

# Becoming Whole Women In Christ

NEW ANTIOCH BAPTIST CHURCH OF RANDALLSTOWN

PASTOR KENNETH L. BARNEY, SR., D.D.

## TRANSFORMATIONAL PROCESS *By First Lady Ellen P. Barney*

There are several Scriptures that remind us that TRANSFORMATION is needed *in order to become whole* (2 Corinthians 3:18; Ephesians 4:23; Colossians 3:10)! Such powerful words! Although these words are understood by most persons, however, their concepts are never fully comprehended regarding the endurance that individuals must undergo.

Personally, as I age physically and spiritually, I am beginning to grasp the full meaning of the words, *TRANSFORMATION in order to become whole*. Physically, I recognize the process involves cellular changes, skin changes, hair changes, and mind changes. And with these changes, my dislike for each change intensifies as I recognize the effects upon my body. It seems that I can no longer run track as fast as I once could when I was much younger. It is also evident that I cannot compre-

hend, as quickly, while reading difficult material, because my brain takes longer to decipher and integrate the material.

While pondering the above, I am faced with the inevitable: **the aging process!** While the aging process may, at times, seem discouraging, the benefits of gained wisdom and experience are so exciting! I no longer take for granted that flowers are beautiful, the skies are blue, the seasons change, and my grandchildren bring delight. It seems that I am becoming more thankful to Christ for allowing me to come to a place where I recognize and embrace the aging process as a **positive TRANSFORMATION!**

It is incredible as to how the Lord will use trials, tribulations, persecutions, pain, and sufferings to bring His people to a place of contentment while going through

this transformational process. And may we, as His saints, learn to identify with the Apostle Paul, "...for I have learned to be content whatever the circumstances" (Philippians 4:11). This statement was not an expression of arrogance on Paul's behalf but one of humility and submission to our Lord for His remarkable plan to bring His people to a position of becoming whole in Him through His **awesome** transformational process—Hallelujah!



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### Devoured *by Gail Rogers*



HE SAID TO  
THE  
WOMAN,  
“YOUR FAITH  
HAS SAVED  
YOU. GO IN  
PEACE.”  
LUKE 7:50

Worry consumed her — the kids, the bills, talk of layoffs at work. Her stomach churned, and the ache across her shoulders never seemed to go away. She knew she should trust the Lord with the challenges that shadowed her life right now, but it was so hard...so overwhelming. It was just devouring her.

Whenever we find ourselves eaten up with worry, fear, anxiety, or devoured by the pressures of the day, God tells us to take note. Being consumed is a red flag, and God gives us directions for just such times.

“Cast all your anxiety on Him because He cares for you. Be self-controlled and alert. Your enemy, the devil, prowls around like a roaring lion, looking for someone to devour. Resist him, standing firm in the faith” (1 Peter 5:7, NIV).

There is an enemy of our souls and his goal is to devour us. God tells us to be alert. Take note when you are being consumed by something. Scripture tells us the enemy of our soul comes to kill, steal, and destroy, and we are to be watchful. Being consumed by fear, worry, gossip, a particular temp-

tation or the pressures of the day will, at best, steal from you and rob you of peace in your soul and joy in the moment. At worst, it can destroy health and relationships and your fellowship with the God who wants to help you.

So what do you do when you realize something is just eating you up? You resist as the scripture says. How do you resist? You begin to see worry as a call to prayer, inviting God into your circumstance to direct you and give you wisdom. You resist worry through prayer (Phil. 4:6). You resist fear through Scripture, knowing God has said that He has not given us the spirit of fear (2 Tim. 1:7). You stand firm in your faith, knowing that the consuming downward spiral you find yourself in is not your Heavenly Father’s plan for you.

#### **Think it through...**

Do you believe God cares about you? Write a note to God, thanking Him for His love and care for you.

Your worry is a call to prayer. List the things that

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tend to devour you. Write out your fears, concerns,

and burdens in a written prayer to God. Release them from your heart and mind.

