Bowman (Answer: B)
- Who said, "I am content to fill a little space if God be glorified."?
A. Susanna Wesley B. Phoebe Palmer C. Ann Wilkins (Answer: A)
- Who was the first appointed to oversee the Women's Social Work (WSW) of The Salvation Army?
A. Catherine Mumford B. Eliza Shirley C. Florence Booth (Answer: C)

Service Activities

- Research what domestic violence or human trafficking services exist in your area
- Invite a victims advocate or survivor to speak to your group
- Assemble blessing bags to drop off at your local domestic violence shelter or police station. Include items such as:
 - Comb or brush
 - Compact mirror
 - Toiletry items
 - Makeup
 - Shampoo/conditioner
 - Manicure set
- Prayer card
- Write encouraging cards and send them to your local women's shelter.
- Go to a women's shelter and offer to do spa activities together.

We are sisters in Christ

In 1881, a young girl bravely came forward to kneel at the mercy seat of the Whitechapel Corps. This simple act changed not only her story, but also the story of The Salvation Army. Like many at that time, the girl had travelled to the city of London looking for work. After being given a false address, she was lured into life in a brothel. Mrs. Elizabeth Cottrill was the Converts' Sergeant at the corps that night. After hearing the girl's story, Mrs. Cottrill was determined not to send her back to the brothel. She graciously opened her own home instead.

Three years later, the War Cry reported:

Some years ago, a devoted soldier of the Whitechapel corps became very interested in the poor, fallen girls who sometimes came to the penitent form there. When she found they often had no home she took them to her own house and, although mother of a large family, shared her food with them, and toiled all her spare time to get them into situations, sometimes walking many miles a day. She would often give them her own clothes in order to start them respectably. The Lord has blessed her efforts, and many of the girls she thus sheltered are today in superior situations, gaining the respect of all around them.

Eventually, a home was rented for the sole purpose of providing for what Victorian England labelled "fallen women." Florence Booth – the wife of General William Booth's eldest son, Bramwell, and a young mother at the time – was asked to supervise the work. She was a natural leader and continued to oversee the Women's Social Work (WSW) of The Salvation Army for the next 28 years. During this time, the work expanded from one rescue home in Whitechapel to 117 homes for women in Britain and around the world.

Service to women is part of what we do in The Salvation Army. Since our beginnings, women like Elizabeth Cottrill and Florence Booth recognized that we are sisters in Christ, and we need to care about each other. They both knew the importance of offering hospitality without complaint (1 Peter 4:9), using their gifts to serve others (1 Peter 4:10), and serving in God's strength "so that in all things God may be praised through Jesus Christ" (1 Peter 4:11, NIV). Although they didn't have formal training in social work, they did have confident faith. Their faith empowered them to selflessly serve women who were brokenhearted, downtrodden, and on the margins of society.

About the Author



Captain Megan Moretz

USA Eastern Territory

Service Programs

April 2026 – Bless Others With What I Have

April 1, 2026 By Captain Candice McMillan



Bless Others with What I Have

“May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit” (Rom. 15:13).

Introduction

Own less, live more, is a new goal for many families. What motivates you to hold onto the stuff in your life? Is it fear of offending someone? Is it “I may need it...” “I spent so much money on that ...” Or is it fear that if you let something go, you will also lose the memory? There are as many excuses to hold onto things as there are for letting them go.

Decorations

Use items you have on hand and make vignettes around the room. A stack of books with silk flowers, cups and saucers, Knick knacks, items that we hold onto, and aren't sure why.

Activities

- Have your group (families and friends can be invited to the event as well) host a free NO BUY flea market. Invite the community to visit and be able to take items they can use. Whatever is left over can be given to your thrift store or be offered on social media. Remember, nothing comes back home.
- Sort your items that meet specific interest or needs.
 - Craft items, consider donating to a nursing home or school.
 - Canning supplies, donate to a 4H group or other interest groups.
 - Unused tools, donate to a local vocational school or wood working, mechanic, or gardening club (depending on the tools to be offered).
 - Old towels and blankets can be donated to the local animal shelter.
 - Books can be donated to a nursing homes, senior centers or created into decorations.

Letting Go

I know people who have so many things that they rent space for the extra. You may be one of them, no shame here, just a suggestion of how much better it would be for you to let things go. What would you do with the extra money you aren't spending on the unit? What about the people you can bless by letting things go? Some of us may not have a separate storage unit, but we have a basement or a garage full of stuff that you will go “someday.” Guilty! There just isn't a perfect day to go through it all. But think of the creative things you could do with that empty space.

Have you considered owning less? What if letting go of something fulfills a need or provides joy to the recipient? Would you be more willing to let it go?

I love watching cleaning motivation videos on YouTube. Sometimes, I am motivated to clean, but recently I have found decluttering videos. Hold an item, consider the space the item takes, how much time does it

take to maintain it (you know, the dusting), is it worth holding onto or is it time to let it go. But how, how do I let items go? What if I needed it later, but then again when was the last time I used it? What if I regret getting rid of it? The best answer to any of these questions is that by letting items go, I can bless someone else. The way to get rid of items is to set a goal, before I bring something home, something must go.

Letting go allows us to receive. If you hold your hand in a fist, hold it tight, it's not possible to accept anything in that hand. Now if your hand is open, it can be filled. Think for just a minute about something that was given to you, and it blessed you. How did you feel? How much more do you think the feeling will be for you when you are able to share that blessing with someone else?

As a former preschool teacher, I collected a lot of stuff. Shamefully I still collect a lot of stuff thinking it will be good for a program someday. But as I get older and think about what others will have to do with my stuff, I have a stronger and stronger desire to let it go. What is the purpose of collecting so many things? Besides being pickier about the things I want to hold onto, I want to also consider what it is I am filling my mind with. I want to let go of the negative talk either from outside or from my own personal talk.

I saw a video recently that woman shared about negative things that were shared about her. She simply told her friend that what was said was not ok, but she does not have to have those thoughts take up residency in her mind. What a concept! What if we combined the importance of space in our homes as well as our mind and pray that God will help us to let go of what is in our way.

Here are a couple of verses to help us in the process of decluttering our minds:

"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." (Rom. 12:2 ESV).

"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things" (Phil. 4:8 ESV).

Your future self will thank you! | 10 New Decluttering Tips!

<https://youtu.be/X3Gqz3UDuAE?si=T5jHtMI4Hpl1n1Ly>

Why you must not keep extra stuff | Is clutter hurting your faith?

<https://youtu.be/-rpZurwljXA?si=SHP4ZJ8irm89NN-O>

8 Ways living an organized Life is a lot like your walk with Jesus — Rock this Revival

<https://rockthis.org/organization/eight-ways-being-organized-is-like-lovin-jesus>

About the Author



Captain Candice McMillan

USA Eastern Territory

Service Programs

May 2026 – Faithful Actions for His Creation

May 1, 2026 By Major Sarah Barney



Faithful Actions for His Creation

Introduction

Show this video at the start of the program, which show the women what happens when we waste and do not take care of our planet, the very gift God has given us to care for and oversee.

Opening

<https://www.youtube.com/watch?v=j7OHG7tHrNM>

Program Ideas

- Decorative Can
 - Supplies needed:
 - Vegetable/soup/coffee can.
 - Decorative Napkin
 - Mod Podge
 - Foam brush or Paint Brush
 - <https://www.youtube.com/watch?v=O8IMCx4T6TU>
- Begin a service project at your corps.
 - Start separating paper, plastic, cardboard
 - Find unusual ways to reuse different items for projects in programs. The following site gives instructions on how to use toilet rolls to make flowers.
<https://www.youtube.com/watch?v=ko4FX-NfAxc>
 - Recycling Project
 - Check with your local trash vendor to see if they recycle and how to recycle in your corps.
 - If your location doesn't recycle, see if there is a way for you to drop off recycling at a local center.
 - Create a contest within your corps on which group can waste as little as possible and recycle the most.
- Celebrate earth day and ways to enhance our earth in all its beauty by planting trees or offering to clean up a local playground or section of the community.

Discussion

Questions on Recycling

- How can we do better at protecting our earth?
- How can we do better at being an example in our home or to our friends when it comes to taking care of our environment?

8 Facts Regarding Recycling

- Paper: Each ton of recycled paper can save 17 trees, 380 gallons of oil, 3 cubic yards of landfill space, 4,000 kilowatts of energy, and 7 gallons of water.
- Aluminum: There are no set number of times that aluminum can be recycled.
- Steel: In 1 year, in the United States, the recycling of steel saves enough energy to heat and cool 18,000,000 homes.
- Plastic: Plastic bottles take 700 years before they begin to decompose in a landfill.
- Glass: A modern day glass bottle takes 4,000 years or more to decompose and even longer in a landfill.
- General: The United States is the #1 trash producing country in the world at 1,609 pounds per person per year. That means 5% of the world's people generate 40% of the world's waste.

Our Defense

The Roman shield was 6mm thick, and could withstand arrows, blows by sword and other blunt objects that would potentially injure or even take the life of a soldier. The shield can be used for both offense and defense. Just like the purpose of the shield is to guard the warrior during combat, the shield of our faith in Christ is to protect us from Satan as he daily attempts to creep in and attack our lives. The shield is important, faith is the first step we take in our relationship with Jesus and should flourish as we mature in our walk with Him. Faith equips us to have a defense when Satan begins to throw the flaming arrows.

Sometimes as women we tend to let our guards down, we can become too busy doing and neglect being in the presence of the One who is the "author and perfecter of our faith" (Hebrews 12:2). As a result, our hearts are less protected from the enemy. When we let our guard down, neglecting our faith, Satan's arrows strike hard and when we are not shielded, we can slip back into old habits, habits not of God. These habits look different for all of us, but can be temptations such as self-loathing, gossiping, bitterness, unforgiveness, self-neglect and even selfishness. As Christian woman, we must aim to constantly hold up our shield of faith to protect ourselves from the flaming darts. When we have a profession of faith in Christ, His grace becomes our sufficiency.

As we should care about each gift God has given us on earth to enjoy. We should care more deeply about the gift of becoming a new person in Him. God wants us to keep the earth beautiful, because He cares about every part of His creation. He cares about everything, from the trees to the bees, the highest mountain to the deepest ocean, the fragrant flower to the most beautiful creature. Can you imagine how much he cares for you as a woman of God? He desires that we not fall into the temptations of Satan; that we stand up against the flaming arrows. Our loving, creative Father wants us to strive to be on guard and ready. Like a warrior ready for combat, we should remain focused and stay deep rooted in Him. Doing this will give us the strength to keep our faith strong, so we can be ready and block the unexpected flames.

Just like we can protect our world in more than one way by upcycling, recycling, and creating less trash, we can protect ourselves by resisting trash in our lives. This is possible by believing that God will do as His word says, even when it looks or seems impossible. We should not only take up the shield of faith but take up every part of the armor of God: the breastplate of righteousness, belt of truth, shoes of peace,

helmet of salvation, sword of the spirit (Ephesians 6:10-18). All of these will equip us to stay focused on Him, and always be ready for what Satan may throw our way.

