

# GT<sup>he</sup> Gathering

Connecting Through Faith

Love God  
Love Yourself  
Love Others

what is a  
*Biblically Principled*  
**Marriage?**

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**Speak Louder  
Than Words**



# From the Desk of Pastor Jodiannn

Mark 12:29-30 TPT

Jesus answered him, “The most important of all the commandments is this: ‘The Lord Yahweh, our God, is one!’ You are to love the Lord Yahweh, your God, with a passionate heart, from the depths of your soul, with your every thought, and with all your strength. This is the great and supreme commandment.”

A passionate person has very strong feelings about something or a strong belief in something. The fact is, God loved us, (sacrificially) before we were capable of loving Him. 1 John 4:19, “We love because he first loved us.”

Now we have an invitation—a commandment rather, to foster this relationship by opening our heart to Christ. I’m talking about returning that unconditional love back to God by trusting Him in trials and loving Him deeply even in the unknown. We fall short if we think of this commandment’s fulfillment as just a mutual affection between us and God.

It is a commandment to love God from the depths of our souls. In other words, love God in how you live, think and talk.

William Wilberforce reminds us, “If there is no passionate love for Christ at the center of everything, we will only jingle and jangle our way across the world, merely making a noise as we go.”

Christ sacrificed for us because of His great love and now we can also sacrificially and passionately love him back in our Praise and Worship. “Therefore, let us continually offer to God a sacrifice of praise” Hebrews 13:15

Taking our passion and pushing it to the level of sacrifice, we offer something of great cost to ourselves. Costly, because we fight our fleshy indifference. Determined to express our devotion through words and songs of love, pulling us closer to His heart. And when we are close to God, it is the only place, we want to be!

***It is a  
commandment  
to love God from  
the depths of  
our souls.***

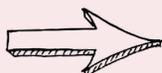
# Be Kinder to Yourself

**“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”**

**Psalm 139:14**

God made you and He loves you! Just the way you are. God knows the good things He has for you and that you will grow in Faith and confidence. Remember this fact when the world around you says the contrary.

Check out this article on how to “soak your thoughts in Scripture and surround yourself with honest voices.”



*\*Full link to article on credits page!*

## Six Truths to - Preach to - ***Your Heart***



Jaquelle Crowe is a writer from Eastern Canada. A graduate of Thomas Edison State University, she is the editor-in-chief of TheRebellion.com and the author of *This Changes Everything: How the Gospel Transforms the Teen Years* (Crossway, April 2017).