#### **Pray it in...**

Ask God to take the things on your list and to give you His peace in return. Be prepared to ask for His strength to resist your worries each time they threaten to overwhelm you. Exchange your worries, in prayer, for God’s peace.

#### **Work it out...**

The very next time you find yourself being eaten up with worry or fear be alert and run immediately to God. Throw your cares into His lap and stand firm in the promises of your faith. Choose this response in the face of anxiety. Use worry as a call to prayer. God will enable you to face the challenge without being consumed by it. Run to Him today.



# Jehovah-Rohi *By Angela Wright-Dickerson*

Stressed from my job, health concerns, family concerns, and questions on where God is leading me during this season of my life, I went into my closet to find answers. It started out as a pity party for me, but my prayers turned into a revelation and confirmation of who Jesus is and has been to me through it all.

Psalm 23 has been imbedded in my memory since childhood Sunday School, yet I didn't REALLY ponder on the significance and meaning of the verses that I knew by memory so well. While staying in prayer over these things and asking the Lord for help, I specifically asked that He work out every situation for the positive. With my earthly battery running low with responsibilities and obligations, I know I needed a supernatural re-charge, because I even started missing my dates with my Best Friend that I so cherished.

Psalm 23 would creep into my prayer while I asked for help with this or that. I thought I was saying Psalm 23 automatically out of honor to the Lord as part of my acknowledgement of who He is. It just so happened that -- (come on—you know the truth—I should change my sentence to..."it was planned that") I came across a required reading from a prior class taken at NABCOR a year or two ago called *God's Woman*. What caught my eye on the cover were the words "12 Life-Changing Truths From Psalm 23." The name of the book was "Powerful Promises for

Every Woman" by Elizabeth George.

As I reviewed the 12 Truths the author listed, I paused and reflected on Psalm 23. I had my answers— just keep trusting in Him. Examples were just popping into my head from prior trials and victories we've won. I just hadn't seen the words like I saw them so clearly that night. I wasn't just reciting from memorization, the Holy Spirit was giving me "The Answer" to every problem. We know firsthand of God's faithfulness and are exposed to the person and character of God in our daily walk with Him.

If you are going through a tough spot or maybe haven't REALLY examined the meaning behind the verses of the 23rd Psalm that disclose Jesus as your "loving shepherd" (Jehovah-Rohi) through every twist and turn in life, before you were saved and now a believer in Christ, take some time to do so now.

Wherever you are in your spiritual maturity, grab a hold and claim His promises! Elizabeth George identifies these 12 Promises in Psalm 23:

1. God's Promise of Care -The Lord is my shepherd (v. 1),
2. God's Promise of Provision - I shall not want (for anything) (v. 1),
3. God's Promise of Rest - He makes me to lie down in green pastures (v. 2),
4. God's Promise of Peace - He leads me beside the still waters (v. 2)
5. God's Promise of Healing -

- He restores my soul (v. 3),
6. God's Promise of Guidance - He leads me in the paths of righteousness for His name's sake (v. 3),
  7. God's Promise of Presence -Yea, though I walk through the valley of the shadow of death, I will fear no evil, for You are with me (v. 4),
  8. God's Promise of Comfort - I will fear no evil, for You are with me; Your rod and Your staff, they comfort me (v.4),
  9. God's Promise of Friendship -You prepare a table before me... You anoint my head with oil; my cup runs over (privileged and abundantly blessed) (v.5),
  10. God's Promise of Protection -...in the presence of my enemies (v.5),
  11. God's Promise of Hope - Surely goodness and mercy shall follow me all the days of my life (v.6),
  12. God's Promise of Home - And I will dwell in the house of the Lord forever (v.6).

\*\*\*\*\*

Have you considered the promises of God? I challenge you to consider God's Word and apply it to your life. There is wealth in the Word of God. Try getting rich!