Asking God, praying to Him daily, will allow us to extinguish every arrow that the enemy throws. It does not matter if it is physically, mentally, emotionally, or spiritually. Just like we can take old plastic, glass or paper and make it beautiful again when we recycle, He can make us new every morning. It requires us to keep our faith in Him. As women of God let's strive to keep both the earth beautiful and to keep our hearts beautiful for Him.

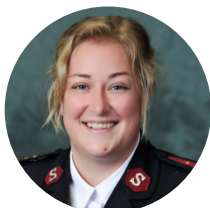
Going Deeper:

What is one thing you can change about yourself that can be recycled into something beautiful again? How can we take better care of ourselves as women of God to keep holding up the shield of faith and protect ourselves from the flaming arrows?

Scripture:

"In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one" (Eph. 6:16 ESV).

About the Author



Major Sarah Barney

USA Eastern Territory

Service Programs

June 2026 – Faith to Faith

June 1, 2026 By Major Jessie Irwin



Faith to Faith

Introduction

The women's group will be creating care packages for the Sunday School kids (Grades K-college).

Faith Survival Bags

Tag "All of these is assembled to remind you that God loves you and so do we!"

Decorative paper bags 4" x 2" x 8"

*Home-baked Nestlé Toll House Chocolate chip cookies – Taste and see that the Lord is good. (Ps.34:8)

Packs of Gum – God will always stick by your side. (Heb. 10:23).

Tootsie Rolls – God is always there even when you bite off more than you can chew. (Ps.9:9).

Hershey's Kisses – God loves you and so do we. (1 John 4:7).

Starburst – Burst of energy to continue your walk with God. (Col. 1:29).

Snickers – God has a sense of humor. (John 15:11.)

Lifesavers – Jesus is the lifesaver. John 3:16.

*Share the Nestlé Toll House Chocolate Chip recipe with a group of bakers who will bring one or two batches of the cookies baked at home.

Chocolate Chip Cookies

In 1939 was when it all began: Ruth Wakefield, proprietor of the successful Toll House restaurant in Whitman, Massachusetts, was mixing a batch of cookies, and decided to add broken pieces of Nestlé Semi-Sweet chocolate to the recipe expecting the chocolate to melt. Instead, the semi-sweet bits held their shape and softened to a delicate creamy texture and forevermore we will call them: Chocolate Chip cookies.

Ruth named them her 'Toll House Crunch Cookie' and the recipe was published in a Boston newspaper. It soon found its way to the back of every bag of Nestlé semisweet chocolate chips. Her invention of the chocolate chip cookie quickly became the most popular cookie of all-time.

I know this recipe, just like you, like the back of my hand. It may have been the first cookie recipe I followed as a young girl. With predictable effort, the same cookie dough comes together in the way it always has before. I cannot overlook a single step; I cannot omit a single ingredient. No substitutions. No shortcuts.

The aromas linked with Chocolate Chip cookie baking are dependable and expectant. I trust the taste, and the trust placed in me when someone I love recognizes that there are warm cookies ready. The light in their eyes and the smile on their face is irreplaceable. They have faith in me to have prepared them by the favorite recipe, and they have faith that they are going to enjoy them the same way that they always do.

Still, there are baking dangers to keep in mind. “Is my oven temperature regulated?” If not, the time will not matter for baking – the cookies can be burnt or raw, all due to how hot the baking environment gets.

“Salt is in an entirely different shaped container than sugar.” I share this with an eye roll that you can absolutely understand what happened once. Yes, I did...mixed up the salt and the sugar measurements because I accidentally reached for what I thought was sugar, and since I was careless, my recipe produced Chocolate Chip Salt Bombs! You should have seen my kid’s eyes, starting off incredibly happy, then mortified, then disgusted as they ran to spit the offensive baked goods out of their mouths as fast as possible!

Cookie baking is based on faith, repeated disciplines, reliable ingredients, and follow-through.

Our spiritual lives grow stronger from relying on faith, repeated disciplines, and follow-through.

These days of our realm of spiritual growth and exercising our faith may feel unpredictable and uncertain, but they are filled with ingredients that are effective, disciplines to instill, lessons to learn and steps to take. When we are careless with our faith, we can reach for things that look like God’s influence in our lives, like self-help books or podcasts or comparison to other people’s lives, and it could quite properly stifle God’s work in our life because we mistook what He listed for us to follow.

Following the journey of faith leads to more faith...one step at a time, our journey will grow deep and wide. In Matthew 21:22 Jesus instructs His believers, “Whatever you ask for in prayer with faith, you will receive.” (NRSVUE)

Our example of faith influences other people’s faith, and our encouragement into their lives can be tremendous. We can live out examples of faith-filled testimonies. We can pray with our children and teenager—they need us! We can share Bible verses aloud, choosing a different one each week or having one for the entire year. We can expect faith to be our first response when times get challenging. We can receive corrections from the Lord and strive to live our life embracing grace and peace, strength, and courage.

When our young believers encounter times of burden or challenge, we can point them to Jesus and embrace them for the amazing gifts from God that they are.

It is not enough to feed this Church family of ours, to clothe them, to nurture them, to get them to places on time and help them manage their time and schedule. Our spiritual journey needs to be drawn to their spiritual growth—and these children need more.

They need the dedicated ingredient that will bring it all together and help them to form a life that rests on FAITH: faith that has been tested and tried and nurtured and mixed into the everyday moments of their ordinary lives. All of it matters in this journey of faith. Faith growing to faith growing to faith. We pray this for our young believers. As we raise up these young believers, we are reminded that we need to love, discipline, feed, and clothe the little ones in our care, and we must offer more. Grace and peace to you, and strength and courage as we encourage them FAITH TO FAITH.

About author



Major Jessica Irwin

USA Eastern Territory

Service Programs

July 2026 – Refreshing Watermelon

July 1, 2026 By Major Persida Sanclemente



Refreshing Watermelon

Introduction

Begin the meeting by playing the game "How Hot Does It Get." Match the correct temperature to the corresponding item. 400°F.; 500° F; 104°; 122° F; 203°F; 800°F; 450°F – 650°F:

The list gives the correct temperature.

- Fireman's Suite 500° F
- Silicone Oven Mitt 450°F – 650°F
- Wood-Fire Brick Oven 800°F
- Air Fryer 400°F
- Boiling Milk 203°F
- Human Body 104° 122° F
- Astronaut Suit 400°F

Program Ideas

- Cut out small watermelon slice shaped pieces of paper for the participants to write their prayers on.
- Pray for those who work in the hot temperatures.
- Pray for those who experience hardship due to the heat.
- Plan a trip to a local Fire Station. Call ahead to set up a time for the visit.
- Ask the women to help prepare a cool snack for those at the fire station. This could be slices of cold watermelon, iced tea or lemonade.
- Let the women know ahead of time that you will be visiting a local fire station. When there, thank the first responders for their service.

Discussion

- What are some of your favorite hot weather activities?
- Share a time when you had to work outside when it was extremely hot or in a really hot environment?
- What did you have to do?
- Did you enjoy it?
- Were you glad when you accomplished your task and could find a place to cool down?
- Have you considered what it might be like to continually work in extreme temperatures?
- What about fire fighters and other emergency responders? They are required to respond no matter the temperature or weather.

Refreshing Watermelon

July is a hot month of the year. Some people genuinely enjoy the heat and others don't. There are lots of recreational activities for us to do when it's hot outside to cool off. One of the ways we look for relief from the heat is to stay in the shade, drink water or go to the pool or beach. Many of us enjoy a refreshing piece of watermelon when it's hot outside. No one wants to go to work when it's hot and humid, but some must because of the responsibilities they bear.

Have you ever considered how challenging it must be for firefighters to do their job of rescuing people in scorching heat and flames? There are approximately 1,210,800 active firefighters in the US. In 2022, 96 firefighters died while on duty. They have specially made suits that withstand the flames but only for a certain amount of time before the heat overwhelms them. Getting trapped, falling, or running out of oxygen are the major causes of death. We'll be taking cold drinks and watermelon slices to our local fire station to show our appreciation.

Sometimes it feels like life puts us through the fire. We can suddenly find ourselves facing the heat and despair of a disease, a divorce, or a difficult decision and feel like we are stuck in a fire. It is in those moments that we can turn to the Bible and see how we can manage the pressures of life by reflecting on the promises of God for us.

There are two references we want to focus on. In the New Living Translation Luke 1:37 says, "For the Word of God will never fail." In other words: nothing is impossible for God and He will do what He says He will do. These words were said to Mary when she was given the news of her pregnancy. It seemed impossible and her life was at risk of death for becoming pregnant without being married. She placed her faith in the words of the Angel and surrendered herself replying: "I am the Lord's servant. May everything you have said about me come true."

Trusting in the Lord will help us build our faith. Most of the time the way to activate our faith is to remember that God has been with us during past challenges, and He will continue to be with us. There are a few references in the Bible about facing real fire. Many have heard of Shadrach, Meshack and Abednego and how they refused to worship the golden statue of King Nebuchadnezzar and boldly told him: "If we are thrown into the blazing furnace, the God whom we serve is able to save us. He will rescue us from your power. Your Majesty, but even if He does not, we want to make it clear to you, Your Majesty, that we will never serve your gods or worship the gold statue you have set up."

That is confident faith! They were thrown into a blazing furnace, which was seven times hotter than usual. Today we know by reading the Bible that the Lord intervened and joined them in the furnace. The King was shocked to see four men, unbound, walking around in the fire unharmed and he stated that the fourth man looked like a god! He went on to acknowledge and praise God.

Our theme of Confident Faith is taken from Hebrews chapter 11. Many people are listed there and known as the giants or heroes of our faith. Let's look at verses 32-34. It was their faith in God that made these regular, normal people overthrow kingdoms, do justice, defeat lions, escape death and "quenched the flames of fire" and more importantly received what God had promised them. They had confident faith which saw them through those difficult and scary moments. They had hope, courage, and confidence in the Lord at the worst of times of their lives and they were rewarded.

It may be that you are facing the heat. In fact, 1 Peter 4:12 says: "Don't be surprised at the fiery trials you are going through ... instead be very glad—for these trials make you partners with Christ." Sometimes we do not feel we can resist the elevated temperature of our circumstances but trust—have confidence—there is protective heat and fire-resistant promises in the Word of God especially for us to hold on to during those moments. It is what God says about us and our circumstances that will allow us to escape the flames.

The more time we spend in conversation with the Lord through His Spirit in prayer and reading His Word the more our faith will grow and become confident. We can bring those things that are burning within us to the Lord in prayer and believe that He hears us and will reply according to His will.

About the Author



Major Persida Sanclemente

USA Eastern Territory

Service Programs

August 2026 – I Am Yours Today!

August 1, 2026 By Justina Stickland



I am Yours Today!

