

# Becoming Whole Women In Christ

NEW ANTIOCH BAPTIST CHURCH OF RANDALLSTOWN

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

## Women Becoming Whole in Christ

By First Lady Ellen P. Barney  
*A wholesome tongue is a tree of life: but perverseness therein is a breach in the spirit* (Proverbs 15:4, KJV).

Becoming whole in Christ involves the conscious practice of maintaining a wholesome tongue when speaking to another person or on behalf of another. The use of a wholesome tongue entails love for others in order to give confidence. The New International translation of the above verse notes that *"The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit."* The context of this particular verse indicates that one's speech can do one of two things: encourage or destroy. When used wholesomely, it contributes to another's emotional health. A person who practices speaking with a wholesome tongue strengthens and motivates growth in others. And, as Christians, God's Word reminds us to use our tongues to encourage others in the faith (1 Thessalonians 3:2-3), to encourage others to remain in the assembly of believers (Hebrews 3:13), and at times, to admonish others who are unruly (Romans 14:14). Yet, we must be sensitive to others' feelings, when being candid, by speaking the truth in love (Ephesians 4:15).

Most of us, however, have been guilty of speaking to another person in an abrasive manner. And, after speaking

harshly, we wanted later to retract our crude words. But frequently, it is too late to disclaim the tone of our voice, which may have conveyed to the listener a spirit of unkindness. Also, Proverbs 15:4b says that "... a deceitful tongue crushes the spirit." This particular passage supports the devastating effects of a wounded confidence. And although the tongue is a small member, it



is powerful and can become deadly with hate (Proverbs 26:28).

We can use the tongue to speak words of healing or words of harming. Throughout the book of Proverbs, Solomon cites right and wrong uses of words. Personally, I find great treasures in listening to one who delights in having a wholesome tongue. His or her use of words expresses wisdom. Perhaps, he or she may only utter a few words, but somehow the words of wisdom are fitting to my situation, dilemma, or circumstances. Consequently, the wholesome tongue is a

tree of life that bears sweet fruit in order to nurture my spiritual growth. It is befitting to trinkets of gold nuggets, which satisfies my hearing in a dry and parched land. And, may we, as God's vessels, speak to others with similar wholesome tongues, to motivate them to spiritual maturity so that they may find a tree of healing in a wearisome land.



Director of Women's Ministry  
First Lady Ellen P. Barney

### Women's Prayer Ministry...

needs prayer warriors to intercede on behalf of many. You must have a heart for prayer, people, and of mercy and love. Please call 410.521.7866 to apply.

### Women's Prison Ministry...

needs women to go beyond the walls of New Antioch Baptist Church to minister to incarcerated women. Please contact Sis. Angela Keyes for additional information or call the church office at 410.521.7866.





#### HOW TO RECEIVE CHRIST

**ADMIT YOUR NEED.**

**BELIEVE THAT JESUS CHRIST DIED FOR YOU ON THE CROSS AND ROSE FROM THE GRAVE.**

**CONFESS YOUR SIN AND BE WILLING TO TURN FROM YOUR SIN. THROUGH PRAYER, INVITE JESUS CHRIST TO COME IN AND CONTROL YOUR LIFE THROUGH THE HOLY SPIRIT. UNITE WITH A LOCAL BODY OF BELIEVERS WHO CAN ENCOURAGE YOU TO GROW.**

## Just One More Day by Sister Crystal Green

It started out as a usual Monday—get up, get ready for work, get my son up, and the same. You go through the SAME motions all the time every day. The key word here is the “SAME,” if you have not picked up on it yet. This day was not the same at all. A good friend, my sister in Christ, and an amazing woman of faith went home today to be with the Lord at an early age. The thing is, one minute I am making lunch plans with her and the next, I am finding out funeral plans.

In the aftermath of the shock and tears still coming, His comfort and ministering began. I wondered how many times have I put things off, stating I can do them tomorrow. How

many times have I said I need rest and will put it off till tomorrow? How many people in the world do this? Millions upon millions of people take this same approach with this same attitude. And then—deeper reflections again—what if I put off praising Him till tomorrow? What if I am not making sure everything I do is done for His Will and not my own? Today is the day—not tomorrow and not yesterday—but TODAY! If what I do today is done for the Lord, then maybe one other person can see that. That then gives a testimony for another who will see and then so on. All those millions, including myself, could make a move to better this world by spreading His Word and do-

ing His work. “You also must be ready all the time, for the Son of Man will come when least expected” (Luke 12:40, NLT). This verse says it all. Take the time to praise Him. Thank Him for a new day, another chance to do His will. Thank Him for another chance to tell every one you love that you love them. This is an amazing gift that is given to us every day and most don’t even realize it. If you are saved, then God Bless you, and remember to praise Him whenever you can. If you’re not saved and you are reading this, then don’t waste another minute but take Him as your Lord and Savior (Romans 10:9), because tomorrow is not a guarantee. Be Blessed.