*God is faithful.*

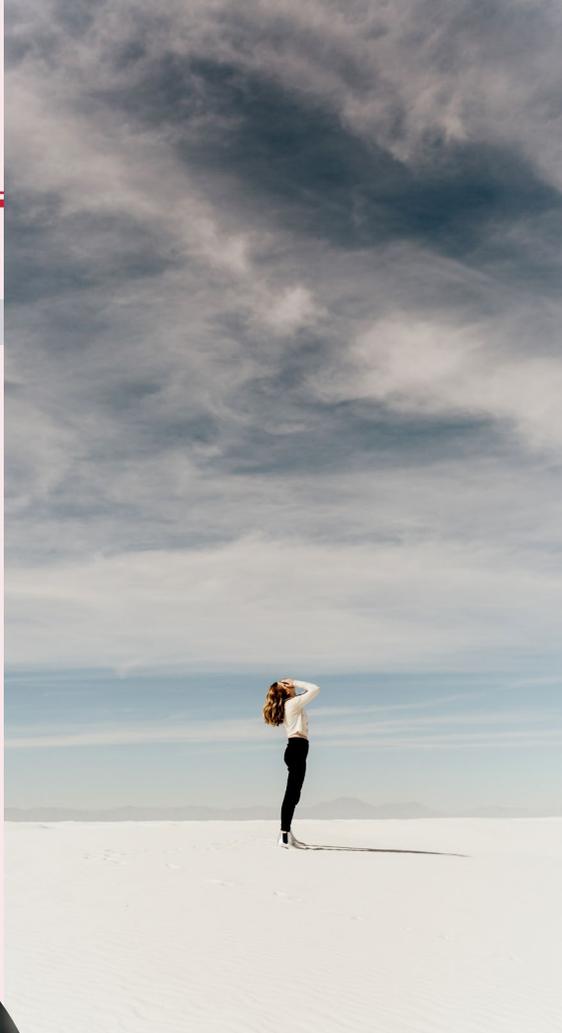
*God has saved me.*

*God is with me.*

*God is in control.*

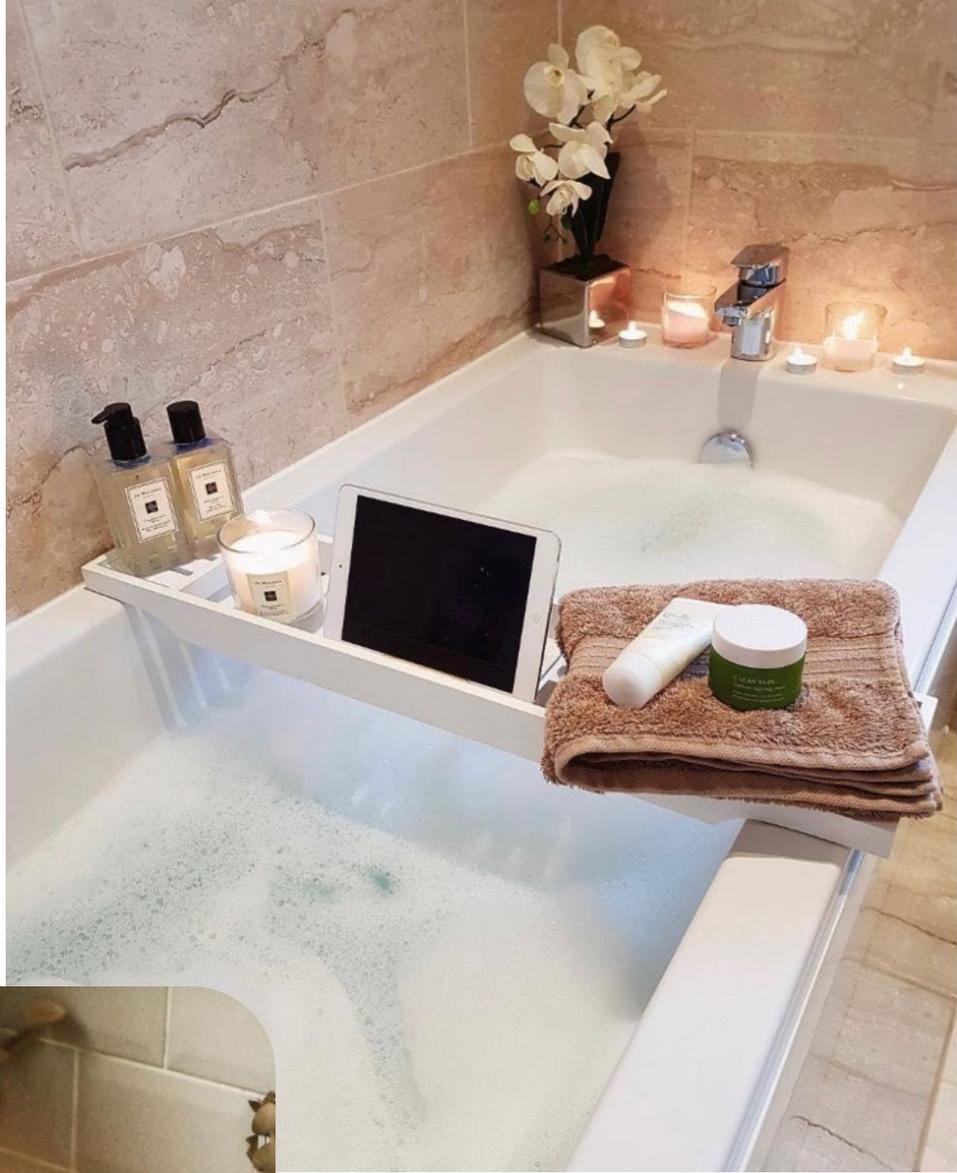
*God forgives me.*

*God will keep me.*



# LOVE YOUR SELF

Love yourself “just because” with the relaxing luxury of a good soak in the bathtub. Take the experience up a notch with a pampering plan. From aromatherapy candles, bath bombs, soft music, to a good book or magazine. All it takes is a fun sponge and some alone time.