Introduction

Natural Talents vs Spiritual Gifts

Talents are natural abilities that seem to be hereditary, to run in the genes, or to have been learned through conditioning from the environment in which we lived or through training we have received. Spiritual gifts, on the other hand, are an empowerment of supernatural origin, not a result of genetics, training, or conditioning.

Unbelievers, as well as believers, have talents or natural abilities. Only believers, however, have spiritual gifts. For further information check the website: Going Deeper:

<https://robinrevispyke.com/2020/03/09/spiritual-gifts-versus-natural-talents/>

Program Ideas

Take this Spiritual Gifts Survey to learn more about your spiritual gifts and how you can use it to serve others:

<https://s7d9.scene7.com/is/content/LifeWayChristianResources/Spiritual%5FGifts%5FAssessmentpdf.pdf>

Spiritual Gifts

What comes to your mind when you think of gifts? It's something we all love receiving, and many of us love giving them. It's an expression of love and appreciation. Something unique, selected especially for you. But have you ever received a gift that is not only for you but for the enjoyment of the whole family? An air fryer, a new pot set, or a wall clock? What is it about receiving gifts that you like?

In today's scripture, Peter tells the believers the following: "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms" (1 Peter 4:10).

We are to serve one another in Christ by using our spiritual gifts. Within your group, share what you believe is your spiritual gift and how you can use it to serve one another.

The picture that Peter paints in this portion of scripture is one of God giving gifts to each of us. The gifts he mentions are specific talents and abilities that are empowered by the Holy Spirit to accomplish spiritual purposes in the process of building up the body of Christ. Gifts like teaching, hospitality, service, singing, healing, discernment, wisdom, writing. We have mouths that can speak words of encouragement and hope. We have ears that can listen empathetically. We have arms to hold children and hug those who are hurting.

God's gifts to you are not meant to be kept for your own personal benefit, enjoyment, or pride. They are meant to be lovingly shared and dispensed to meet the needs of others. God has entrusted you with the responsibility of ministering to others with your gift. And you are to exercise your gift with care and

and diligence in order to be a good steward of it. Let the benefits of your gift be shared as widely as possible both within the church and beyond.

Discussion

After Reading the scripture again, consider these questions:

Going Deeper

There are many ways you can serve and encourage those around you. So many people cross our path every day: Family, friends, neighbors, classmates, teachers, pastors, people at church, doctors, dentists, and people at the grocery store. Serving others with your God-given gifts provides an incredible opportunity to share the love of Christ.

Read 1 Corinthians 12:4-11 and consider the following questions:

- What are the gifts that God has given to you?
- How are you using them to serve others?
- How do you think God wants you to use them for the benefit of others?
- How can you step out in your gift (even in a small way) today? Go step into the gift of God.
- Where do the gifts come from? Why is this fact so important?
- What is the purpose of these manifestations of the Spirit, according to verse 7.
- What gifts did Paul describe? (12:8-10)

Service Programs

September 2026 – How Can I Serve

September 1, 2026 By Major Verna LaSalle



How Can I Serve

Program Ideas

There are many ways to serve within our women's ministry group.

Pray for others in your group

Send a prayer card

Bring snacks

Send birthday or get-well cards

Call to check on those who miss a meeting

Offering to lead a meeting

Helping with set up or clean up

Serving snacks to those who struggle with getting around

Bring food to someone who is going through chemo or just had surgery, or had a death in the family

Invite someone to come with you to Women's Ministry

Activities

Play Pictionary – using the word or phrases about serving. Set up a dry erase board on an easel. Write words or phrases about serving on small index cards. Divide group into two teams. Each team will have a chance to send someone from their group to draw a word or phrase about serving. The rest of the team tries to guess that word or phrase. For more on playing Pictionary see the link below.

<https://gameonfamily.com/how-to-play-homemade-pictionary/>

Make a craft to share with someone to invite them to Women's Ministry.

<https://modpodgerocksblog.com/handmade-gift-ideas/>

<https://abeautifulmess.com/diy-mini-pinch-pot-planters/>

Ways to Serve Word Search

See link below for a word search with hidden words on serving. You could search for the words yourself to make the answer key or pay the small fee to download the answer sheet.

<https://thewordsearch.com/puzzle/528302/search-for-ways-to-serve/>

Service with a Smile

"I have fought the good fight, I have finished the race, I have kept the faith." 2 Timothy 4:7 (NIV)

In our world today there are many wars and conflicts with fighting going on between nations where soldiers and citizens lose their lives. We also see conflicts and fights in our own nation between political parties, community groups, churches and even our families. Everyone wants their side to be recognized as the right side.

Paul shares in 2 Timothy 4:7 that he has fought the Good Fight of Faith. He is not talking about physical fights or verbal fights; he's talking about spiritual fighting. Your enemy is out to trip you up and get you to fall out of the race. Paul speaks of in Ephesians 6:11-13 about putting on the full Armor of God because we are in this spiritual battle. We need to keep our faith in Christ strong, knowing God's Word and keeping in the word and prayer, and loving and serving as God leads us.

In the midst of this spiritual fighting, we are called to serve so that God may be praised. Satan does not like it when we serve one another. He wants us to remain self-centered and concerned only about our needs. "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever" (1 Peter 4:10-11).

In what ways can I serve others? What does God want me to do? Mother Teresa said "Faith in action is love, and love in action is service. By transforming that faith into living acts of love, we put ourselves in contact with God Himself, with Jesus our Lord."

God calls us to serve – this is God's love in action. We need to be open and aware of opportunities to serve. It may be simple acts of service (sending a card of encouragement, calling to check on someone, cleaning up after a program) or it may involve long-term serving (helping someone through a severe illness; visiting someone in a nursing home weekly.)

Vaughn J. Featherstone said, "My beloved young friends, determine to serve one another. Opportunities for Christian acts of service do not always come at convenient times. Listen to the spirit when your flesh is weak. "For truly the Master said, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto Me" (Matt. 25:40). The blessings are tenfold when we do those good, kindly acts of Christian service when it is inopportune or not convenient."

When opportunities to serve come at inconvenient times we may have to go out of our way, or sacrifice something we want to do to help someone else. We do not serve, however, for recognition or just when it is convenient, we do it because it is as if we were doing it for Jesus Himself.

How can you serve? Take a moment to think of ways you can serve in this women's group? What has God been nudging you to do as we have shared today?

Rick Joyner said, "True Christianity is a life of sacrifice. It requires that in everything we live for the Lord and others, not ourselves."

About author



Major Verna LaSalle

USA Eastern Territory

WORSHIP



THE SALVATION ARMY
WOMEN'S MINISTRIES RESOURCES

CONFIDENT FAITH

2025-2026 PROGRAM YEAR

"Now faith is confidence in what we hope for
and assurance about what we do not see."

Hebrews 11:1



Worship Programs

October 2025 – Confident Faith in El Shaddai

October 1, 2025 By Major Karen Lyle



Confident Faith in El Shaddai

Scripture: Psalm 132: 2, 5 (NIV).

Program Ideas

El Shaddai – The Lord God Almighty; the All Sufficient One

Cover the tables where the women will be sitting with butcher paper. Give everyone a rock that is big enough to paint their name and a design on it. Display the rocks to show how the church family is built on each individual to make a whole. (This idea will be further explained in the devotional).

Paint Party

Place easels, blank canvasses, paint brushes, paint, and water cups on the tables. Invite the women paint a picture of what El Shaddai looks like to them. It can be a picture of nature—ocean scenes, mountain scenes, waterfalls, the different seasons. Encourage them to be creative. Have available pictures from postcards and magazines, to give them some ideas.

They could also paint ways in the Bible where God sustained the Israelites in the Old Testament while in the wilderness—parting of the Red Sea, manna from heaven, or water from a rock.

Create a prayer room with opportunities to meet with El Shaddai.

- Kneeling pillows.
- Journals with pens/pencils.
- Prayer board for praises and concerns.
- Display your paintings as encouragement to others.
- Create a place for worship with music playing.
- Have a miniature scale of the Tabernacle on display with all the elements. Inexpensive paper models are available through Amazon. Pray through the pieces of the Tabernacle that were made of clay and covered in gold—the table of showbread, the lampstands, the laver of water, the bowl of incense. This is a beautiful time of worship as you walk through and see Jesus as God Almighty, the All Sufficient One.

Service Projects

- Make and take pottery. Invite the women to paint two inexpensive pieces of pottery. They can make one for themselves and give the other to someone who needs encouragement, kindness, or a reminder that the All Sufficient One is actively working for their good and His glory! (Ideas for help: Local pottery place, Etsy, Pinterest, Dollar Tree.)
- Take a painting class on the go to a nursing home or assisted living center. Teach them to paint a simple picture of nature to take back to their rooms. (Resources can be found on Pinterest and Etsy. Items can be purchased from Dollar Tree.)
- Invite the women to make journals where they can place their prayer requests. Remind them to leave space for them to record the date when The Lord God Almighty answered the desire of their heart. (Resources can be found on Pinterest, Etsy, or Hobby Lobby)

What's In a Name

In the winter months, I tend to binge watch TV shows or Netflix series to help pass the long, dark, cold evenings until Spring. Recently, I found a Canadian series called Heartland and decided to watch a few episodes. The storyline revolves around the Bartlett family as they experience life on a ranch going back six generations. The individual threads of each family member are woven together and create a beautiful tapestry of the ups, downs, twists, turns, highs, and lows of everyday life.

In one episode of Heartland, the family met in the living room of the ranch house built by hand by Great-Great-Grandpa Bartlett. They gathered around the stone hearth made by a man not personally known by any in that room but imagined by all through family stories passed from generation to generation. A tradition had been born in the Bartlett family that when a new member arrived, a stone in the hearth would receive the name given to the child. That stone and name became the bedrock of all Bartlett's past and present. They would tell the family stories to all those yet to come.

Names are important to God. It is how He identifies Himself to His people. He gives us insight into His character, who He is as well as what He does. At the opening of scripture, we see God as Elohim, Creator extraordinaire. He revealed Himself to Abraham as Jehovah Jireh, The Lord Will Provide. To Moses in the wilderness, He was Jehovah Nissi, the Lord Who Fights our Battles. To David He was Yahweh Roi, the Lord is my Shepherd. God's names are forever etched in scripture from Genesis to Revelation.

In Psalm 132:2, 5, David calls God by His name El Shaddai—the Mighty One; Almighty God. It can also be translated as The All-Sufficient One. We first see this name and attribute of God in Genesis 17:1 when He speaks with Abram. El Shaddai, the Lord Almighty, tells Abram he will be the father of many nations, yet he was old, childless, and had no heir. God will do what no one else can. He is all powerful and totally sufficient within Himself. He needs no help from mankind to accomplish His plans. This historical account was told to all of Abraham's descendants and David came to know God personally as the Almighty God. King David is recalling a memory in Psalm 132 of when he desired to build a permanent house for the presence of God to dwell (2 Samuel 7). He promised the Lord, the Mighty One, he would do what was purposed in his heart. However, God had other plans.