## Women's Ministry Calendar

### Women's Maturing Class

**November 13th - 7p.m.**

## Women's Ministry Highlight

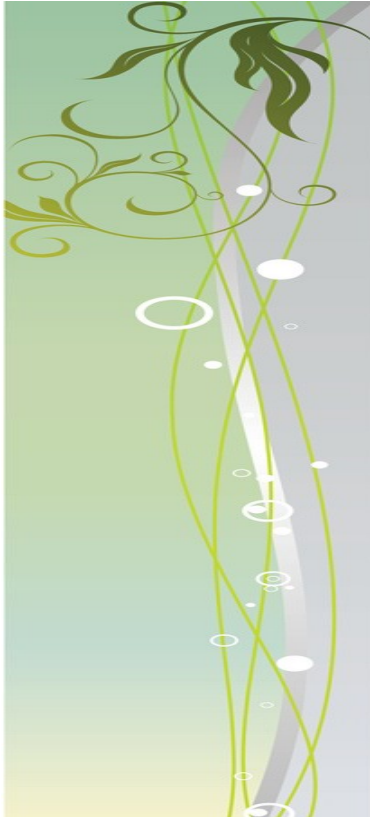
### *S.W.E.E.T. Ministry*

*The Bible teaches that singleness is a gift from God; and, therefore, it should be celebrated. Led by Sis. Pascha Peay, the S.W.E.E.T. Ministry (Single Women Encouraging, Equipping, and Teaching) encourages women of all ages to focus on how they can please the Lord, equips them to impact the lives of other women, teaches God's Word to connect women to His grace, and empowers them to live daily with the surpassing joy of Jesus Christ in their singleness. Please view the church's website for updated meeting information.*

## The Two Visitors

Loneliness and depression came knocking at my door. I said to them, *What did you come here for? You're not welcome in my home anymore. Don't have no time for all the pain and misery. For the Lord reigns over my life, you see. He gives me all the love that I will ever need. So, stop knocking at my door; God's love reigns over my life now and forever more.*

- Sis. Keisha Powell



*Mom's Corner*

## **They Get It** *By Sis. T. L. Jenkins*

Even before my daughter was born, I remember the anxiety and fear that I felt about bringing her home. I wondered if I would be a good mother, or whether I would instinctively know how to care for her. I wondered if I could keep her safe, and if I would be able to set a good example for her.

When I was pregnant, I loved to talk and sing to my baby. I was surprised that she did not come into the world reciting the 23<sup>rd</sup> Psalm and singing "Jesus Loves Me." When she was just shy of a year old, one night as I sang to her, I was truly in awe when she began to sing along with me.

As much as I expected that she would one day catch on, at that moment I thought, "WOW, she's listening and

taking it in."

Proverbs 22:6 says to "Train up a child in the way he should go, Even when he is old he will not depart from it." With this in mind, I knew that it was important to begin taking my infant daughter to church, even though I felt totally overwhelmed the more active and mobile she became.

More and more, we began to spend the later part of service in the crying room; and yes, I began to wonder how long it would be before I would hear the "Word" in the context of the sermon again.

In the past several months, I have noticed that my little

girl is beginning to participate more and more in the service.

A few weeks ago, I thought she was going to run down the aisle in anticipation of the offering.

"Mommy-mommy, she exclaimed, I want to put the money in the bucket." She loves to hold

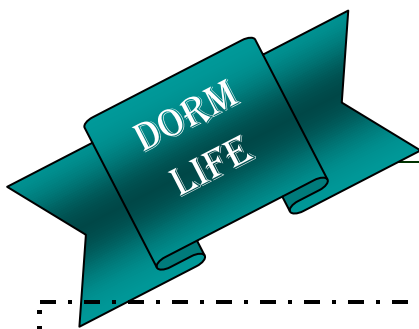
her neighbor's hand during prayer, and, on occasion, joins in with the choir for the welcome song. To some, it may appear as just imitation; however, I am excited that she seems to be excited about the things of the Lord.