## **Create a Relaxing Environment:**

- Allow yourself at least 20 mins
- Listen to music
- Draw tub to a comfortable temp.
- Add bath salts
- Add a few drops of essential oils
- Light some candles
- Apply a face mask
- Select something to read

## **notes on bathtime...**

Bath temperature is key.  
Epsom salts can do wonders  
to soothe sore muscles.  
Don't forget a fluffy towel!

THE **DIY** PLAYBOOK



MAKING MANZANITA



Her Happy Home



# DIY

*Life is like a bath,  
the longer you're in it,  
the more wrinkled you get.*

wayfair® \$65.44



\$34.88



Etsy

\$111.24



# BUY



# God's Faithfulness

Testimony by Ruth Goh-Tan

Children's & Family Pastor  
Burnaby Pacific Grace Church

Consider this verse, "If we died with him, we will also live with him; if we endure, we will also reign with him. If we disown him, he will also disown us; if we are faithless, he will remain faithful, for he cannot disown himself." 2 Timothy 2:11-13

In small moments, we all question God's faithfulness. It may be a delay in answer to prayer, it may be an answer 'no' and we think God is no longer in control, that He is no longer faithful.

I encountered very severe complications when I was pregnant with my son, Uriel. I started to have contractions at 22 weeks with a condition called uterine irritability. My uterus was so sensitive from having a baby in my womb, it reacted by trying to push the baby out. How was God's faithfulness displayed through my complications?

My husband was in the Singapore Air Force and we were deployed to Arizona from 1993 to 1995. While we were there, we were among many non-believers. I often shared with the wives of the servicemen about God's greatness and His power. One wife asked, "Why is your pregnancy so complicated compared to mine?" At that time, I began to worry *for* God and His reputation.

What was the Lord's answer to me? "You don't have to worry about my reputation. I will still be God whether they believe I am God or not. I am now dealing with you."

I often worry about God's reputation, power, and character and want to see His power displayed so that people will believe. But God

in His wisdom has allowed many things to happen and He is not worried about His reputation.

In those difficult times, God's faithfulness came through. Though I was hospitalized three times, put on bed-rest for three months, and was heavily medicated, I did not pay a single cent towards the medical expenses.

Our insurance covered everything. Just the medication alone would cost more than US\$30,000!

Did I develop fear at that time? Definitely! I was constantly worried that the medication would not work or that it would harm the baby. God, in His wisdom, sent someone to call on me every week. I was attending Bible Study Fellowship when one of the ladies in the group found out about my condition. She called every week to check on me because she went through a similar experience with her pregnancy. She would call to pray and reassure me.

I finally delivered a healthy seven-pounds son at thirty-six weeks. Today my son is twenty-six-years old and he wants to be a nurse. God is indeed faithful.



# 7 Shoes Every Woman Should Have in her Closet!

IT'S BEEN PROVEN THAT BUYING NEW SHOES CAN INCREASE A SHOPPER'S DOPAMINE LEVELS BY AN UNUSUALLY LARGE AMOUNT.

A NATURAL HIGH THAT MAKES YOU FEEL GOOD AND HAVE **SELF-CONFIDENCE?** COUNT US IN!

**1. Black Pumps** are basic, dressy, and chic! Mid-heel or kitten heels are easy to walk in and best when you're on your feet a lot. They are just as elegant as high heels.

Luke 15:22, "But the father said to his servants, 'Bring quickly the best robe, and put it on him, and put a ring on his hand, and shoes on his feet.'"



**2. Leopard print** in the fashion world is a neutral," a quote by Jenna Lyons, creative director of J. Crew. It's true. Leopard goes with just about everything. Wearing leopard heels or flats, takes your outfit up a notch and makes a statement. Leopard flats can be worn dressed

up or casual. The leopard is also a symbol of strength.

Isaiah 41:10, "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."

