

# A Look Within

FBC WOMEN'S ENRICHMENT MINISTRY



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## Welcome to the 2nd Issue of A Look Within

BY: CATHY BLALOCK

This edition of A Look Within will have a focus on prayer. We were able to have our first WEM gathering since Covid on Saturday, October 17, at the James Island Property. Although we had to have a cutoff of 30 attendees, due to social distancing,

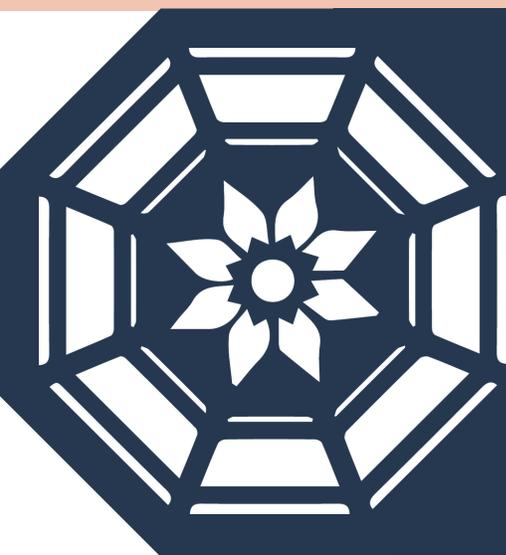
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everyone enjoyed our time together and our delicious boxed lunches from Apple Spice. Temperatures were checked, surfaces wiped down and masks worn by everyone. We had a great turnout, even with the howling, chilly wind blowing things to and fro. Thankfully by noon the sun was shining warmth and the wind had died down. We had teaching sessions from the book by Cynthia Heald, *Becoming A Woman of Prayer*. God really opened our hearts and minds and we took a lot of truths about prayer home with us. I have a feeling that we are going to see great things happen at FBC and around the world as we catch on to this spiritual discipline called prayer. I can't wait to see what is coming.

We learned a simple way to pray daily by using a prayer acronym. There are several acronyms, but the one we chose was P.R.A.Y. The 4 stages of this acronym include P. for praise, which is praising God for WHO He is, R. for repent, A. for ask and Y. for thank You, thanking God for WHAT He has done. By praying this little acronym, we can be sure we have taken time just to tell God how much we love Him because of WHO He is, then confess and ask forgiveness for any sin we have sitting on our hearts, bringing our requests to the Father and, finally, the easiest part, thanking God for WHAT He has done. Too often in our busy lives, we only take the time to ask God for our wants and needs, but can you imagine someone you love dearly, only talking to you when they want something? We need to make sure and have some time every day to just sit with God a bit and tell Him how much we love Him.

We hope you take some time to do the Bible study on Philippians 4:6-7, as it is a very short study on prayer. Enjoy this edition and join with WEM in turning the world upside down with prayer!



MISSIONARY HIGHLIGHT  
BY: CATHY BLALOCK

## THE TENDER CALLING OF MEG AND JERRY

Meg, a pretty student nurse and Jerry, a handsome Agricultural Engineer, both attending a Christian Rally of 16,000 people in 1979, accepted God's call to career missions on New Year's Eve following the Urbana gathering. She, a freshman in college, he, a senior, were both seeking God's will for their lives. Having independently answered the call of God on their lives, Meg and Jerry met and married. In applying to the IMB Journeyman program, they were encouraged to continue qualifying toward career appointment. The following 5 years found Jerry gaining valuable work experience with the US Department of Agriculture, Meg graduating with her BS in nursing, as well as joyously becoming parents to their first son. While in the application process for career appointment, they found that there was only one request, worldwide, for a Water Engineer! Feeling confident that God was leading them to accept that request, they eagerly made their way to North Africa, at ages 28 and 29. Theirs is the story of God's faithfulness to a family who answered the call to be Great Commission Baptists.

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The experiences of their first term overseas confirmed to Jerry and Meg that God is faithful through unexpected challenges. Following a year of language study, they settled into a remote, mountain village, where Jerry used his engineering skills in bringing clean water to village communities. Enjoying hospitality, Meg put a lot of attention and love into making their little house made of mud into a home. Unexpectedly Jerry contracted Hepatitis A and was very ill for six months. While preparing to go to a neighboring country for treatment, their 3 year old son became severely dehydrated as a result of Shigella food poisoning. Because the family was traveling for Jerry's medical needs, their son had access to a pediatric hospital where he could receive immediate treatment. Thanking God for His healing power, the family returned to their village work, and saw a Baptist church form as villagers came to faith.