So, to all the new mothers, much like myself, be encour-



aged, for your labor of love is not in vain. The Lord has entrusted us with His precious gifts. I recently read a passage in "Our Daily Bread" that stated "God gives us children for a time, to train them in His way, to love them and teach them how to follow and obey." We may sometimes grow weary, but I believe that the Lord continues to equip us to do just that. So just when you seem to be at the end of your rope and not quite sure if they're taking it all in, remember - "They get it"!





In college, away from home, and desire to hear the Word, let us know. We can send you DVD's and CD's from NABCOR's Sunday morning services. Parents, feel free to sign your college student up to receive the Word and other correspondences.

College Student's Name: \_\_\_\_\_

College/University: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Questions – Please contact Dea. Kirey & Sis. Sharhonda Ford or email your request to [NABCCollegeMinistry@gmail.com](mailto:NABCCollegeMinistry@gmail.com)

## PRAISES - FROM OUR TEMPLE WITHIN

People of God let's give tribute to our Lord God, King,  
Who has divine power, as the psalmist sing.  
God refuses to let our enemies, over us rejoice,  
Let's extol Him and make His Way our choice.

Oh, Lord, our God, deliverance we cry; you hear and keep our souls alive.  
Though unworthy we are, still your friends we are called.  
Even now, you still love us all!

So we sing melodiously to you, Jesus, our Elohim,  
Praising You for Your Holiness - from our temples within.

*(Inspired by Psalm 30:1-4)*

- Sis. Marietta Taylor

Psalm 30 gives us David's message in the form of a song he dedicated to the temple God blessed him with after having gone through a lot of distress. David cried out to God and He showed him favor, even over his enemies. As we go farther along on our spiritual journey, no matter what our profession, spiritual and/or natural gifts, our shapes, sizes, skin tone or the cross we bear, we are made to give GOD – our Lord and Savior Jesus Christ – praises, from our inner most parts - our soul – God's temple within!



### You Can't Hurry God...You Just Have to Wait!

Psalms 130:5 - I wait for the LORD, my soul waits, and in His Word I put my hope.

Ever wonder why things don't seem to go your way? Maybe you are in need of a new car. Maybe the mortgage is late, and payment is not in sight. Maybe the children are wayward, and you are praying for them to straighten out. Maybe you are having a hard time at work, and you wonder when the load will get lighter. Maybe you are in a relationship that is dead, and you are wondering will you die in it. Maybe you are abused. Maybe you are an abuser. Maybe... Maybe...Maybe!

Sometimes we find ourselves in situations that seem impossible to bear. Is it possible that we entered into these situations without seeking God's approval? Did you date that person even though you knew they had a history of being unfaithful? Did you spend unnecessary money on entertainment or material items? Did you curse in the presence of your children or fight in their presence? Have you been insubordinate on your job? Are you not submitting to your spouse? Did you move when God told you to "stand still"?

God has given us free will. And this means, although we may know the will of God and desire to take a different path, He allows us to make choices

contrary to that which He has for us. Oftentimes, the difficulty we have waiting on God is that we underestimate the power that God has! We feel that things are not going according to our plans and begin to take matters into our own hands (i.e. we leave a job w/o hearing from God, we date an individual w/o praying for God's guidance as well as moving ahead of God when we know He has not spoken).

An example of two people that did not believe in the power and promises of God is Abraham and Sarah. When God advised Abraham that he would have a son, Abraham laughed at God (Genesis 17:17) and Sarah laughed at God (Genesis 17:12), because they did not believe in the power of God. Like Abraham and Sarah, we do not believe God for His promises at times. We grow weary and give into the temptations of "Self" Will versus God's Will. When we do not believe in the power of God, we doubt His promises and deprive ourselves of the very things that He holds in the balance for us. God says in His word...You have not because you ask not, and when you ask, you ask with wrong motives (James 4:3). What is your motive for what you are asking? Will you glorify God or will you glorify self?

