

# GT<sup>he</sup> athering

Connecting Through Faith

## Refresh

***What is Grace?***

***Encourage Yourself***

***Fat Free Snacks***





# Fruit of the Spirit

Before a plane takes flight each traveler is instructed on safety protocols. Demonstrating the application of the oxygen mask the flight attendant cautions everyone to put it on themselves before helping someone else. Reasoning how can one help another if they are incapacitated themselves.



Let each of you look not only to his own interests, but also to the interests of others. Philippians 2:4 The spirit of God should be active in our lives being the vehicle of 2 Timothy 1:9, “Who has saved us and called us with a holy calling, not according to our works, but according to His own purpose and grace which was given to us in Christ Jesus before time began.”

We want to produce fruit so we can be the “Help” for others and their holy calling. To do this we need to put on the characteristics of Christ. Paul called it fruit in Galatians 5:22...

love, joy, peace, forbearance, kindness, goodness,  
faithfulness, gentleness and self-control.

...because without *love* I have nothing (1 Corinthians 13:1)

And the *joy* of the Lord is my strength (Nehemiah 8:10)

Live at *peace* with everyone (Romans 12:18)

These fruits of the Holy Spirit should be event in us first;  
so we can give it to others.

**Unsplash Credits:** Lily N., Adam N., Bence B., Carolyn B., Priscilla Du Preez and Rezel A.



# 9 Daily Affirmations for Christian Women Using the Fruits of the Spirit

**Galatians 5:22-23**

*The Spirit is love, joy, peace,  
patience, kindness, goodness,  
faithfulness, gentleness and  
self-control.*

1. I Love who I am right now because this is the path to what I can become.
2. I can hold my head high because God gives me Joy and it is my strength.
3. I will walk in Peace. God will defend me.
4. Be patient but don't stop working hard. His promises are real and they will come at the right time.
5. Kindness is on my tongue because I am forgiven.
6. I want Goodness for those around me.
7. My words will be faithful and people can be confident I will give godly advice.
8. I treat people and myself with gentleness.
9. I can have self-control through Christ to work through any challenges I might have.



fat free recipes

# A Little Bite of Joy

fat free recipes



**147 calories**

1 hard-boiled egg, diced  
¼ cup avocado, cubed  
¼ cup Roma tomatoes, diced  
Salt and pepper, to taste



**119 calories**

2 tablespoons milk of choice or water  
½ cup Greek yogurt  
½ cup mixed berries, frozen



**130 calories**

⅓ cup chickpeas  
⅓ cup cherry tomatoes, halved  
1 tablespoon feta cheese  
1 teaspoon pesto



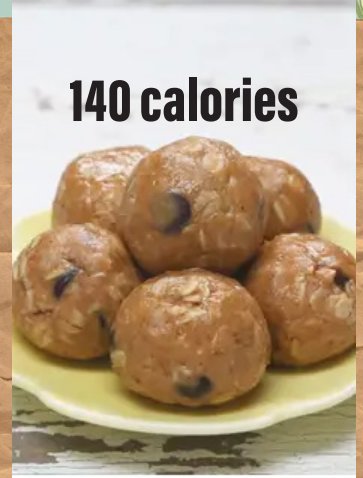
**143 calories**

½ medium red apple, sliced  
¼ cup Greek yogurt  
1 tablespoon chopped nuts  
1 teaspoon honey  
Pinch of cinnamon



**146 calories**

¼ cup quinoa, cooked  
¼ cup black beans  
¼ cup red onion, diced  
2 tablespoons corn  
1 tablespoon cilantro  
1 teaspoon lime juice  
Salt and pepper to taste



**140 calories**

½ cup rolled oats  
⅓ cup peanut butter  
1 tablespoon honey  
1 tablespoon dark chocolate chips (optional)  
Pinch of salt





# Ask God

by Kathy Jones

Mark 10:46-5



"What do you want me to do for you?"

Can you just imagine the thoughts Bartimaeus must have had? Questions reverberating through his mind as he stood before Jesus.

Moments ago, Bartimaeus was sitting at the edge of the road calling out, "Son of David, Jesus, have mercy on me!" Hearing the cries from the townsfolk. "Here He comes!" "There's Jesus!"

Listening to their proclamations, Bartimaeus had thought, now's my chance! I can't let Him pass me by! Knowing of Jesus' miracles, the lame walked, the dead raised up and the sick were healed. Even the blind received their sight. He cried all the louder hoping Jesus would heal him.

Pardon my daydreaming! I'm imagining Bartimaeus must have thought, "what do I want Him to do? Isn't it obvious to the one supposedly the Messiah? Yet, He asks what do you want?" However, Bartimaeus still replies, "Jesus, I want to see!"

This story reminds me to be specific in *my prayers* and requests to Jesus. Our Lord asks us. "What do you want?" (Matthew 7:7) We casually pray, "Oh Lord, help them." "Take care of my family." But God asks, "What do you want?" "Lord you know what they need." Yes, of course God knows but He still asks us, "do you know what you want?"