### **3. Riding Boots**

Brown riding boots are versatile boots that you can wear with jeans, dresses, skirts and leggings. They have a flat heel and resemble the boots that jockeys wear in horse races. Riding boots are usually leather, which can be worn in the cooler months.

Ephesians 6:15, "And, as shoes for your feet, having put on the readiness given by the gospel of peace."



*A good reason to go on the hunt!*



**4. Ankle Boots** particularly suede, are a popular shoe. If you opt for a taupe color, the neutral shade will go with just about everything. Wear them with dresses, jeans and skirts. They are the go-to shoe for the fall season and can be worn in the winter and spring too. Mark 16:15-18, "Go and be My spokesperson because all power and authority has been given unto Me, both in heaven and in earth. Therefore, I give you the power and authority to put him (the enemy) under your feet."

**5. Sneakers**, especially Converse, are comfy and in-style. If you have only one pair of sneakers, you need a pair of Converse. They are the perfect all-around casual sneaker. Hebrews 12:1, "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."



**"Cinderella is proof that a new pair of shoes can change your life." - Anonymous**

**6. Ballet Flats** are the perfect flats to wear every-day. You will look polished and put together by wearing these on-the-go. The lace-up flat has become popular in the last couple of years. They look great with dresses, ankle pants, jeans, and skirts. Psalm 149:3, "Let them praise His name with dancing; let them sing praises to Him with timbrel and lyre."



### **7. Sandals**

Whether they are flat sandals or heeled sandals, they are the most popular shoe of the summer. You can wear them in the spring, early fall, or anytime during warm weather. The possibilities are nearly endless with this shoe. Ezekiel 16:10, "I also clothed you with embroidered cloth and put sandals of porpoise skin on your feet; and I wrapped you with fine linen and covered you with silk."

# Are You Drinking Your Water?

## *Tips for keeping hydrated:*

- Carry a water bottle wherever you go.
- Focus on fluids. Meet your hydration needs with good alternative sources including milk, tea, or broth.
- Skip the sugar. While you can get fluid from soda, juice, and alcohol, these beverages have high caloric contents. The smart choice is water, whenever possible.
- When you're out to eat, order water instead of your usual, saving you some cash and lowering your total caloric intake.
- Add some flair to your plain water with a slice of fresh lemon or lime.
- Hardcore workouts? Consider drinking a sports drink with electrolytes to help replace the ones you lose through sweating.



## **HOW MUCH WATER ARE YOU DRINKING?**

Every cell, tissue and organ in your body needs water to work properly. Water is your body's principal chemical component and makes up about 50% to 70% of your body weight.

Your body depends on water to survive. Lack of water can lead to dehydration—a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you feel tired. So how much fluid does the average, healthy adult living in a temperate climate need?

The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

*About 15.5 cups (3.7 liters)  
of fluids a day for men*

*About 11.5 cups (2.7 liters)  
of fluids a day for women*

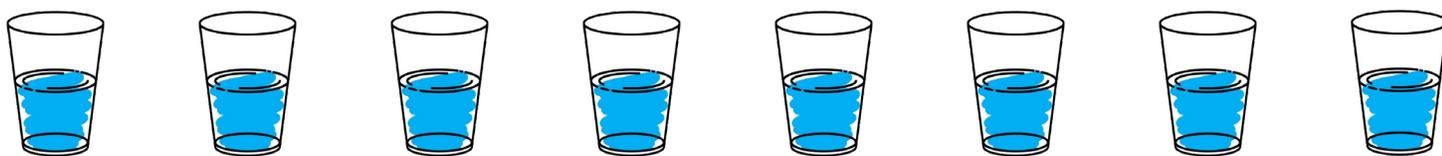
These recommendations cover fluids from water, other beverages, and food. About 20% of daily fluid intake usually comes from food and the rest from drinks. A good and basic guideline is to aim to drink eight glasses of water a day.