Rejoicing over the blessing of another child, Meg and their firstborn, traveled to a nearby country with Jerry planning to join them nearer to the time of birth. Months of rebel activity came to a head causing Jerry to evacuate their home. He quickly loaded his pick-up truck with employees and village friends and drove to a safer place. Their belongings were left behind, including the family dog. He joined Meg and just 18 hours before the baby's early arrival, Jerry welcomed his second child into the world. On hearing that his beloved dog was still in the village, their oldest son prayed every night at bedtime that his dog would come home. Two years later, Jerry was able to visit their old village. Staying in a hotel close to their old house, Jerry was

surprised when a villager brought their dog back to him, explaining that she had cared for the dog. Their oldest son had prayed for two years that his dog would come home, and she did, just one of God's sweet faithful moments in their lives of obedient trust.

Following her baby's birth, around the time of her birthday, Meg became seriously ill. After a misdiagnosis, she flew to a neighboring country for further diagnosis and it was discovered that she suffered a ruptured appendix. On returning home following surgery, Meg received word that a group of 100 little girls at the Alabama GA convention were praying for her on her birthday! Meg is confident of God's faithfulness in saving her life through answering the prayers of those little girls. While traveling back to the States, for their first furlough, Jerry and Meg's youngest was diagnosed with malaria. With alarmingly low platelets, he was beginning a scary downward spiral. But God had them in the right country and city where a doctor correctly diagnosed and treated the little guy. Once again, God was great in His faithfulness and His mercies were new each morning for the little family that continued to serve in their calling even in the midst of suffering.

Their second term saw them continuing in the development work which gave them the opportunity to live in the highlands and see the planting of Baptist churches in rural villages. They once again lived in a mud house that Meg was able to make feel like home as she homeschooled their children.

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Feeling called to reach a nomadic people who lived in the desert lowlands, they changed course in their third term in order to learn a new language and culture. Along with new teammates, through radio programs and veterinary projects, they began to see God's Word go forth. The faithfulness of Meg and Jerry as they stayed where they were sent, even when there was famine, war, and sickness, laid the groundwork for house churches to be planted among these dear nomads of the desert that until that time had never heard about Jesus. Because they remained faithful to the call they answered in 1979, one day there will be many people from other tribes and languages worshiping God together, and God smiled as person after person came to Him by faith.

Little did Meg and Jerry know that their 3rd term would also bring them twins! Beautiful, adopted twins from a village in their country, children of the highlands. They went through an amazing adoption journey where once again God proved His faithfulness to them. They began to see the fruit of their work, and the Church become alive and well in the lowlands of their country. The Church is also springing up in another country close to theirs as a result of the Great Commission calling Meg and Jerry accepted.

Even though there continues to be difficulties in sharing the love of Christ in a country where so many people have never even heard about Jesus, Meg and Jerry remain faithful to their calling. In spite of missing their families in the States, not being able to attend weddings and funerals with family members, taking their children to colleges in the States and being concerned that their children will be able to make the necessary adjustments to American culture, they continue to serve with great joy and peace. Please pray for them as they now work to encourage and support colleagues who are called to the desert peoples across North Africa.

When you are in the grocery store buying food for your family, think of Meg as she does the same thing for her family in her country. As you prepare meals, do regular chores, go to work, take care of your children, or text your college students, pray for Meg, as she does the same. When you go on a date, or an evening out with friends, think of Meg and Jerry and the love they share for each other. Meg finds encouragement in Psalm 121, "I lift up my eyes to the hills- where does my help come from? My help comes for the LORD, the Maker of heaven and earth." Psalm 121: 1 (NIV). May you also be encouraged and confident that "The Lord will watch over your coming and going both now and forevermore." Psalm 121:8 (NIV)





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"Jesus loves the  
little children  
All the children of  
the world  
Red, brown,  
yellow  
Black and white  
They are precious  
in His sight  
Jesus loves the  
little children  
Of the world"