God in **patience** requests, "Tell me exactly what you want." So, I had to do a little work and rephrase my prayers. "Lord open their eyes to see the dangers of the path they are on." Or, "Provide a new job."

God wants us to be specific. To ask, to believe, and to receive. It isn't a test to see if we'll answer correctly; it is His word.

Matthew 21:22 And whatever you ask in prayer, you will receive, if you have faith."







# SAVVY

by Pastor Jodiann Schott

## *Proverbs 31: 26*

*"She opens her mouth with wisdom,  
And on her tongue is the law of kindness."*

There is a beauty that eclipses fashion and poise. It is kindness. She is glamorous because she speaks kindly and tenderly to everyone. Savvy, even if her last nerve is being tested. A classy woman will find a way to be kind.

Choosing to respond with acts of mercy and benignity; remembering this, *her Savior requested it*. It's what God did and does for us.

Kindness is not weakness and it isn't compromising of the truth. Others actions do not have to qualify worthiness of kindness. It is given because, it is our obedience. We put value on a person because Christ died for them and considers them worthy of his loving kindness. Jesus was kind.

The Greek word for "kind" is *chrestos*. Meaning: "to be mellow with age, a person doesn't inflict pain on others, a person acts different than the serpent, a person who acts in gentleness and excellence in spirit." Part of its meaning makes it clear that biblical kindness involves action.

## *1 John 3:18, NLT*

*"Dear children, let us stop just saying we love each other; let us really show it by our actions"*





# MAKE UP ARTIST CHECKLIST

## Skin Care

- ☐ Primer
- ☐ Moisturizer
- ☐ Setting Spray
- ☐ Eye Cream

## Face

- ☐ Highlighter
- ☐ Blush
- ☐ Powder Foundation
- ☐ Liquid Foundation
- ☐ Beauty Blender
- ☐ Concealer
- ☐ Bronzer Palette
- ☐ Cream Contour

## Eyes

- ☐ Eye Liner
- ☐ Eye Shadow
- ☐ Pigments & Glue
- ☐ Eyebrow Pencil
- ☐ Eyebrow Setting Gel
- ☐ Lashes & Glue
- ☐ Mascara

## Lips

- ☐ Lip Moisturizer
- ☐ Lip Pencil
- ☐ Lipstick
- ☐ Lip Gloss

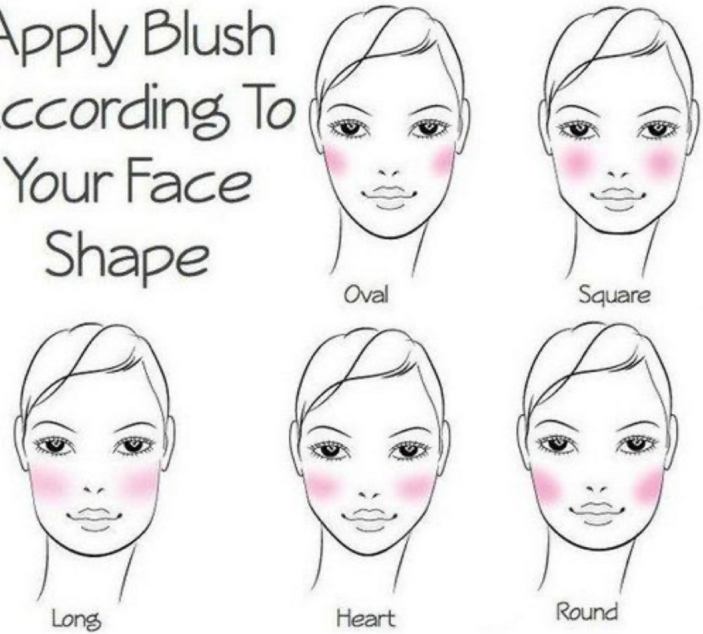
## Makeup Tools

- ☐ Makeup Brushes
- ☐ Makeup Wedges
- ☐ Scissors
- ☐ Tweezers
- ☐ Eyelash Curler
- ☐ Hand Mirror
- ☐ Brush Cleaner
- ☐ Sharpener
- ☐ Lip Applicator
- ☐ Q Tips
- ☐ Shadow Shields
- ☐ Alcohol Wipes