Up to this point in David's life, he had gone from being a shepherd to a battle worthy conqueror. He then became king over God's people. God reminded David that all that had been accomplished in his life was due to His presence and almighty power. (2 Samuel 7: 8 – 13). All powerful is not only what God possesses but who He is.

If you read the rest of Psalm 132, you will see God, in His Almighty power, makes a dwelling place for Himself and by Himself. He chooses Zion which includes all of Israel. He was thinking even bigger than David who only thought of a small plot of land. God was letting David know He wanted to dwell in the midst of His people just as He did in the tabernacle in the wilderness. He wanted to sit center stage and no building could contain Almighty God. He says in vs 14, "This is my resting place for ever and ever. Here I will sit enthroned, for I have desired it."

The Lord God Almighty is a name we need to draw on daily so we can thrive in our living, not just survive. We may run out of energy, grace, compassion, patience, but God is sufficient in and of Himself. His resources are endless, and He is capable of giving us exactly what we need, when we need it. When we meet with El Shaddai, He is always enough and so much more. I pray this makes us want to encounter His presence all day long. "He is all I need. He is all I need. Jesus is all I need."

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www.etsy.com

www.pinterest.com

About the Author



Major Karen Lyle

USA Southern Territory

Worship Programs

November 2025 – Confident Faith in Yahweh-Jireh

November 1, 2025 By Captain Sarah Flowers



Confident Faith in Yahweh-Jireh

“So, Abraham called that place The Lord Will Provide. And to this day it is said, “On the mountain of the Lord it will be provided” (Gen. 22:14 NIV).

Introduction

The Lord Will Provide

We know that when we engage all five of our senses, we can be more acutely aware of our surroundings and be more present in the moment. We are going to experience worship through using each of our senses to be reminded of God's provision to each of us. He doesn't just provide what we need to survive. He also provides true enjoyment and pleasure if we take the time to be present with Him and enjoy His creation. As you exercise each of your senses, allow the Holy Spirit to fill you and restore your faith in the God who provides.

Program Ideas

We have been blessed with God-given senses. That help us make sense of the world around us and to process information. However, when we get overwhelmed or stressed, these are usually the last things we focus on. Psychologists will remind you of the necessity to re-engage all five senses to reconnect with peace, tranquility, and even joy. Doesn't that mean we should also engage them to worship the God who provides all good things? We are going to take a worshipful journey thanking God for all the beautiful things He provides.

Refreshments

Ask the women to bring Thanksgiving themed items to share—pumpkin bread, cinnamon rolls, pecan treats, lemon squares—food that reminds you of Thanksgiving both in how they taste and how they smell. This is the “taste” aspect on our five-senses worship interaction.

Craft Idea

A craft idea for this program is a homemade air freshener. This could either be a potpourri pinecone decorated for Thanksgiving (<https://www.momdot.com/how-to-make-a-pine-cone-turkey/>), or an orange clove homemade table decoration called pomanders

(<https://www.pinterest.co.uk/pin/114560384258578043/>). This is both the “touch” and “smell” aspect of the five-senses worship interaction.

Worship Music

An important part of this worship experience is to have a playlist of praise and worship music playing throughout the duration of the fellowship, food, and craft portion of the program. This is the “hear” aspect of the worship program.

Decorate

The last aspect is something that will be unique to each location. What are some unique ways you can decorate for Fall/Thanksgiving/November? You want to almost overwhelm the women with autumn surroundings, helping them see and be immersed in Fall and Thanksgiving.

What Senses Are You Experiencing

As they participate in each activity, ask them: “What do you see? What do you hear? What do you smell? What do you taste? What do you feel?” The more they actively engage with their surroundings, the more connected they will feel to the experience, the surroundings, and each other. The more they will be reminded of the God who provided all these wonderful things and give us the ability to fully enjoy them.

Yahweh-Jireh

It is no coincidence that Yahweh-Jireh is mentioned in our theme verse which says, “So, Abraham called that place The Lord Will Provide. And to this day it is said, “On the mountain of the Lord it will be provided” (Gen. 22:14 NIV). This is the moment Abraham realized God would indeed provide everything he needed. This is the hardest test Abraham has ever had to endure. He had no way of knowing what would happen.

God had already promised Abraham more descendants than he could count, and it all seemed to hinge on a single offspring: one child, a son. Then, God tells him to sacrifice this same son on an altar. Abraham must have been so sad and confused. How else would God fulfill all the promises He had made? Surely, he was far too old now to have another child. What could God possibly have in store?

Isaac wasn't ignorant of what was happening either, he asked his father outright what he was doing: “Dad, you've got just about everything you need, but I know how offerings work. Where's the animal we're going to sacrifice?” Abraham might have answered his son correctly, but I am almost positive that when he said, “Don't worry son, the Lord will provide the sacrifice,” he wasn't sure he believed it yet. It was a long walk from their house to the altar, three whole days of walking, dreading the destination. Due to the nature of the journey, most of this was probably done in silence. On the third day, Abraham saw the destination in the distance, and told his servants to let him and Isaac go the rest of the way on their own. In the theatrical world Abraham making Isaac carry the wood on his back would be called “foreshadowing” as it gives a hint of what is going to take place in the future.

Abraham had three whole days to change his mind, lose his nerve, or simply decide not to follow through with what God had asked him to do. Those silent moments in the journey took up so much willpower, determination, and faith. His faith does not even waiver when he lays his son on the wood of the altar and holds his knife to deliver the sacrificial blow. In fact, the voice of God had to stop him in the act, so no harm would come to Isaac.

Few of us can say that we would go to these lengths in our faith or devotion to God, but when Abraham realizes God has indeed provided the animal needed, his acknowledgement of Yahweh-Jireh could not have been more authentic or endearing. Sometimes it takes us acknowledging all the information being processed by each of our senses to be fully immersed in the experience and circumstances around us. Abraham knew exactly what he was seeing, feeling, smelling, tasting, and hearing the entire journey. And when God came through, it meant even more to him after that three-day journey of the senses!

Abraham knew more of God in this moment than any human of faith had up to that point. He now knew that God provides, not just what we limit our imaginations to, but above and beyond things we could even imagine.

How has God provided for you and your family this year? How is God providing for you right now? What can we think of to be thankful for in this season? Share some praise reports with those in your group as you close today.

Resources:

<https://www.momdot.com/how-to-make-a-pine-cone-turkey/>

<https://www.pinterest.co.uk/pin/114560384258578043/>

Worship Programs

December 2025 – Confident Faith in El-Gibhor

December 1, 2025 By Major Lynn Irish



Confident Faith in El-Gibhor

Scripture: Isaiah 9:6, Zephaniah 3:17, and Hebrews 11:1.

Subject: Learning to depend on our "Mighty God."

Introduction

This program is designed to give women peace in knowing that they have a “Mighty God” who is there to help, support, and fight for them against those who would oppose them. There are many names/attributes of God. Learning the names of God will give assurance no matter the circumstance we are loved, cared for, protected, defended, strengthened, wanted, and seen.

A Child is Born

How many times have we read Isaiah 9:6? “For to us a child is born, to us a son is given, and the government will be on His shoulders. And He will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace” (NIV). We read it every year during the Advent season. We sing about the child born to us, we are thankful for the everlasting Father, and we pray for peace. I don’t think I have ever stopped to think about our “Mighty God.” But, nestled in this verse is El-Gibhor (Mighty God). That baby may not have come to earth to lead a “mighty” army against the Romans, but that does not mean He is any less strong and mighty. Or that He is any less ready to defend us against our enemies. Zephaniah 3:17 (NIV) says, “The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in His love He will no longer rebuke you but will rejoice over you with singing.”

When David became King of Israel he was known as a mighty warrior. He had defeated the Philistines time and time again. He had fought in many battles and would fight in many more. He and his men were celebrated as mighty warriors. They trusted one another because they had fought alongside each other for many years. Mighty warriors have been tested by hardship, battle, and circumstances. They have faith in the one they have trained with and fought alongside. They knew for sure that they had each other’s back.

Do we believe in our God as El-Gibhor – Mighty God? How do we know that He will protect us, defend us, and care for us? How do we grow our faith and trust Him during difficulties and trials? We can train just like those mighty warriors trained. They didn’t start out “mighty,” but they worked at it day after day. David began as a shepherd. He learned to defend his sheep. As his enemies became bigger, he depended more and more on El-Gibhor. We must do the work to develop our relationship with God. We must learn about His mighty power by studying His Word. We must talk with Him “without ceasing” about all our difficulties. If we can do that, we will develop a trust in Him. Give God everything both big and small. As we do that every day our training will pay off, and God will reveal His mighty power. We will live in confidence that our “Mighty God” has our back.

Hebrews 11:1 says, “Now faith is confidence in what we hope for and assurance about what we do not see (NIV). We can have confidence in our God and assurance that He is working in our lives even if we cannot see. We do have a “Mighty” God. He spoke the world into existence. He parted the waters. He defeated vast armies without a single drop of blood being shed. He calmed the raging sea. What a Mighty God we serve! If He can do all of that then He can take care of me.

Test Him my friends. Our training starts on our knees. God is there working even when we don’t see Him or feel His presence. Maybe in those difficult times when we see problems surrounding us, we should pray Elisha’s prayer, “Open his (my) eyes, Lord, so that he (I) may see” (2 Kings 6:17 NIV).

Program Ideas

Songs:

1. What a Mighty God We Serve (chorus)

2. Mighty to Save (Hillsong)

<https://www.youtube.com/watch?v=AW2LEU5v8VA>

3. The Battle Belongs (Phil Wickham)

<https://www.youtube.com/watch?v=johgSkNj3-A>

Games

Create your own word search or cross word puzzles with the names of God using this site:

<https://puzzlemaker.discoveryeducation.com/criss-cross>.

Craft Ideas

Download or purchase Names of God coloring cards, pages, or coloring bookmarks. Pinterest has lots of different options. <https://www.rocksolidfaith.ca/category/bible-study-printables/page/4/>

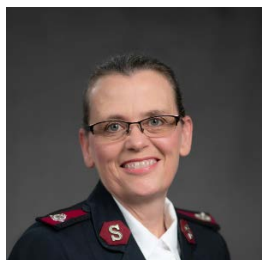
Bible journal the names of God or creating Scripture cards using the names of God to give away. Pinterest has great resources on the names of God and images to go with them.

<https://www.moneywisesteward.com/names-of-god/>

Service Project

Print out extra coloring cards, scripture cards, or bookmarks. Have the women color them and take them to an outreach ministry. Pass them out and pray over those coming for assistance. (Shelter residents, food pantry, senior programs, youth programs, feeding ministries.)

About author



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Worship Programs

January 2026 – Confident Faith In El Roi

January 1, 2026 By Major Amanda Raymer



Confident Faith In El Roi

Scripture Focus

The God Who Sees Me

Genesis 16:1-14

“She gave this name to the Lord who spoke to her: ‘You are the God who sees me,’ for she said, ‘I have now seen the One who sees me.’” (Gen. 16:13).