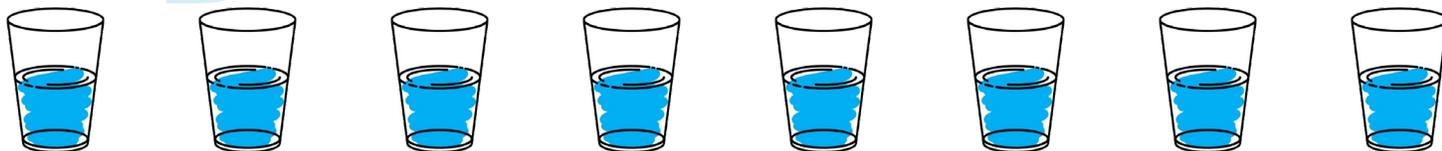
# 3-Day Water Tracker

Who doesn't like checking things off lists? Here to supply you three days of water!

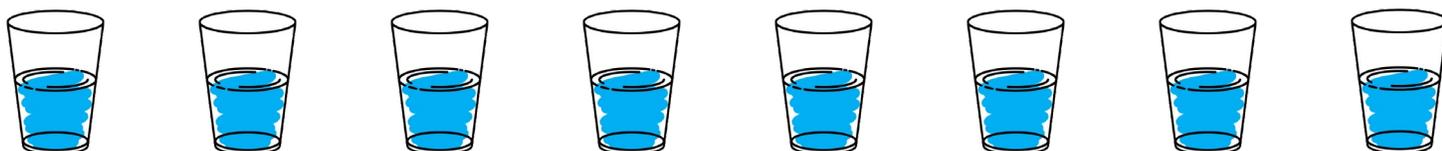
## Day 1



## Day 2



## Day 3



# 10 Biblical Principles for Marriage

## 1. Both of You: Keep Putting Jesus First; Keep Loving Jesus Most.

*Matthew 22:35-38*

Love God most with your most: with all your heart, soul, mind, and spirit. Repent of anything you put on the throne above Jesus. Put Jesus before yourself. Put Jesus before your children, your work, your ministry. Put Jesus before your need to be right. Put Jesus first. Love Jesus most.

## 2. Both of You: Be Empowered, Changed, and Comforted by the Trinity

*Ephesians 5:18; 6:10-18;  
2 Corinthians 1:3-8.*

Be Filled by the Spirit, empowered by the Son, and Comforted by the Father. Paul surrounds his marriage counsel with Ephesians 5:18 and 6:10-18. Spouses change as they are filled by the Spirit (5:18). Marriages change as spouses become more like Christ in Christ's resurrection power (6:10-18). In your marital wounds and hurts, be comforted by the Father of compassion and the God of all comfort (2 Corinthians 1:3-8).

## 3. Both of You: Remember Who Your Enemy Is—Satan!

*Ephesians 6:11-12*

Your struggle is not against your spouse. Your enemy is not your spouse. Your joint ene-

my is Satan! He is set on destroying your marriage. Unite together as spiritual warriors to defeat Satan in the Lord's mighty power.

## 4. Both of You: Take Personal Responsibility

*Joshua 1:6-9; Philippians 4:9*

You've been given more spiritual tools than most people on the planet. Use them. Be mature and courageous and do what God commands. What you've heard in the Word—do! Put it into practice!

## 5. Both of You: Take the Log Out of Your Own Eye, Confess, Repent

*Matthew 7:3-5; James 4:1-4*

Don't focus on what your spouse is doing wrong or not doing right. Remember Matthew 7:3-5 and take the mote out of your



eye. Recall James 4:1-4—the real problem in any marriage resides within your heart. Ask God to reveal any sins to repent of. Ask forgiveness of your spouse.

### **6. Both of You: Forgive Each Other, Reaffirm Your Love, Comfort Each Other**

*2 Corinthians 2:5-11*

Your spouse will never repent perfectly or be perfect. Still, forgive them as Christ forgives you. Still, reaffirm your loyal love to them as Christ loves you. Still, comfort them as the God of comfort comforts you. Surrender bitterness. Refuse to keep track of wrong. Love. Start afresh every morning as God renews His faithfulness every day.

### **7. Both of You: Speak Life Words, Not Death Words to Your Spouse**

*Ephesians 4:29; Proverbs 18:21*

When your spouse hurts or fails you, do this: 1. Find comfort in Christ. 2. Seek hope in God. 3. Take the mote out of your own eye. 4. Forgive the mote in your spouse's eye. 5. Love like Christ. Say this, "My spouse is doing \_\_\_\_\_. I'm going to respond like Christ by thinking and doing \_\_\_\_\_." Speak life-giving, helpful words about and to your spouse—words that nourish him according to his needs, that it will benefit your spouse.