Sometimes God's delay is not a denial. God has perfect timing, and it is aligned with His

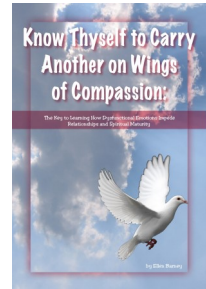
perfect will for our lives. We just have to wait. I encourage you today to **wait on the Lord** (Psalm 27:14), and as you wait on the Lord, be strong! Don't give into the temptations and lusts of the flesh. Be busy in the Lord as you wait for Him to open the doors and usher you into the next chapter. God has already written your life's plan. There is NO eraser needed because God makes **No** mistakes. Just wait!

Lord, help us to wait on You. Quiet the anxiety in our hearts, and give us peace as we seek Your will. Help us to believe in Your promises and trust in Your Word. In Jesus Name, Amen.

-Sis. Sharhonda Ford



## BOOK CORNER



Check out Sis. Barney's new book:

*"Know Thyself to Carry Another on Wings of Compassion"*

Available at NABCOR's Rhema Christian Bookstore

As we journeyed through the Level IV Class, it was amazing how the Lord used Sister Barney to write a powerful and life-changing literary work on the damaging effects of negative emotions. This twenty-four-week class positioned us to allow the Lord to supernaturally exfoliate the layers of damage that had built up and penetrated the very core of our souls. This book is life changing and WILL, by the power of the Holy Spirit, Usher you into understanding, acknowledging, accepting, and empowering yourself, through the Lord Jesus Christ, to truly break free. Once you know and deal with what penetrates the core of your soul, the Lord can use you as you know yourself to carry another on the wings of compassion.

Check out Sis. T.L. Jenkins' new book for children:



*"On The Bed And Off The Bed"*  
[www.amazon.com](http://www.amazon.com)

## Ode to Level IV CLASS: An Emotional Inventory

We started in a familiar place, I call it *behind the mask*. God was preparing to reveal some things – Oh, what a difficult task.

As we started off on our journey, we came across some *anger*. It was hidden in our heart - we thought it was a stranger.

We had not realized, we had given it a permanent place - until we discovered its root - oh, how difficult to face. We then met up with *envy*; it was camped out on our steps, reminding us of what others had - building up our regrets. It spoke to us so subtly and enhanced the things of others, but God reminded us – He will help us to recover.

As soon as we came to the end of the lawn, there was *jealousy* peeping around. It laughed at how insecure we were and how we let it get us down. Then God reminded us of our God-esteem and gave us hope to move along, as we mowed the roots of jealousy and swept it where it belongs.

We looked down into a puddle and could see our own reflection, but it was shame staring back at us – it was almost like an infection. It was that same *shame* that kept us from being real, because the inadequacies we claimed had crippled the way that we feel.

As we looked up toward the heavens from whence our

help comes from, there was another emotion, it was serious for some. We found it was *anxiety* – constant worry and unrest—and we were reminded that our Savior will work things out for our best! Each time we thought we were almost home, we would meet another, as we were on a spiritual journey of some things God wanted to uncover.

We faced the great *depression* – save us, God, from its hold – keep it from becoming our lifestyle, our emotions please control.

Then *Pride* stood up and introduced itself. It was bold and in our face. When God did the inventory, it was present all over the place. We laughed at some of the characteristics, though it was inside that we cried, because it's not a positive attribute – we know it as false pride!

God knows it was *forgiveness* that took us all by storm. It did not send a warning. It came in really calm. It rocked the sure foundation on which we all stood firm, but it was manifested in many of us and showed we had not learned that forgiveness is a choice, and it may bring about much pain. But in the process of forgiving, there is Liberty in Jesus name!

What a mighty road we

traveled from the depths of our soul—peeking back at the dark places—taking away Satan's control. What a great journey it has been – though tough and painful at times – it's for our good and for God's glory – He renovated the inside!

And now as we move beyond this place, to carry others on *wings of compassion*, we can do so in Jesus' name and in a humble Godly fashion.