### Farewell to bad relationships....Anonymous

“I’d like to thank you for a real good time. Although most things weren’t meant to be, I hate to have my life ruined by petty mistakes.”

In case you are not aware. I belong to the King, and I am a child of His love.

He loves me unconditionally and will NEVER hurt me.

He will be with me in ALL things.

He is my lover (the lover of my soul), my provider, and my friend.

My heart belongs to Him.

He is the Lover of my soul, and in Him do I put my trust.

Thank you for being there for the time that you were.

In my weakness, I made decisions that did not glorify God,

and now...those decisions will be a part of my testimony,

the testimony of my worth,

of my value,

of my purpose in the Lord Jesus Christ.

I am His and He is mine.

He owns me, and I will NOT give away what belongs to Him.

My body belongs to the Lord.

My heart belongs to the Lord.

My soul belongs to the Lord.

I belong to the Lord.

In case you are not clear...I am fearfully and wonderfully made by the Lord Jesus Christ, and I will NOT settle for anything less than God’s best.

By the way...

at this point,

you are NOT it.

So while I love you,

I love me more, and God loves me best!

## Don't Just Do It! By Sharhonda Ford

"...First seek the counsel of the LORD" (2 Chronicles 18:4b, NIV).

Oftentimes, we are considering doing something and are not sure if we should do it. We initially make hasty decisions and then we regroup and question whether we are making the right decision. We ponder over it; we seek the counsel of friends, family members, theologians, "experts," acquaintances, and sometimes even strangers. We go back and forth on ways to do it, research methods and shortcuts, and even strategize how we will get it done. But we seldom go straight to the Lord. The Word says, "But seek ye first the kingdom of God, and his righteousness, and all these things shall be added unto you" (Matthew 6:33, KJV).

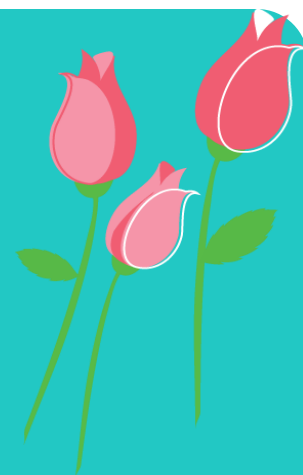
As I pondered over my reading in 2 Chronicles 18 this morning, I realized that I, too, am guilty of being like Jehoshaphat in that story (at times). When Jehoshaphat was inquired of to go to war with Ahab, he agreed and he said "First seek the counsel of the Lord" (vv. 3-4). Well, although he knew he should seek the Lord, when he was advised accordingly, he moved contrary to the guidance received. He had been encouraged to listen to the advice of man than to move by the guidance of the Lord.

When we are pondering over decisions in our life and before we make decisions, we should do the following things:

1. Be sure to ask God;
2. Be sure to hear from God;
3. Be sure to be obedient to God;

God has yours and my best interest at heart. He desires that we prosper and not fail; therefore, He will not lead us astray. Seek Him for ALL things. He hears your prayers and WILL answer.

Father, thank you for your Word and the promises therein, that remind us to call on you. I know, Lord, that you hear our prayers and that you answer us. I pray, God, that You will continue to show yourself in my life and the life of my friends. God, save families, marriages, children, and people everywhere. Hear my prayer, Oh Lord. Amen.



"But as for me, I watched in hope for the LORD, I wait for God my Savior; My God will hear me" (Micah 7:7, NIV).

## VISION LEAKS By Sister Sharhonda Ford

Becoming whole women in Christ is such a difficult task. We sometimes are not sure where we are broken; therefore we have difficulty knowing where we need to be made whole. I find that, within the scope of our restoration, we have to know where we are in Christ. That is when I consider Psalm 139:23-24, "Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." I believe that Psalm 139:23-

24 are essential verses in understanding what we need to be made whole. God desires to fix us. He desires to mold us. Truly He is the potter. Isaiah 64:8, "Yet, O LORD, you are our Father. We are the clay, you are the potter; we are all the work of your hand." We need to allow the Lord to shape us and mold us, so we can do His will and live according to His statutes.

Do you have a vision of what you need to be made whole? Have you taken the time to evaluate where the cracks

are in your vision that makes your sight impaired? Have you asked the Lord to search you and SEE or are you relying on your own sight? Are you seeing clearly or does your vision leak?

I believe that our vision leaks. What we see clearly begins to blur and drain the truths and promises of God that we once saw. Our fears, doubts, disappointments, tribulations, and trials cause us to lose sight of the promises of our Lord and Savior Jesus Christ. Do we see what God has for us or are we

blinded by what our desires are? Are the situations in our lives causing the leaks in our vision?

What can we do to ensure that our vision does not leak and that we are following God?

Watch – See the miracles that God is performing in your life in the midst of it all.

Wait – with expectancy that God will rescue you and plug the leak to restore your vision.