### **8. Both of You: Put the Interests of Your Spouse First in the Power of Christ**

*Philippians 2:1-5*

When your spouse doesn't meet your need, be filled by the One who meets your every need—the Trinity. Who encourages you, is compassionate with you, values and affirms you. Out of His fullness, choose to fill your spouse by putting their interests before your interests. Put your spouse first.

### **9. Husband: Shepherd Your Wife with Christ's Sacrificial, Other-Centered Love**

*Ephesians 5:22-33; 1 Peter 3:7*

Husband, your #1 calling as a husband is shepherding your wife. Shepherd your wife like Christ shepherds the church: death-to-self, sacrificial, agape, mature, and other-centered love. Continually ask God to empower you to live out Ephesians 5:22-33. Seek to know your wife richly and to treat her with respect as a spiritual heir with you (1 Peter 3:7).

### **10. Wife: Respectfully Love Your Husband Like the Church Loves Christ**

*Ephesians 5:22-33; 1 Peter 3:1-6*

Wife, your #1 calling as a wife is to love your husband with respecting love (Ephesians 5:33). Mature respect encourages strengths and affirms gifts; it gently and humbly challenges wrongs. Mature respect speaks the truth in love to help your husband to keep growing in Christ—because you are for your husband and believe in Christ's work in him. Continually ask God to use your godly life to draw your husband closer and closer to Christ (1 Peter 3:1-6).

**FUN FACT:** When you and your spouse gaze into one another's eyes, what's happening behind the scenes is that your heart rates are syncing up, according to research from scientists at the University of California, Davis. When they analyzed 32 heterosexual couples who sat facing one another for three minutes, the researchers found that the couple's heart rates were nearly identical, and they speculate that this occurred because of the strong link between partners on both an emotional and physical level.

# Supercharge With Superfoods

The Oxford Dictionary defines a superfood as, "a nutrient-rich food considered to be especially beneficial for health and well-being!"

Blueberries



Cinnamon



Avocado



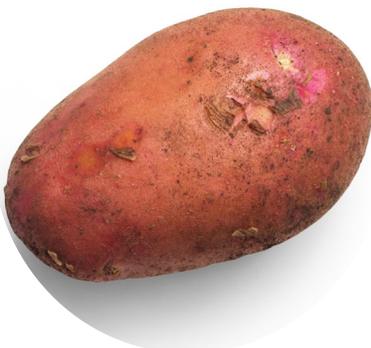
Broccoli



Salmon



Sweet Potato



Kale



Coconut



# Superfood Menu

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## Baked Salmon

<https://www.lecremedelacrumb.com/best-easy-healthy-baked-salmon/>

## Berry Spinach Salad

<https://downshiftology.com/recipes/spinach-berry-salad/>

## Garlic Roasted Broccoli

<https://www.foodandwine.com/recipes/caramelized-broccoli-garlic>

## Blueberry Frozen Yogurt

<https://cookieandkate.com/blueberry-frozen-yogurt/>

# What's Your *Love* Language?

Is your love language quality time? Do you feel loved when you're given gifts? How about when affirmed by words? Maybe acts of service is your love language or physical touch.

Gary Chapman is the author of the very popular book *The 5 Love Languages*. With multiple renditions, including singles, teens, and kids, every person who reads it can find something to relate to.

Take the quiz to find out about your personal Love Languages (website linked above).

After, share your results to our Women's Facebook page! Here's an example

	<b>Physical Touch</b>	<b>37%</b>
	<b>Words of Affirmation</b>	<b>27%</b>
	<b>Quality Time</b>	<b>20%</b>
	<b>Acts of Service</b>	<b>13%</b>
	<b>Receiving Gifts</b>	<b>3%</b>



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"GT Women's Ministry"

**LOVE  
LANGUAGE™**  
QUIZ

## What's Your Love Language™?

For couples, singles, teens, and children.

Take this quiz to discover your primary love language, what it means, and how you can use it to better connect with your loved ones.