## Extras

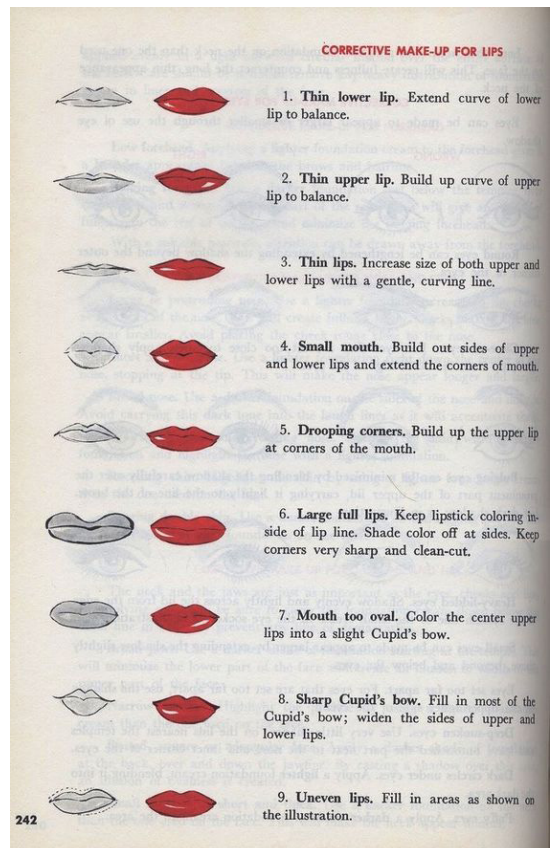
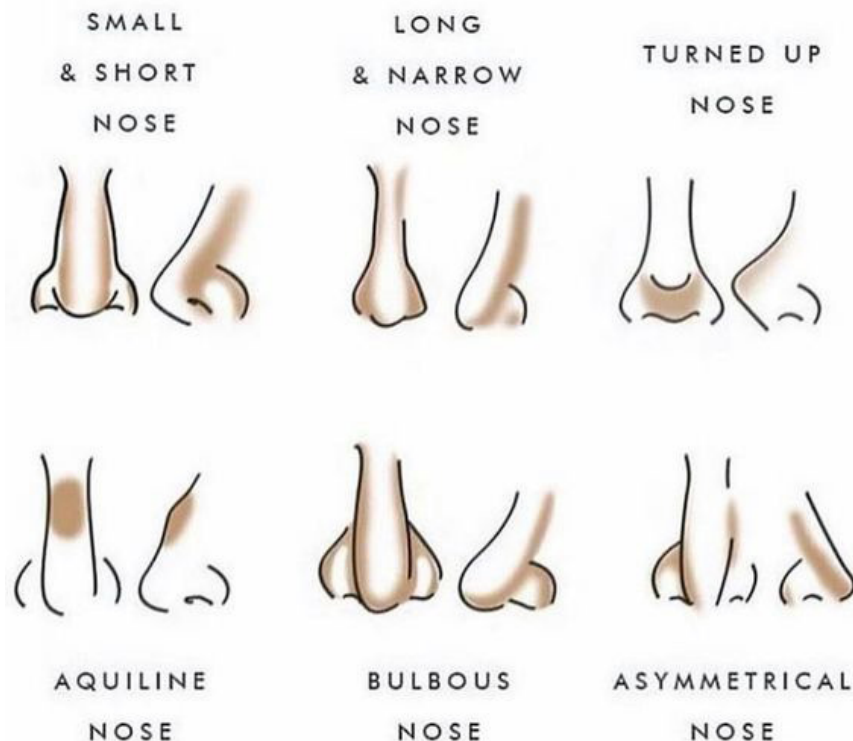
- ☐ Camera
- ☐ Business Cards
- ☐ Lighting
- ☐ Makeup Chair
- ☐ Tissue

## Apply Blush According To Your Face Shape



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*a little bit of goodness...*





# Encouraging Yourself by our Facebook Friends

Last month we reached out to you ladies asking for ideas on combating the Blues. Perhaps you noticed?

This is a copy of the post:

"No doubt this season has brought the blues, ordinarily we'd go out with a friend to combat it, but... 🙋 So, I'm looking for innovative ideas ladies can do at home. Post your creativity and thoughts -probably someone will be encouraged.

Maureen Lowndes Smith sent me this note...

*"Hi Jodiann Schott.*

*I wrote this today... I realized that you might want to use this. Things that have helped me through depression that I suffered with after the sudden and tragic loss of our beloved and precious son, Michael."*

The following are some of the posts we received.

"Join a Bible study/  
book review or club."

"Video chat  
or  
Facetime!"

"Scrapbooking"

"I normally enjoy making large meals but I realized it is a treat/ blessing for some to have homemade bread. I don't mind making it from scratch I managed to bless those in my bubble with a loaf or buns."

"Crafts! They take our minds off concerns as you concentrate on being creative."

1. My strong faith & relationship with God.
2. Music - Praise & Worship (24/7) even as I sleep.
3. Reading & Meditating and Memorizing and Declaring God's healing Word.
4. Laughter - funny & clean comedians via YouTube videos etc.
5. Getting out and getting exercise.
6. Being thankful for all that you have and writing about it. Gratefulness is huge!
7. Helping others everyday by reaching out to someone in need by a phone call or a text or an email whatever works best for them.
8. Prayer for healing with someone that God has specially equipped to pray and minister in this area. This also can be your Pastor that cares for you and loves you.

## Forebearance

We all agree our Facebook group shared wonderful responses. Thank you ladies! This one's for you.



Peace I leave with you; my  
peace I give you. I do not  
give to you as the world gives.

Do not let your hearts be  
troubled and do not be afraid.

**John 14:27**