-Sis. Sharhonda Ford

## EXALTATIONS

Oh Lord, I give you all the honor and glory,  
Reading your word, what an amazing story.

You've given us redemption from sin,  
how do I thank you, where do I begin?

All praises to you, I'll magnify your name,  
From the mountain tops, your majesty I'll proclaim.

All your regal and awesome splendor,  
I'll worship and thank you with passionate fervor.

Faith in your word and trust till the end,  
allowing my spirit and mind to transcend.

A place in heaven will be my reward,  
I thank you for your grace and mercy, Lord.

~ Sis. Leslie D. Davis

# BECOMING WHOLE WOMEN IN CHRIST

Fall 2009

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## NABCOR Women's Ministries

A.C.T.S. of Faith Drama Ministry

Bodies of Clay Dance Ministry

Diamonds in the Rough

D.R.I.V.E.N Ministry

Ministers' Wives' Fellowship

Mom to Mom Ministry

S.W.E.E.T Ministry

Titus II Ministry

Walk/Run Gospel Aerobics' Ministry

Women Connected in Christ Ministry

Women's Card Ministry

Women's Comfort Ministry

Women's Grief Support Ministry

Women's Intercessory Prayer

Women's Maturing Class

Women's Ministry Newsletter

Women's Prison Ministry

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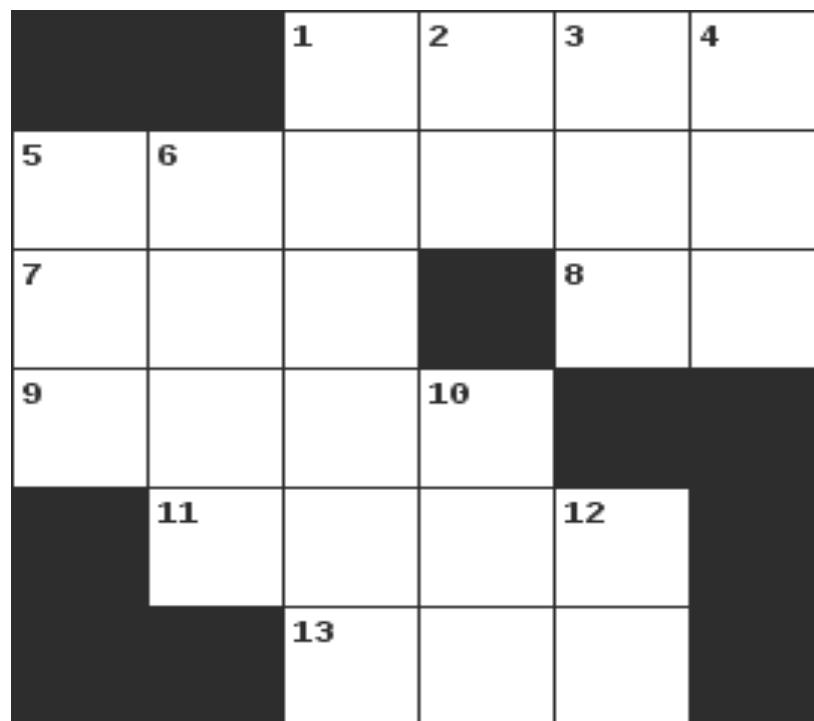
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## Intercessory Prayer Line:

Mon., Tues., & Thurs., 6 p.m.—8 p.m.

(410) 521-6125

(410) 521-6126



## Across

1. NAOMI SAID TO \_\_\_\_ HER DAUGHTER-IN-LAW, IT IS GOOD, MY DAUGHTER, THAT YOU GO OUT WITH

HIS MAIDENS, AND THAT THEY NOT MEET YOU IN ANY OTHER FIELD. (RUTH 2:22)