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## Baby Dedications

BY MARSHALL BLALOCK

Lilliana Marie Abrams was dedicated to the Lord on Saturday, September 19, 2020

Charlotte Ruth Jenkins was dedicated to the Lord on Friday, September 18, 2020

Harry Miles Willis was dedicated to the Lord on Sunday, October 4, 2020



# WOMEN OF FIRST BAPTIST

BY: MARGARET EDWARDS



Meet  
Myrtice  
Guerry

When God creates us in His image, plants in us seeds of His choosing, we are each fearfully and wonderfully made. Look out upon First Baptist Church's congregation and you will see God's children who've been blessed with many different talents and amazing gifts. And if we're honest with ourselves, we'll admit that sometimes we admire some of those gifts we've not received and wish we had them, too...maybe just a little bit. After knowing Myrtice Guerry for the 18 years I've been at First Baptist Church, I'd like to have half her spunk and zest for life. I believe all who know her would agree: Myrtice is energetic, vivacious, joyful, friendly, welcoming, funny, and a great big lover of life, her family and her church. Somehow, God managed to pack all of that into a tiny but mighty vessel.

Myrtice was born at the old Roper Hospital in Charleston on September 25, 1934. She's a Charleston native, born and bred. Her father died at age 30 from black lung disease, leaving her mother a young widow with no breadwinner in the family and two small children, Myrtice, age 5, and her brother Elmer, age 4. They moved in with Myrtice's grandmother in the projects around the corner from First Baptist Church and lived there until Myrtice was 15. Myrtice also has a sister, Mary Lou Shuhart.

Myrtice credits growing up in a strong Christian home as giving her a firm Christian foundation throughout her lifetime. Myrtice says, "I've always been in love with the Lord." She remembers her family never missed a single Sunday or Wednesday night prayer service, and that on Sunday, no one did anything because Sunday was meant to be spent worshipping and praising the Lord. She and her brother would go to their rooms and read the Bible on their own; definitely no playing outside. Even her Grannie would cook on Saturday so that on Sunday, she only had to reheat the meal so that they could all gather together, eat and give thanks. And every morning, Grannie would sit at the "family altar" (kitchen table) and read the Bible and pray. "My Grannie loved the Lord and loved her church. She was a wonderful Christian example for us," recalls Myrtice. "She was a great inspiration."

Grannie Dutton, as she was known, was the supervisor of Mitchell School lunchroom from 1943 to about 1960, when she took a job as dietitian at First Baptist Church working for Dr. John Hamrick. Myrtice's mother worked in the nursery at First Baptist for 40 years. Grannie started taking Myrtice to First Baptist Church at age 4. At age 11, Myrtice gave her life to Christ while Dr. Hamrick was pastor. Myrtice graduated from Murray High School and worked at First Baptist Church as a secretary for 12 years. She also has worked as a home health nurse for 20 years, and still serves in that capacity. Myrtice reflects, "I love that God blessed me with the desire and strength to help people. I work with homebound FBC members, taking them CD copies of the sermons plus homemade goodies."

Myrtice and her high school sweetheart, Robert (Bobby) Guerry married in December 1951. They had three children - Donna, David and Debbie - and spent 44 wonderful, happy years together. Then, Bobby was diagnosed with lung cancer. "That was the toughest thing, watching him suffer," says Myrtice. "It broke my heart. There was nothing I could do. And all I could think was, how am I going to get through this?" The answer to her worries, fears and doubts was the absolute grace of God, and First Baptist Church. "The church got me through it all, and Dr. Raymond Langlois (interim pastor at that time) and his wife Carolyn were so kind to me, watching out for me and praying for me."

Myrtice was a single mother for the next eight years and then met another wonderful man, Doug Craven, who asked her to be his wife. Says Myrtice, "We had seven happy years together. What a great guy!" Altogether, Myrtice has seven grandchildren and six great grandchildren, a niece whom she dearly loves, Lisa Seignious Winters, and a nephew, Jeff Seignious. "Family, my children, grandchildren and great-grands, are my greatest joy. I love them all to pieces and love spending time with them."

Sadly, Myrtice faced another life-changing event in the past year: the unexpected death of her daughter, Debbie. "The loss of a child is just a giant hole that can never be filled." Again, God's amazing grace and the people of First Baptist Church stepped in to cover Myrtice and see her through this terrible tragedy. "They were there for me when I needed them."