Introduction

In a world of brokenness and busyness it can seem almost effortless to feel unseen, especially when those times are filled with unfair judgement, hardships, and agony. We all have experienced moments of running and hiding from the world whether physically or emotionally during difficult stretches of life. We even start to believe that God has left us to fend for ourselves. We can learn through the story of Hagar, that not only does God see our pain and our struggle, but He also wants to fight for us and give us hope in the middle of the pain.

Room Set Up

Arrange the tables in the room into small groupings of no more than four at a table. This will help to cultivate participation during small group discussion time.

On the Table

The link below is for an “El Roi” coloring sheet, that can be purchased from Etsy. This can be done by the women as they are waiting for the program to begin.

https://www.etsy.com/listing/1385099558/16-names-of-god-bonus-el-roi-coloring?ga_order=most_relevant&ga_search_type=all&ga_view_type=gallery&ga_search_query=El+Roi+zentangle-1-2&dd=1&search_preloaded_img=1&organic_search_click=1

Program

Call to worship through song:

The God Who Sees by Doxa Church

YouTube: <https://www.youtube.com/watch?v=1uKmOTOjhDo>

Or The God Who Sees by Nicole Mullen.

<https://youtu.be/sz81dlfwf4Y?si=o1BdANHBgxM8-BFn>

Small Group Discussion

Ask the following questions, that will create discussion for each table. Allow around 3–5 minutes per question before moving on to the next.

- 1 Have you ever got tired of waiting for something that was promised to you?
- 2 What have you found yourself doing in those moments of relentless waiting?

Waiting

Oh, the waiting place...How many of us resent the space this time occupies in our lives. Our culture has ruined us from finding comfort in waiting. Fast speed internet, fast food, 15-minute oil changes, fast passes at theme parks, 5-minute rice. You can even go online and reserve your spot at the urgent care now, so you don't have to arrive until your appointed time. We are being reprogrammed to hate the waiting and love the line skipping.

We do not wait well. And yet, all of us are waiting for something. It's inevitable, it's a part of life that we would love to fast forward through, and yet, there is so much good that can come through the waiting. But Sarai was not willing to wait for the "good" that God had promised her and Abram, that their descendants would be many and that she would be the "mother of nations" (Genesis 17:6).

In her impatience, she decided to take matters into her own hands, which is where we find our focus today. We read in Genesis 16:1-4 "Now Sarai, Abram's wife, had borne him no children. But she had an Egyptian slave named Hagar; so, she said to Abram, "The Lord has kept me from having children. Go, sleep with my slave; perhaps I can build a family through her." Abram agreed to what Sarai said. So, after Abram had been living in Canaan ten years, Sarai his wife took her Egyptian slave Hagar and gave her to her husband to be his wife. He slept with Hagar, and she conceived.

Hagar has no choice but to conceive Abram's child. She becomes pregnant which is what Sarai desired. But she wasn't prepared for the feelings that Hagar might have because of it. She wasn't concerned for Hagar at all.

Scripture tells us that when Hagar knew she was pregnant, she despises Sarai (Genesis 16:4), and because of this, Sarai becomes angry and deals with her harshly (Genesis 16:6).

Hagar had two options in her mind. She can stay and be mistreated, or she could run. So, she chose to run. But in that running, in the middle of literal nowhere, she comes face to face with God.

The Lord himself, in the form of an angel, came and asked her, "Where have you come from and where are you going?" (Genesis 16:7-8). When she told him, His response was to go back and submit to Sarai. That sounds kind of harsh, that God would send her back to her pain and injustice. But through going back, God gave her a promise. He would give her descendants so numerous that she couldn't count them (Gen. 16:9). She would not only give birth to her son Ishmael, but she would live to see a future that is blessed and filled with hope.

For this first time in her life, she feels seen, and she feels heard, and her relationship with God creates for her a new identity and a new future. In this encounter, she gives Him a name. She is the only person in the Bible that does this. "She gave this name to the Lord who spoke to her: "You are the God who sees me," for she said, "I have now seen the One who sees me." (Genesis 16:13).

God sees us in our suffering, He sees our struggles, He see us in our hurt and pain. He is El Roi, the God who sees. There will always be times, this side of heaven, that we will find ourselves sitting in the brokenness of life. But just as Hagar found hope and new life in God through the broken and the

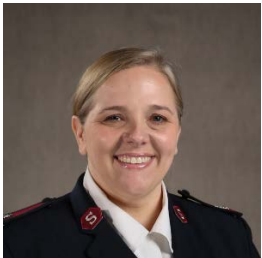
waiting, it gives us the hope that we can do the same thing too. We can have confident faith in El Roi because His promises are forever.

Closing Song By: Sorensen -The God Who Sees

<https://www.youtube.com/watch?v=JRlgja8rmgI>

Prayer: God, it is hard to sit in brokenness, it is hard to see hope when we are stuck in the middle of pain, injustice, and fear. But you are the God of hope. You are our El Roi and you see us. Through it all, may we find peace, clarity, and purpose that far exceeds the momentary brokenness that we are feeling right now. We give it all to You and have complete faith that You will see us through. Amen.

About author



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Worship Programs

February 2026 – His Banner Over Me Is Love

February 1, 2026 By Major Stephanie Sills



His Banner Over Me Is Love

Subject: Confident Faith in Yahweh-Nissi

Scripture: Exodus 17:15

Introduction

When God is our Banner, we have the promise of His victory in the battles that come up in life. Sometimes we need to be reminded that we are not alone during these times of trouble. Creating unity among our Church family and the Sisterhood of the Church was even more important after the Pandemic. We had to stay home alone for our birthdays, holiday and other special occasions. Expectant mothers were told they would have to be without the support of family for the births. Seniors were left in nursing homes without family to hold their hands and kiss their foreheads in their last days.

The enemy wants to isolate us to make us feel that no one cares. In this day and time, it is more important than ever to create a sense of belonging. Our women's groups are a great place to create the ties that bind us together. But are we keeping these relationships at surface level in fear of opening up to others? Dare we say we have become immune to the loneliness, and we are just numb. Being vulnerable can be scary but it can also be rewarding. This program is meant to be a time to create a safe place to really bond together as a sisterhood in Christ.

Program Ideas

Whether you create a new women's program such a weekly dinner and Bible Study, a monthly Scripture and dessert, or use it as a recruitment day for an already established program, it would be good to have the women invite someone they know that could use a little love. A tired new mom, an empty nester, or anyone going through a difficulty in life. Encourage them to look at the empty seat in their car and ask God who should they ask to fill it. We all could use some chocolate and some girl time to just relax.

- Have the women prepare handwritten cards of encouragement for those they know who could use it.
- Invite them to make a small banner, personalizing it for a woman they know is going through a difficult time. Add a flower and deliver it to that individual during the week.
- Make a book of encouragement. Take an inexpensive composition book, cover the outside with decorative contact paper (shelf liner) and decorated with stickers and ribbon. Fill the inside with encouraging quotes, songs, scripture, and funny memes from the internet. Give it to someone who could use some encouragement and the assurance that they are not alone.
- Make pick-me-up jars – decorate a mason jar with ribbon, stickers or paint. Inside place strips of paper with words of encouragement and scripture for the one needing encouragement. Each day they take out a slip, read it reminding them that they are loved.
- Pinterest has some great icer breaker games under "Sisterhood Games."

Where is God

The Israelites were in the desert, and they were at a place where they were once again questioning if God was with them. Had He brought them to the desert to let them die of thirst? They were thirsty and in need of a miracle. Have you been in that place where you felt dried up and alone? God told Moses to take his staff and strike a rock and God gave them water. God ministered to their needs. He didn't scold them for their bad attitude, instead He gave them replenishment, because He knew what was ahead of them.

When we are down and feel all dried up, that is when the enemy pounces the hardest. For the Israelites, the enemy came in the form of the Amalekites. Moses sent Joshua and his men to fight the Amalekites and Moses took Aaron and Hur to the top of the hill where Moses lifted his arms to the Lord in prayer. When Moses grew tired and put his arms down, the Amalekites began to win the battle, but as long as Moses kept his arms up to the Lord, the Israelites were winning.

So, Aaron and Hur brought a stone for Moses to sit on and then got on each side of him to hold up his arms. In this way the men were able to help Moses in his fervent prayer to the Lord. The Israelites won the battle that day and Moses built an Alter to the Lord and Named it Yahweh- Nissi, meaning, The Lord is our Banner.

During a ground war, the banner is a very important tool to help disoriented soldiers know the direction to follow. The banner was so important that if the flag or banner carrier was injured/killed and the banner fell to the ground, another soldier would drop his own weapon to pick up the banner. Without the banner, soldiers could get turned around, lost, or even believe that they had lost the battle.

As we are strong women, sometimes our first response is to fight the battles on our own. We need our sisters to come along with the banner that points us to our Lord. It was the Lord that won the battle for the Israelites, not the men and not Moses, but the men were all called to obey in faithful service. As 1Samuel 15: 22 reminds us, to obey is better than sacrifice. When we are at our low places, the dry desert of life, the enemy will pounce quickly. These are the times when it is the hardest to pray on our own. These are the times when we need our sisters to come alongside us to support our arms while we pray. Sometimes we need them to start the prayers, wipe tears, and remind us that we are not alone. We have Yahweh-Nissi, God is our banner, and He hears our prayers and is fighting the battle for us.

Discussion

- Do you have a set of Sisters in Christ who you know will drop everything in your time of need and come along side of you?
- Are you that Sister for someone else?
- Has God brought someone to your mind that you need to reach out to in support?

About the Author



Major Stephanie Sills

USA Southern Territory

Worship Programs

March 2026 – Confident Faith in Yahweh-Rapha

March 1, 2026 By Major Anita Caldwell



Confident Faith in Yahweh-Rapha

Subject: The Lord Who Heals

Related Scripture:

Exodus 15:26 NIV He said, "If you listen carefully to the Lord your God and do what is right in His eyes, if you pay attention to His commands and keep all His decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you."

Introduction

When I spent a few days with my sister, retired officer Captain Luva Blakely, we started to plan her celebration of life. We hoped she had six months to live with many systems of her body in a state of failure. We called her nephews and nieces to see if they would sing. We sorted all the final telephone numbers of who should be called. She was excited to journey towards heaven while leading as many to Jesus as she could in her final days.

At her next visit, her doctor reduced her various medications. She began reading the healing scriptures of the Bible. First, her diabetes was completely healed after ten years of insulin injections, and then her kidney and liver levels returned to normal. She no longer needed her oxygen and with a new heart medication, she not only felt better, but she could also walk in stores, and travel again.

One year after we were supposed to have her parting celebration, she is alive and enjoying life. Her testimony is one of faith, hope, and healing. No doubt you are also witnesses to such miracles of faith. Today, we are going to look with confident faith in Yahweh-Rapha, the Lord who heals.