When you are finished, you may print, share, or save your results for future reference - they will not be saved automatically.

[Start the Quiz](#)

## New Years Resolutions Poll! 🥳 📊 NEW

Top three at the Glad Tidings Church office: Read more, Save \$, and Work on relationships

- Added by you  
Exercise more  
10 votes
- Added by you  
Save money/Spend less  
10 votes
- Added by you  
Read more  
8 votes
- Added by you  
Get organized  
6 votes
- Added by you  
Work on relationships (family, friends, etc.)  
6 votes
- Added by [Jodiann Schott](#)  
Have more Faith  
6 votes
- Added by you  
Learn a new skill/hobby  
3 votes

*Ladies, don't miss out!  
Connect through faith on Facebook.  
We want to hear what you have to say.*

# The Call of God

by Fran Huebert

I remember God calling me as a child, then as a pre-teen, and then as an adult. He told me this was the last call and I responded. Isaiah was the only one recorded to that call. "Here am I, send me!" There is a call of the sea and the call of the mountains, the expression of nature only heard by a few. The call of God is the expression of His nature, not ours.

**John 6:44** "No one can come to me unless the Father who sent me draws him. And I will raise him up on the last day." God's call is for the friendship with Himself for His own purposes and the test is to believe that God knows what He is after. God called Jesus to stand in for the iniquity of the world as our Saviour. Jesus called His disciples to eventually birth the church, requiring great dedication and sacrifice. God's call is never what we perceive it to be. In fact, it can be confusing at times; but what seems unachievable from man's standpoint will become a tremendous triumph for God's purpose. God's call is the expression of His nature of love because "God is Love". No one ever experiences disappointment when they answer this loving call.

**Hebrews 3:1** "Therefore, holy brothers and sisters, who share in the heavenly calling, fix your thoughts on Jesus, whom we acknowledge as our apostle and high priest."

Answer the call of God...

**IMMEDIATELY** **Mathew 4:57-59** "Come, follow me," Jesus said, "and I will send you out to fish for people." At once they left their nets and followed him. We should always answer the call immediately without question.

**WHEREVER** **Luke 9:57** "As they were walking along the road, a man said to him, 'I will follow you wherever you go.'" God always has our best in mind, although he calls us to always walk by faith.

**WHENEVER** **Luke 9:61** "Still another said, 'I will follow you, Lord; but first let me go back and say goodbye to my family.' Jesus replied, 'No one who puts a hand to the plow and looks back is fit for service in the kingdom of God.'" Here is one that is forward to follow Christ, but seems to have been hasty and rash, and not to have counted the cost. If we mean to follow Christ, we must lay aside the thoughts of great things in the world. Those who begin with the work of God must resolve to go on, or they will make nothing of it. Looking back leads to drawing back, and drawing back is to perdition. He only that endures to the end shall be saved.

Lord, help us to embrace the calling of our lives whenever, wherever and immediately.

*Prompts for your journaling concerning **The Call of God** on your life.*

List the obstacles preventing you from responding to the Call of God.

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To combat your challenges, write out an encouraging Scripture (i.e. fear -> courage)

\_\_\_\_\_ -> \_\_\_\_\_

\_\_\_\_\_ -> \_\_\_\_\_

\_\_\_\_\_ -> \_\_\_\_\_

Who are women of faith you can pattern after? What do you admire about them and what would you like to emulate? (i.e. wear cute shoes LOL)

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Prayer list of physical needs to equip your call:

- |          |          |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

**Every element to the Call of God will be to love God's people and be His arms extended.**

*Call of God Part 2... next month!*



If you're born in February,  
your colour is **PURPLE!**



VOID WHERE PROHIBITED By Kyle Kelly

1	B	A	S	5	V	7	S	I	G	N	11	B	A	Y	13				
14	I	N	A	N	E	15	A	E	R	I	E	16	A	T	E				
17	B	A	N	K	R	18	O	L	L	I	N	G	N	O	S				
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49	I	N	K	E	R	50	S	T	A	G	E	D							
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58	M	A	N				59	A	D	U	L	T		60	A	M	I	S	H
61	I	T	S				62	N	O	B	L	E		63	N	Y	M	P	H



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