Myrtice reads a daily devotion every morning, then reads the full chapter referenced in the devotion afterwards. She enjoys the fact that she can "stumble" across something in her daily reading that applies to that specific day. "God knows what we need when we need it, that's for sure," says Myrtice. She meets with her Bible study group on Tuesdays and attends Women's Enrichment Ministry (WEM) retreats as well. Two favorite Scripture verses are: "The LORD my strength and my shield: My heart trusted in Him, and I am helped; Therefore, my heart greatly rejoices, And with my song I will praise Him." Psalm 28:7 (NKJV), and "In my Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you." John 14:2 (NKJV). Myrtice is especially pleased to have taught her children in Sunday School, and is now teaching her grandchildren and great-grandchildren.

Myrtice's many hobbies include spending time with her close-knit family including going out on the boat with son David, spending time with friends, dancing, running, walking, memberships in several clubs, bowling, and singing in three choirs. An amazing fact (one that was featured in The Post & Courier) is that Myrtice and her longtime friend Doris have been going to the gym together and taking spinning class for 35 years five days a week! She also loves to read. Her favorite subjects are history, royalty and biographies.

Asked what one thing she's never done before that she'd like to do, Myrtice's prompt response was: skydiving! She'd love to jump out of a plane. No doubt she'll be accomplishing that in the near future. This tiny dynamo has no plans of stopping anytime soon. If you don't know Myrtice, seek her out and say hello. Her joyful spirit will lift you up as will one of her trademark responses: "I love ya, darling." Myrtice concludes, "I love my family, my church family and my friends so very much. I especially love and appreciate Pastor Marshall Blalock for always being there for me and my family, and my church family as we work through the COVID pandemic."

BY: MARGARET EDWARDS

# WOMEN OF FIRST BAPTIST



## Meet Ashley Smith

Some children learn about God in a simpler, easier way than others. Their parents have built their homes on a firm foundation, hearts and lives turned toward God, regularly attending church and raising a Christian family. Not every child, though, is blessed in this way. But that doesn't mean God doesn't keep his eye on each one of His children, that Jesus doesn't seek after each sheep when it's outside the fold. For Ashley Smith, it would be some time, somewhere between childhood and adulthood, before she began learning the truth about God's love for her.

Ashley was born in Greensboro, N.C., in February 1983, and grew up there until she left for college in Raleigh. She is the eldest of two children. Her little sister, Ashley recalls, "was like my first baby," because of their 8-year age difference. Ashley's mom stayed home with her until her sister was born, and then entered the work force like her father. Ashley's parents worked hard to provide for them and ensure they had a life that was different from their own. Family was very

important to them and, though they did not attend church, her Mom taught her to love Jesus and to not disobey God. Ashley had heard the typical Bible stories such as the Christmas story of Jesus' birth, but she didn't understand Jesus as God's son, and thought God was another parental figure who expected you to follow His rules and not break them. In other words, you had to be perfect in order to be loved by Him.

Ashley did have a few experiences in the church growing up with family and friends. One time, she attended Vacation Bible School with a friend, and in the sixth grade, a friend whose dad was a pastor asked her if she'd been saved. "I didn't know what she meant by that, so she explained it to me," says Ashley. "I'm still not sure if I truly understood at that time." Ashley started going to church with her friend and got a children's Bible that she began to read on her own. Her Mom eventually started attending this church and they were both baptized there. Unfortunately, they parted from that church because its teachings were

more in line with what she'd first thought about God. Not knowing whether those teachings were right or not, Ashley's heart did not feel it was the place God wanted her, and so she continued to seek other churches, bringing her Mom along. They finally found their church home at Lawndale Baptist, where they continued attending Sunday services. This slowed down, however, when Ashley left for college.

It's wasn't until Ashley was married that she and her husband started looking for a church for their family to grow up in. Ashley remembers, "It really wasn't until we started coming to First Baptist Church that I began to view God in a whole new way. Not as a mean Father but as a loving, forgiving Father. I started going to women's retreats and Bible studies, not just attending church on Sundays. I began to find other like-minded women and their families who encouraged us to seek God with all our heart and learn His word. There was no judgment, just pure authentic love for my family and I. It was so eye-opening and meant so much to me to see who He really was."