Program Ideas

- Write cards for your local veterans or local nursing home with the theme of "Hope."
- Send a card to someone in your corps who has a long-term illness.
- Inquire if you could hold your meeting at the home of a homebound person.
- Watch portions of the movie "Miracles from Heaven" and share the story of Annabelle.
<https://www.youtube.com/watch?v=CldGTG6iVrU>
- Jesus Heals Craft: <https://www.pinterest.com/pin/pinterest-514254851189883865/>
- Invite a guest who can share her testimony of healing or some of the women in the group may share their stories.

The Lord Can Heal

"I am the Lord that healeth thee" Song video:

<https://youtu.be/KwMg0YQcaps?si=fGmw6nsuEwBYxIFV>

Exodus 15:26 is the story of the people of Israel as they wandered in the wilderness and looked for water. They arrived at the water of Marah but found that the water was too bitter to drink. Moses cried out to God and He told him to throw a stick into the water. When he did, the water became sweet. God used this moment to teach them that He cared for them.

- Listen carefully to the Lord your God. We don't always listen to God. We tend to turn to our own needs and our own decisions. He has a special word of hope for us. Do we take time to listen? Do you believe He wants to speak to you?
- Do what is right in His eyes. The Holy Spirit was sent at Pentecost to teach us all things. He will also convict us of what is right and what is wrong. His quiet voice guides us to heaven through the Bible truth. Keep His commands. The Holy Spirit was sent to give us the power to overcome sin and be able to keep God's commands. We are not able to do His will on our own strength, but we can by the power of the Holy Spirit.
- What is His promise to us if we keep these steps? I am Yahweh-Rapha which in Hebrew means the Lord who heals. He can heal the sin-sick soul. He will heal the broken heart. He will heal physical disease. He is the Great Physician and created each one of us for a purpose in this life. He alone knows what is needed to heal us and has the remedy.

If we sin, He forgives and heals the soul. If our hearts are broken, He walks with us as we heal. If we are physically sick, He is able to completely heal on earth or in heaven. In all cases, we must first believe that He is our Yahweh-Rapha. Let's pray today and ask the Lord to give us the courage to believe for His healing.

As you leave today, remember God can do exceedingly more than we could ever ask or think. He is our healer!

About the Author



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USA Southern Territory

Worship Programs

April 2026 – Confident Faith in Yahweh-M'Kaddesh

April 1, 2026 By Major Jamie Spalding



Confident Faith in Yahweh-M'Kaddesh

The Lord Who Makes Us Holy

Scripture: Leviticus 20:8 NIV

Introduction

I desperately want to keep a perfect house. I want to have one of those super organized pantries that looks Pinterest-worthy. I want to decorate my mantle for every season. I want to toss things that don't "spark joy." I want there to be zero clutter—never any toys or schoolwork or sports gear visible, even in the areas that are specifically designed to hold those things. I want my bathroom to sparkle 100% of the time. I want my laundry room to look like it was pulled from a magazine, so I obviously don't want there to be laundry in there! I want it to look like an Instagram filter is covering my house. The problem is my family refuses to live somewhere else.

No matter how hard I work, how often I pick up, how many times I wipe the same tiny fingerprints from the same surface, it is never good enough. In all my striving, I cannot accomplish perfection.

Often, as women of God, when we talk about holiness, our minds go right to all the things we need to do... and fix... and improve in order to accomplish this huge, impossible thing. The whole idea of holiness seems so daunting.

God's Holiness

When you sit down to do some light Bible reading, I would venture to guess your fingers rarely flip to the pages of Leviticus. It's an odd, complicated book, and honestly, there is only so much "long lobe of the liver" talk a girl can stomach. If you were to pull from it a to-do list on how to be holy, you may come up with a pretty strange list!

___ Don't forget to salt your offerings (2:13)

___ Make sure good hairspray is part of your morning routine (10:6)

___ Keep cash on hand so you don't have to wait until tomorrow to pay your babysitter (19:13)

___ Reorganize your vegetable garden (19:19)

___ Learn to bake unleavened bread (23:6)

However, to the Hebrew nation in that day, the book of Leviticus was a gift. God had chosen to dwell among this group of people and make them His chosen nation. The problem was that God was so glorious, so good, so powerful, that corrupt and sinful people would perish in the presence of that holiness. It was like standing near the sun. His majesty was simply too much for our fallen humanity. We see that repeatedly in scripture.

- Genesis 17: 1-5 – Abraham fell facedown at the sound of God's voice.
- Exodus 3:1-5 – God told Moses through the burning bush to not come any closer.
- Leviticus 10: 1-3 – Aaron's sons do not pay attention to the rules regarding entering God's presence and are consumed.

- 2 Chronicles 5:13,14 – The priests could not fulfill their duties because God’s presence filled the temple.
- Isaiah 6:1-5 – Isaiah came undone in the presence of God. Even the Temple itself reacted to God showing up!

How then, can a sinful people dwell near a Holy God?

Leviticus: The Book of Leviticus introduced a strict set of rules and policies that would allow a tribe of imperfect people to dwell in the same camp with a holy God.

- A priesthood was established (8-10 & 21, 22). This small group of chosen people would work in even closer proximity to God and be allowed to come to Him on behalf of the whole community. With this great access came greater risk. The priests would be held to the highest standards of behavior and purity.
- Rituals were introduced (1-7 & 23-25). Offerings and sacrifices were instituted, some to show God gratitude for all He had done for Israel and some as a method of repentance and asking forgiveness. Feasts were also established as celebrations that reminded the Israelites of their role in God’s story (and God’s role in theirs!).
- Laws for purity were outlined.
 - 1 Moral purity (11-15) – God’s people were expected to live differently than those around them. So, while others may not have been practicing sexual integrity, compassion, social justice, the Hebrews were to live by God’s standard.
 - 2 Ceremonial Purity (Leviticus 18-20) – People were not permitted to enter God’s presence if they were “unclean.” Many different things could make you ritually unclean – touching bodily fluids or mold, being around disease or a dead body, all things associated with death. There were also food laws (what we would call Kosher laws today) established.

Becoming ceremonially unclean was not a sin. It happened during everyday life. After certain rituals and washing, you could become clean again. What was a sin was coming into the presence of God flippantly, carrying these impurities with you.

Yahweh M’Kaddesh: None of the laws outlined in the book of Leviticus were a permanent fix to the great divide sin had left between God and us, nor were they designed to be. The promise of a Messiah was not a Plan B in case the law failed. The law was temporary. Remember when David was bringing the Ark of the Covenant to the City of David in 2 Samuel 6? He made a sacrifice every six steps! The benefits of the law did not last, and the law was not what made us holy.

Nestled in the middle of the book of Leviticus, God reminds us of that in 20:8, “Keep my decrees and follow them. I am the Lord, who makes you holy.” It is not the result of anything we do, it is the work of God in us.

Still today, my list-making, goal-crushing, always-striving sisters, you cannot make yourself holy. You can't be good enough or work hard enough or deny yourself enough. Only God can sanctify you. And still, God is calling us to holiness. Thanks to the blood of Jesus, a sacrifice made once for all (Hebrews 10:1-10), we can come into the presence of God, asking Him to sanctify us and give us grace and strength for holy living.

Discussion:

- Why does the idea of holiness seem so overwhelming?
- What do you envision when you think about being in God's presence?
- How was the book of Leviticus a gift to God's people?
- Do you think we ever come into the Lord's presence too flippantly?
- What does it mean to you that God is "Yahweh M'Kaddesh: The God who makes you holy?"

Further Resources –

God's Holiness – <https://bibleproject.com/explore/video/holiness/>

About author



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Worship Programs

May 2026 – Confident Faith in Yahweh-Shalom

May 1, 2026 By Major Jacquelyn Reckline



Confident Faith in Yahweh-Shalom

The Lord Our Peace

Scripture

“So, Gideon built an altar to the Lord there and called it, ‘The Lord is Peace.’ To this day it stands in Ophra of the Abiezrites” (Judges 6:24).

Introduction

Read Psalm 61:2-4.

“From the end of the earth will I cry unto Thee, when my heart is overwhelmed; Lead me to the Rock that higher than I. For Thou hast been a Shelter for me, and a Strong Tower from the enemy. I will abide in Thy tabernacle forever. I will trust in the cover of Thy wings.”

Show the following video, “Names” by Elevation Worship and Maverick City

https://youtu.be/pXqrF1vTzjY?si=EdMy0jhkyZGF_vjC

Worship

There is much discussion surrounding anxiety and depression in our culture. More than ever, our young people, children and seemingly an entire generation of our young adults are facing these challenges. For the Christian struggling with anxiety, it can be a confusing space.

Let’s begin by making the truth clear: Anxiety and trust together are understood by our Lord. To say that a Christian will not struggle with anxiety, fear and depression is simply not true. He invites us to draw closer to Him so that in the midst of suffering, we will be strengthened and trust Him more. Mental health is complex, and some may not know how to approach the subject. Something we all grapple with at some point in our life, is fear: fear of sickness and disease, being fearful in the uncertainty of what the future holds, worry over our finances, children or position at work, and the anxious thoughts surrounding the inability to control a situation.

The commonly known definition for the word, ‘peace’ is ‘the absence of conflict or chaos.’ But to fully grasp the truth of God’s promises for peace, we must understand it’s biblical meaning. The Hebrew word for ‘peace’ is ‘Shalom’. This origin definition is to literally ‘be made whole or complete.’ Prior to the sin-fall of mankind, all things were in harmony (complete); creation, humanity, and God. When Adam disobeyed God, the first thing he did was separate himself from God. He covered himself and hid from Him as God came to commune with them; a relationship was broken.

Our enemy works very hard to cause division between us and God by using fear, worry and anxious thoughts to create a chasm of mistrust between us and Yahweh-Shalom, God our Peace.

Peace is absent when we are living, thinking, and dwelling outside of the presence of God. When we move away from the Lord, our relationship becomes fractured, distance between us increases and insecurity sets in. Not being steadfastly tethered to God results in the sense of being lost and floundering. When full-blown insecurity takes over, fear and uncertainty will override the truth we know.

This is why we are instructed in Philippians 4:8-9 to saturate our minds with the things of God. We are told to think on things that are true, good, right, pure, lovely, and praiseworthy, and the God of Peace,

our Yahweh-Shalom will be with us. These truths will bring us rest when we are worn out from doubt and worry. Our lovely Lord calls us to come to Him in prayer when worry hovers near and promised that His peace will surround and guard our hearts and minds when we draw close in His presence (Philippians 4:6-9).

Remember David? When his troubles overwhelmed him, he ran. He even ran from God at one point and believed he could work his situation out on his own. When he reached the end of his own limited resources, he called on God for rescue. We can almost hear the relief and picture him breathing deeply in the words of Psalm 116:7-9.

“Be at rest once more, O my soul, for the Lord has been good to you. You have delivered me ... that I may walk before the Lord in the land of the living. Before the Lord; in His presence.”