5. THE STORK, ANY KIND OF HERON, THE \_\_\_\_, AND THE BAT. (LEVITICUS 11:19)

7. GO TO THE \_\_\_\_, YOU SLUGGARD. CONSIDER HER WAYS, AND BE WISE; (PROVERBS 6:6)

8. IT HAPPENED, BEFORE HE HAD FINISHED SPEAKING, THAT BEHOLD, REBEKAH CAME OUT, WHO WAS BORN TO BETHUEL THE S\_\_ OF MILCAH, THE WIFE OF NAHOR, ABRAHAM'S BROTHER, WITH HER PITCHER ON HER SHOULDER. (GENESIS 24:15)

9. AS THE FIRE THAT BURNS THE FOREST, AS THE FLAME THAT \_\_\_\_ THE MOUNTAINS ON FIRE, (PSALMS 83:14)

11. WHAT IF MY FATHER TOUCHES ME? I WILL \_\_\_\_ TO HIM AS A DECEIVER, AND I WOULD BRING A CURSE ON MYSELF, AND NOT A BLESSING." (GENESIS 27:12)

13. WERE THEY ASHAMED WHEN THEY HAD COMMITTED ABOMINATION? \_\_\_\_, THEY WERE NOT AT ALL ASHAMED, NEITHER COULD THEY BLUSH: THEREFORE SHALL THEY FALL AMONG THOSE WHO FALL; IN THE TIME OF THEIR VISITATION THEY SHALL BE CAST DOWN, SAYS YAHWEH. (JEREMIAH 8:12)

## Down

1. THOUGH I AM DECAYING LIKE A \_\_\_\_ THING, LIKE A GARMENT THAT IS MOTH-EATEN. (JOB 13:28)

2. ABRAHAM ROSE \_\_\_\_, AND BOWED HIMSELF TO THE PEOPLE OF THE LAND, EVEN TO THE CHILDREN OF HETH. (GENESIS 23:7)

3. FOR THEIR SUBSTANCE WAS \_\_\_\_ GREAT FOR THEM TO DWELL TOGETHER, AND THE LAND OF THEIR TRAVELS COULDN'T BEAR THEM BECAUSE OF THEIR LIVESTOCK. (GENESIS 36:7)

4. THE CROWNS SHALL BE TO HELEM, AND TO TOBIJAH, AND TO JEDAIAH, AND TO \_\_\_\_ THE SON OF ZEPHANIAH, FOR A MEMORIAL IN THE TEMPLE OF YAHWEH. (ZECHARIAH 6:14)

5. HE SAID, "BLESSED BE YAHWEH, THE GOD OF MY MASTER ABRAHAM, WHO \_\_\_\_ NOT FORSAKEN HIS LOVING KINDNESS AND HIS TRUTH TOWARD MY MASTER. AS FOR ME, YAHWEH HAS LED ME IN THE WAY TO THE HOUSE OF MY MASTER'S RELATIVES." (GENESIS 24:27)

6. JUDAH SAID TO ISRAEL, HIS FATHER, "SEND THE BOY WITH ME, AND WE'LL GET UP AND GO, SO THAT WE MAY LIVE, AND NOT DIE, BOTH WE, AND YOU, AND ALSO OUR LITTLE \_\_\_\_." (GENESIS 43:8)

10. THE FEAR OF YOU AND THE DREAD OF YOU WILL BE ON EVERY ANIMAL OF THE EARTH, AND ON EVERY BIRD OF THE SKY. EVERYTHING THAT THE GROUND TEEMS WITH, AND ALL THE FISH OF THE \_\_\_\_ ARE DELIVERED INTO YOUR HAND. (GENESIS 9:2)

12. PLEASE DELIVER ME FROM THE HAND OF \_\_\_\_ BROTHER, FROM THE HAND OF ESAU: FOR I FEAR HIM, LEST HE COME AND STRIKE ME, AND THE MOTHERS WITH THE CHILDREN. (GENESIS 32:11)

Across: 1. Ruth 5. Hoopoe 7. Ant 8. On 9. Sets 11. Seem 13. Nay  
Down: 1. Rotten 2. Up 3. Too 4. Hen 5. Has 6. Ones 10. Sea 12. My