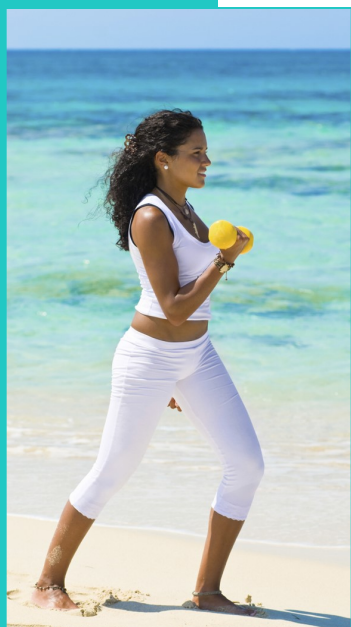
Pray – call on the Lord.

Listen – He will show you great and mighty things which you know not.

Father, help us to keep our eyes on You that our vision may not be impaired and the leaks in our vision will be stopped. God, we want to see things as you would see them and live our lives as virtuous women. Search us, show us, and correct us. Make us whole, Heavenly Father. In Jesus name, Amen.



## HEALTH CORNER: YOUR HEALTHY HEART



A healthier heart can improve your circulatory system, increase energy, minimize further damage to other organs, and improve your overall mood and outlook on life. Everyone can help his or her heart by following these two simple steps:

### 1. Be more physically active.

People who are physically active have a 20% to 50% lower risk of getting high blood pressure than people who are not active.\* Being physically active can also lower your total cholesterol level and raise your HDL cholesterol (the "good" cholesterol that does not build up in the arteries).

Try to fit physical activity into your daily routine in small but important ways. Activities like swimming, brisk walking, running and jumping rope are "aerobic" activities that can condition your

heart and lungs if done at the right intensity for at least 30 minutes, three to four times a week. If you can't fit a full 30 minutes into your schedule, try to find two 15-minute periods or even three 10-minute periods.

### 2. Maintain a healthy weight.

As your body weight increases, your blood pressure may rise. Even small amounts of weight loss can make a big difference in helping to prevent high blood pressure. Here's how to eat and get on your way to a lower weight:

**Low calories, low fat and high fiber.** Because fat is a concentrated source of calories, eating fewer fatty foods will reduce your calorie intake. Foods high in fiber are excellent substitutes. They are lower in calories and also good sources of vitamins and minerals.

### Limit serving sizes.

It's not just what you eat, but also the amount. To take in fewer calories, you need to limit your portion sizes, especially of high-calorie foods like high-fat meats and cheeses.

### Choose foods lower in salt and sodium.

Often, if people with high blood pressure cut back on salt and sodium, their blood pressure falls. Cutting back on salt and sodium also helps keep blood pressure from rising.

Your heart will thank you for getting active and fit. As always, check with your doctor before dieting or exercising, especially if you have a health condition.

WebMD. 2009

*Thy word have I hid in mine heart, that I might not sin against thee*

*(PSALM 119:11, KJV).*



## **Dancing With God**

*When I meditated on the word Guidance,  
I kept seeing "dance" at the end of the word.  
I remember reading that doing God's will is a lot like dancing.  
When two people try to lead, nothing feels right.  
The movement doesn't flow with the music,  
and everything is quite uncomfortable and jerky.  
When one person realizes that, and lets the other lead,  
both bodies begin to flow with the music.  
One gives gentle cues, perhaps with a nudge to the back  
or by pressing lightly in one direction or another.  
It's as if two become one body, moving beautifully..  
The dance takes surrender, willingness,  
and attentiveness from one person  
and gentle guidance and skill from the other.  
My eyes drew back to the word Guidance.  
When I saw "G": I thought of God, followed by "u" and "I".  
"God, "u" and "I" dance."  
God, you, and I dance.  
As I lowered my head, I became willing to trust  
that I would get guidance about my life.  
Once again, I became willing to let God lead.  
My prayer for you today is that God's blessings  
and mercies are upon you on this day and everyday.  
May you abide in God, as God abides in you.  
Dance together with God, trusting God to lead  
and to guide you through each season of your life.  
This prayer is powerful and there is nothing attached.  
If God has done anything for you in your life,  
please share this message with someone else.  
There is no cost but a lot of rewards;  
so let's continue to pray for one another.  
**And I Pray You Dance Through 2010!***

-Anonymous

**BECOMING WHOLE  
WOMEN IN CHRIST**

**SPRING/SUMMER 2010**

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Women's Prison Ministry

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(410) 521-6125

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# All In His Hands

S P R V K E W P I T P E W H E  
M E A E V I R O P F G T G E R  
E A C O L O N R R A Z N I A U  
L C L N M A O D I R I X M R T  
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DOUBT

FAMILY

FINANCES

FUTURE

GRACE

GRIEF

HEARTACHE

KINDNESS

LOVE

MARRIAGE

MERCY

PEACE

POWER

PROBLEMS

PROMISE

PROVISION

RELATIONSHIPS

SICKNESS

SLEEPLESSNESS

SORROW

TROUBLES

UNDERSTANDING

## Power Verses:

"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time" (I Peter 5:6, NIV).

"The lowly he sets on high, and those who mourn are lifted to safety" (Job 5:11, NIV).