We have absolute and unhindered access to the presence of God. From the very beginning, He had a plan to cover us, to purchase our peace through Christ our Savior. The first angel that appeared that holy night in Luke 2:8-14 told the shepherds right away to ‘not be afraid’— Good News was on the way. Then, as the heavens opened and the dark clouds of night parted, the song that rang out in a history without hope, was that peace is here for all.

From that very night to this very day, He calls to us. He beckons us to draw close to Him and He will draw close to us. The things, thoughts, worries, and concerns find little room as we know Him deeply and trust Him deeply. He is your Refuge (a safe place), your Shield (your protector), your Deliverer (your way maker) and your Stronghold (your anchor and security). He is your peace. He is Who He says He is, and He will do what He says He will do.

Closing:

Play the following music video, “I Speak Jesus”, Charity Gayle. LIVE

<https://www.youtube.com/watch?v=PcmqSfr1ENY>

Closing Prayer:

Heavenly Father,

We are filled with gratitude on this day for the plans you have made for us. Help us to remember when our thoughts are filled with wandering, worry and the weight of so much, that You are there. We don't have to face one dark night alone or figure it all out within ourselves. Thank you, Lord, for Who You are! Thank You for loving us so much that You are always with us; You will never leave us, even when we struggle to find our way. We praise You because we have perfect peace in You and help us bring every thought into the light of Your presence. Amen.

Program Engagement Options:

- 1 Provide strips of paper for each participant. During the closing music video, “I Speak Jesus,” invite the women to write their worry, burden or anxious thought down and place on the altar of a

prepared worship focus location. As they place their strips, they can choose a Scripture promise to take with them.

(Suggested Scripture verse are below.)

- 1 At the close of your time together, invite participants to take the attached handout home with them for continued and deeper study in the Scriptures surrounding having the mind of Christ and His promises for peace.

Scripture for Worship Center ~ Promises of Peace

Isaiah 26:3 2 Corinthians 2:13

Philippians 4:6-7 John 14:27

Ephesians 2:14 Colossians 3:15

Romans 8:6 Psalm 46:10

2 Thessalonians 3:16 John 16:33

Romans 16:20 Psalm 29:11

Isaiah 41:10 Psalm 34:14

Matthew 11:28-30 Psalm 23:1-6

1 Corinthians 14:33 1 Peter 5:7

Isaiah 9:6

Trusting Yahweh – Shalom

Read each of these purposed promises. Take time to read, write out, say aloud, and pray over each. Ask God, your Peace, to show you knew truth and insight. Under each, write out the concern, burden or care that comes to mind.

When I am filled with cares, Your comfort brings me joy. Psalm 94:19

The righteous cry out and the Lord hears and rescues them from all their troubles. Psalm 34:17

For God has not given us a Spirit of fear, but of power, love, and sound mind. 2 Timothy 1:7

Cast your burden on the Lord and He will sustain you; He will never allow the righteous to be shaken. Psalm 55:22

Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen and help you. I will hold on to you with My righteous right hand. Isaiah 41:10

Trust in the Lord with all your heart, and do not rely on your own understanding. Proverbs 3:5

Come to Me, all of you who are weary and burdened, and I will give you rest. Matthew 11:28

The Lord is my Shepherd; I have everything I need. Psalm 23:1

Disclaimer: Anyone who may be dealing with extended periods of anxiety and depression and not feeling better with time, prayer and support, should seek the advice of their physician.

About author



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USA Southern Territory

Worship Programs

June 2026 – Confident Faith in Yahweh-Rohi

June 1, 2026 By Major Yvette Villafuerte



Confident Faith in Yahweh-Rohi

Subject: The Lord our Shepherd

Scripture: Psalm 23 NIV

Decoration

Purchase grass sod or artificial turf and cut to size. Place in cookie sheet trays. Use the grass trays as centerpieces and embellish the grass with silk flower buds. This decoration inspiration is to resemble the “green pastures” in the Psalm 23 scripture.

Stretch Beaded Bracelets

Make a stretch beaded bracelet in give to someone who is homebound. There are many instructional sites on YouTube. You will need acrylic beads in the following colors

.
White-Shepherd, Green- Pastures, Blue-waters, Clear-soul, Black-valley of death, Brown- your staff, Orange-oil, Purple-goodness and mercy, gold/silver bead spacers to complete the bracelet to size. Include the words of Psalm 23 with the bracelet with the thought that as they wear the bracelet, they would be reminded that the Lord is their shepherd.

Scripture Bible Study or Book Club resource

Purchase the book “Traveling Light” by Max Lucado. The book is centered around the comforting, uplifting words of Psalm 23. It is written to give encouragement and the tools needed to release our burdens. The book includes a study guide for each chapter that makes it a perfect Bible study or personal growth resource.

<https://a.co/d/02g6NZS>

Outreach Project Activity

Purchase coloring books from Amazon.com, Color My World Press, Fantastic Images: Psalm 23 “God is my Shepherd” Coloring Book.

<https://a.co/d/0NUU97d>

Distribute the Adult Coloring books with markers or coloring pencils. Have the women’s group color pages and distribute the finished artwork to patients in nursing homes, clients in a shelter or decorate a bulletin board with the colored artwork and post Psalm 23 as the center image on the bulletin board.

Worship Program Outline

Welcome and Announcements

Call to Worship Responsive Reading

Print a modern version of Psalm 23 and make it into a responsive reading. The following is from The Message.

Leader:

God, my shepherd!

People:

I don't need a thing.

Leader:

You have bedded me down in lush meadows,
you find me quiet pools to drink from.

People:

True to your word,
you let me catch my breath
and send me in the right direction.

Leader:

Even when the way goes through
Death Valley,

People:

I'm not afraid
when you walk at my side.

Leader:

Your trusty shepherd's crook
makes me feel secure.

People:

You serve me a six-course dinner
right in front of my enemies.

Leader:

You revive my drooping head;
my cup brims with blessing.

People:
Your beauty and love chase after me
every day of my life.

Leader:
I'm back home in the house of God
for the rest of my life.

Worship Lyric Video to Psalm 23 Scripture
[Phil Wickham – Psalm 23 \(Official Lyric Video\) ft. Tiffany Hudson \(youtube.com\)](#)

Confident Faith in the Names of God: Yahweh-Rohi

In Hebrew Yahweh Rohi means “The Lord is My Shepherd.” Yahweh is often translated as “the Lord” and Rohi means “my shepherd.” Therefore, it is understood as “The Lord is my Shepherd.”

David was a shepherd before he became king. Before he ruled and led his kingdom, David led his sheep. What a perfect analogy to equate the Lord as his shepherd and himself as a sheep. He used his experience as a shepherd to relate to the Lord and to create a deeper relationship with the Lord. In Psalm 23, David uses the metaphor of a shepherd to represent the Lord. The shepherd leads His sheep, and the sheep follows the shepherd.

- David writes in the psalm that God’s divine duty as our Shepard is to lead us.
- He makes us lie down in green pastures. Here we can partake in spiritual food.
- He leads us beside quiet waters. Here we can stop for spiritual rest.
- He restores our soul. In this moment, He provides us with spiritual peace and comfort.
- He guides us in paths of righteousness. His utilizes His spiritual guidance and divine direction to exhort us toward righteous living.

What a beautiful illustration of Christ as our Shepherd. We have so much to gain if we, as His sheep, allow Christ to lead us.

- David also writes that the Lord’s role as our Shepherd is to be present, to comfort, to protect and love His sheep.
- He is present with us. There is no need to be fearful in the valley.
- He comforts His rod and staff are His divine protection.
- He protects He anoints His sheep and consecrates them as His own.
- He follows His goodness and love pursue us our entire life.

Our Shepherd is calling us to follow His lead so we can dwell in the house of the Lord forever. He is lovingly enticing His sheep to stay close to Him. Our Divine shepherd can’t lead if there are no sheep for Him to guide. David’s psalm is filled with many possibilities and opportunities. Do you need a divine Shepherd? Are you willing to be His sheep and join His flock? His rod and staff will comfort and protect you. His oil will bless you and His goodness and love will never end

Closing Song

The Salvation Army Song Book, #645 He Leadeth Me (Joseph Henry Gilmore) or stream online Youtube.com channel. https://youtu.be/nzTnioSTz_g?si=Oh0GhCVpo8ntbz5U

Closing Prayer

Prayer lyrics from Salvation Army Song Book # 562

"Yes, the Lord is my shepherd, I have all that I need, I rely on His kindness; I allow Him to lead. He gives rest, He gives quietness, He restores me within, And He strengthens me daily, if my life honors Him.

When the way becomes darker I will not be afraid, For my Lord, the Good Shepherd, will be there with His aid, He will stay close beside me every step of the way, He will guard me and guide me to the end of the day.

Amen.

About the Author



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Worship Programs

July 2026 – Elohim, The Omnipotent God

July 1, 2026 By Major Luci Da Silva



Elohim, The Omnipotent God

“In the beginning God created the heavens and the earth” (Gen. 1:1).

Introduction

Have you ever thought how the planets and stars stay so well organized in the sky? And that the sun, is just the right distance from the earth. None of this is by accident. "Lift up your eyes and look to the heavens: Who created all these? He who brings out the starry host one by one and calls forth each of them by name. Because of His great power and mighty strength, not one of them is missing" (Isa. 40:26).

Show the video about the solar system. https://youtu.be/libKVRa01L8?si=H_MoVePsZ6nmgKF5

First Women in Space

Man is interested in space and exploring the great universe. Show the video about the first woman in space.

<https://youtu.be/bWalHWWHbc4?si=Y8530GXNHgg4LLoK>

Earth Bound

While it is fun and interesting to gaze into the sky and behold all that God has created, we are earth bound and live on this wonderful planet that He has created for us. We are to care for it and the people in our community. Organize a prayer walk in your community addressing the many concerns of the people who live there.

On index cards list some of the concerns the group can pray about as they walk: Safety for the children. That the Lord would make His presences know. That marriages will be strong. That harmful influences would be banned from the community. Divide the group into smaller groups so that you can cover a greater area around the corps.

The Creator of Heaven and Earth

As I walked into the rooms of the beautiful National Air and Space Museum, I had one of those special moments that often can't be explained, but clearly came straight from the Heavenly Father to me. While most people were taking selfies and playing little games, I was deep in my thoughts. "Why is the Earth so small compared to the other planets? Our sun looks too close to us. How is it that the planets "obey" a rule of not touching one another? It's mind-blowing that the Milky Way Galaxy consists of several hundred billion stars!" Indeed, what God has created in the cosmos surpasses our understanding. It's so vast that astronomers are only at the beginning of understanding its nature.

The Creator was there in the museum with me. I immediately started to thank Him for His omnipotent power that reaches above the earth and the heavens. What was supposed to be a simple holiday trip with my daughter became a reminder of how everything is connected and perfectly designed by the One who has the ability to hold the universe in His powerful hands.

Have you thought about how God Elohim is with you every day, holding your life in His hands, even when things look a little messed up from your perspective?

The Bible refers to God Elohim to emphasize His power as a Creator of the Universe. Let's take a journey through some powerful truths that remind us about the power of Elohim.

The very first verse of the Scripture in Genesis says: “In the beginning, Elohim created the heavens and the Earth.” And what He created was very good. The term Elohim means “Supreme, Mighty One” and it was also used by the Israelites when referring to the authority of the rulers, judges, and angels.

Jesus is also God Elohim.

“In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through Him all things were made; without Him nothing was made that has been made” (John 1:1-3).

During his imprisonment, the apostle Paul wrote letters to the early churches regarding their challenges and offered guidance. The church at Colossae was under attack from false teachers who were denigrating the integrity of Jesus. They were teaching that He was not actually God. So, Paul addresses the issue saying: “Christ, He is God Elohim – The Creator. For by Him all things were created that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through Him and for Him” (Col. 1:16).

The Power of Elohim never runs out.

It amazes me that the same God is with us today and His power is with us and over us in every area of our lives. Have you felt powerless or disconnected from the source of your daily energy? I did! Because I am a human, I depend on God’s power over me, not my own. There are moments in our lives when God invited us closer to Himself and His power. This takes place as we submit to Him.

God is unchanging in His identity. There has never been a time when God has not existed. There will never be a time when He will cease to be God. Psalm 102:27 says, “But you are always the same; You will live forever.” All that He is today, He has always been, and forever will be. He cannot improve because He is already perfect. His power can never diminish, and His glory will never fade. His existence never changes.

The same is true with His sovereignty, holiness, power, faithfulness, goodness, patience, grace, and even His wrath. His attributes never change. He never tires.

Never underestimate His Power through your prayers. He can do all things. He can simply say a word and all circumstances will be under His Powerful voice.

The Holy Spirit is the Powerful presence of God Elohim within us.

In Acts 1:8, we get the narrative of when the first believers were gifted with the Holy Spirit. It not only marked the fulfilment of the promise, but it explained the way the Early Church and subsequent generations should carry out ministry as they are moved by the Power of God that it was over them. And this would enable them to be witnesses in the four corners of the World.

“But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

You can share the gospel with boldness using all your talents because you've already received His power. Paul wrote to Timothy, *"For the Spirit that God has given us does not make us timid; instead, His Spirit fills us with power, love, and self-control."* (2 Tim. 1:7 GNT)

Time of Commitment

Perhaps these truths have led you to wonder in what area do you need to seek the Power of Elohim. You might have a lengthy list of prayer requests, questions, concerns that you need the powerful intervention of God. Bring them all to Him. The Creator of the Universe, the Powerful One, Elohim is His name. He not only created you for a great purpose on Earth, but He loves you and promises His powerful presence through the Holy Spirit.

Listen to the song "Indescribable" and contemplate the greatness of our God.

<https://youtu.be/dLMVqNwypjA?si=r8PydyylOh3Bresh>

Worship Programs

August 2026 – Confident Faith in El Olam

August 1, 2026 By Major Anne Westmoreland



Confident Faith in El Olam

The Everlasting God

Scripture: Psalm 90:1-3 NIV

Preparation

Invite women to bring an item from their home that is one-of-the or the oldest items they own. If they are not able to bring it, invite them to either share a photo or describe it.

Introduction

Create a worship center with the items brought in by the women. Also include large river rocks, one for each woman, as part of the display, which will be used in the devotional. Invite the women to share about their item. If helpful ask prompting questions such as: Does it hold a special meaning? Is it tied to a specific memory? Is there a funny story about it? Has it been passed down from previous generations? If this item could speak, what might it say? Summarize what has been shared with a focus on the age of the items and particularly those that have been passed down through generations.

Even as old as some of these items may be, having been passed down from previous generations; even if we went to a museum and studied artifacts from ages past, hundreds and thousands of years ago, none of these could even come close to predate God our rock, and His faithful love towards us. God always was, and He is the everlasting God.

Call to Worship

Psalm 90:1-3

Psalm 103:13-19

Song

Song SB# 64, "How Great Is Our God."

If live accompaniment is not available, the video below has music and lyrics along with visuals that beautifully support the theme. [How Great Is Our God – Lyric Video HD \(youtube.com\)](https://www.youtube.com/watch?v=HwGtGtGtGt)

Prayers of Praise

Praise God for who He is—the Everlasting God in whom we can have confident faith.

Just Because Day

This is the month of August. If you google "August," you will see all the days where we could observe a special occurrence. Yes, believe it or not, someone even included, National "Just Because Day" on August 27. Certain dates are etched in our minds ... birthdays, anniversaries, graduations, deaths, historical moments. Year after year they come back around, some of them full of joy, others hard to bear. These days are anything but "just because."

Psalm 90:4 says,

“A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.” Psalm 90:4

Our eternal God, who created us, who knows us, and who loves us, exists outside of time and space; yet He cares about every little detail, every single day, every single thought, every single concern, every single joy, every single tear. He, and only He, is our dwelling place, our safe harbor, the rock in which we can put our confident faith.

“Lord, you have been our dwelling place
throughout all generations.
Before the mountains were born
or you brought forth the whole world,
from everlasting to everlasting you are God.” Psalm 90:1-2

El Olam.

El Olam is the Hebrew name for God who has no beginning and no end. It means the Everlasting God or the Eternal God. The name is made up of the combination of “El” (a general term for God) and “Olam” (meaning eternity, forever, or everlasting.)

Verse 2 in Psalm 90 says, “From everlasting to everlasting” (NIV). Other translations/paraphrases put it this way, “From ‘once upon a time’ to ‘kingdom come’ (MSG), “From beginning to end” (NLT), or “From ages past to distant futures” (Voice). Even those paraphrases do not fully describe or do justice to the everlasting God, El Olam; you see, there is no end. He is God. He is. From everlasting to everlasting. The ‘I AM’ is. As our circumstances may change, as seasons come and seasons go, even if today or tomorrow may be etched in our memory, soaked in tears of grief or tears of joy, God’s promise, the promise of El Olam, is that joy will come in the morning. He is our rock, and He is faithful.

“As a father has compassion on his children,
so the Lord has compassion on those who fear Him;
for He knows how we are formed,
He remembers that we are dust.” Psalm 103:13-14.

Corrie Ten Boom said, “There is no panic in Heaven! God has no problems, only plans.” We can trust God’s beautiful and perfect plan for our lives. Praise His name!

Response

Invite the women to come to the worship center to get a rock (or bring a rock to each lady.) Invite them to write El Olam on one side of the rock, and on the other side, one word or phrase that describes what El Olam means to them, for example, ‘calm in the storm,’ ‘perfect plan,’ ‘rock,’ or ‘unchanging.’

Song

Song SB# 12: “Eternal God Unchanging” This song can be sung to a variety of tunes. Or Song SB# 199: “Such Love.” If live accompaniment is not available, you could sing it acapella or read it out loud. The

deep lyrics are effective even without the beautiful tune.

Benediction

“To him who is able to keep you from stumbling and to present you before His glorious presence without fault and with great joy— to the only God our Savior be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore! Amen.” (Jude 1:24-25).

The benediction can be read out loud, perhaps all together, or put on printed Scripture cards done up with pressed flowers as a visual reminder of the Scripture focus. Along with the rock, it will remind us that we are but dust, and God is our everlasting firm foundation.

About author



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USA Southern Territory

Worship Programs

September 2026 – Confident Faith in Yahweh-Sabaoth

September 1, 2026 By Major Lynda Thornhill



Confident Faith in Yahweh-Sabaoth

Scripture: Isaiah 1:24 NIV

Suggested Decorations

Print the names of God on different size paper. (PDF file attached.) Purchase inexpensive frames from the dollar store. Place the framed pictures in the center of the tables. At the end of the meeting, give them away as door prizes.

Suggested Refreshments

Donut holes. These symbolize the five stones that will be talked about in the devotion.

Suggested Activity

See the link below for instructions on how to make Christmas ornaments with the names of God. These can be used on the Corps Christmas tree or given as gifts. Each woman could make all 12 or you could have one woman choose a specific name. A pdf ornament pattern, both regular and flipped, is attached. These different than the patterns created in the video. https://www.youtube.com/watch?v=G2tr4_r5LoE

Wordsearch Puzzle

Create a wordsearch puzzle using the following site: <https://puzzlemaker.discoveryeducation.com/word-search>

Suggested Worship Outline

Call to Worship	Psalm 121
Song #521/599	"Dare To Be A Daniel"
Prayer Requests/Praise Reports	Pastoral Prayer
Igniter Video (Costs \$12)	"Five Smooth Stones"

<https://www.worshiphousemedia.com/mini-movies/103118/five-smooth-stones>

Facing our Giants

Everyone loves a good underdog story. Rocky, a poor man from Philly, beats the heavyweight champion of the world...in all 4 movies! You're probably thinking of your favorite underdog story right now—Karate Kid, Rudy, Cinderella. We all cheer when the least likely person conquers the great obstacle and becomes the hero.

We're all familiar with the story of David and Goliath found in 1 Samuel. (Have several of the women read this portion of scripture: 1 Samuel 17: 1 – 50).

At face value, we see a small shepherd boy who is up against an enormous giant that evokes fear in everyone. What we're told about David in this passage of Scripture is that he lives a simple life, day in and day out taking care of his sheep. Some days there were extraordinary circumstances where he used

his sling to kill would-be predators that threatened his flock. But most saw him as unskilled, and the least likely to defeat a giant.

One important point to remember from this story is David's refusal to wear the King's armor. David didn't allow himself to be something he was not. He recognized that he was most comfortable facing dangerous situations with his slingshot and stones.

When you're standing face to face with your giant, who are you and what resources are you using to overcome your giant? This world will try to tell you you're not enough and you don't have what it takes to overcome your obstacles. But through David, we are reminded that we are enough because we are fearfully and wonderfully made (Psalm 139:14). We may feel ill-equipped or even ordinary, but God is preparing us for our future.

Another point is that David fully relies on God for deliverance and strength. He has confident faith in God's protection and provision. David said to the Philistines in verse 45, "You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied."

The Lord Almighty comes from one of God's names in the Bible, Jehovah Sabaoth. You'll also find it translated as the Lord of Hosts. This name of God is used nearly 300 times in the Old Testament. Yahweh Sabaoth declares God as a powerful warrior who will defend His people. In this portion of Scripture, David is declaring his confidence comes in knowing Yahweh Sabaoth will fight on his behalf.

No matter what we face, no matter the giant before us, God is with us. He will defend and protect us. You have been equipped through the power of the Holy Spirit to overcome your giants. When you feel overwhelmed and powerless, cry out to Jehovah Sabaoth, the Lord of hosts, and take courage, and know that it is He who goes before you to face your giants.

In closing play the song Sanctus Real "Confidence."

<https://www.youtube.com/watch?v=MEGGVmSSr-I>

Closing Prayer

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