As for influential people of faith in her life, Ashley points to her Aunt Wilma who always pointed her to God in all circumstances, as well as her husband Raymond's parents who provided a strong foundation of God's word to their children and a place for them to learn about and worship God. It was something that Ashley and Raymond wanted for their own children.

After meeting in college, Ashley and Raymond were married on October 10, 2009, at the Folly Beach Lighthouse. They have two children, Sawyer, 8, and Lila, 4. Their family includes a beloved dog, Hemi.

When asked about the toughest challenge she's faced, Ashley replied, "For two years, I struggled with severe anxiety and depression. I couldn't understand why this was happening to me. I'd reach out for self-help books, thinking I should be able to fix what I was going through, but I was looking in all the wrong places. I wanted to be a mom who could handle everything. I wasn't supposed to look weak. Thankfully, I sought treatment and am grateful for that experience as it strengthened my faith and trust in God's plan and released me of wanting to control situations that I could not. God was in control, not me."

Ashley credits God with helping her find peace in situations that previously caused her anxiety and depression. Ashley recalls, "After learning more about God and growing closer to Him, I ultimately saw that I needed more soul care than self-care. I came to understand that all I had to do was give it all – everything – to Him." Her greatest joy? Without hesitation, Ashley replies, "Our children, Lila and Sawyer! To see the blessing of what we made with God's help is an incredible gift."

Ashley works as a Quality Manager in the clinical research industry. She traveled a lot for that job, flying each day to doctors' offices to help monitor drug trials, make sure data was correct, and ensure patients' safety was being upheld. She no longer travels as much now that she oversees quality for these trials in a different capacity, so she has more time to spend at home with family. Raymond was a strength and conditioning coach for the minor league system in the White Sox baseball organization but switched careers to become a software developer for a start-up company to be able to spend more time at home with family, too.

As for personal study time, Ashley tries to begin her day before the kids wake up by reading her devotional. She truly enjoys Sarah Young's Jesus Calling for the way each day's devotion speaks to her as if God was talking directly to her. It helps prepare her for the day and offers calmness and peace through any adversity. "It's quiet time with God that helps bring me back to Him," says Ashley. "It never fails that when I'm struggling with something, when I take time to seek Him and read His Word, He always speaks to exactly what I'm experiencing." With materials provided by FBC, she and Raymond discuss the fruits of the spirit with Sawyer and Lila and they read them a kids' devotional every night before bedtime.

Ashley's favorite Scripture verse is Psalm 25: 4-5: "Show me your ways, Lord, teach me your paths. Guide me in your truth and teach me, for you are my God, My Savior, and my hope is in you all day long."

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Ashley enjoys reading books on organizing the home as well as ones that motivate and inspire her. She also enjoys books by author Candace Cameron Bure. Most of her favorite things to do are outdoor-oriented, like biking, hiking and exploring. Something she's always wanted to do is visit Waco, Texas, home of Chip and Joanna Gaines, stars of HGTV's show "Fixer Upper" and visit their various businesses bearing the Magnolia name.

Even though as a child she may have feared a God she didn't know much about, Ashley's faith has grown from the beginning seeds sown by certain people in her life into a secure foundation she now stands firmly on. Ashley says, "I continue to seek God, and to learn more about Him and His grace. And I'm so grateful for First Baptist Church. I really believe this is where I'm supposed to be."

"And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them." 1 John 4:16

# IN THE KITCHEN

## *Squash Pie*

*The First Baptist Church, Charleston, SC Family Recipes 1682-1982 Cookbook*  
By: *Blanche Ellen Smith*

### **Ingredients**

- 6 or 9 yellow squash
- 2 medium onions
- 3/4 stick butter
- 1 cup extra sharp cheddar grated cheese
- 2 or 3 T pimento (optional)
- 2 T mayonnaise
- 3 T flour
- 1/2 to 3/4 cup milk
- salt, pepper, and garlic powder to taste breadcrumbs

### **Directions**

1. Slice and cook squash and onion in salted water until tender.
2. Drain well and mash in casserole dish.
3. While very hot, add the butter, cheese, pimento (optional) and mayonnaise.
4. Blend well.
5. Add flour and seasonings.
6. Add milk.
7. Sprinkle bread crumbs over top
8. Bake at 350 degrees until fluffy and brown on top (about 40-45 minutes).

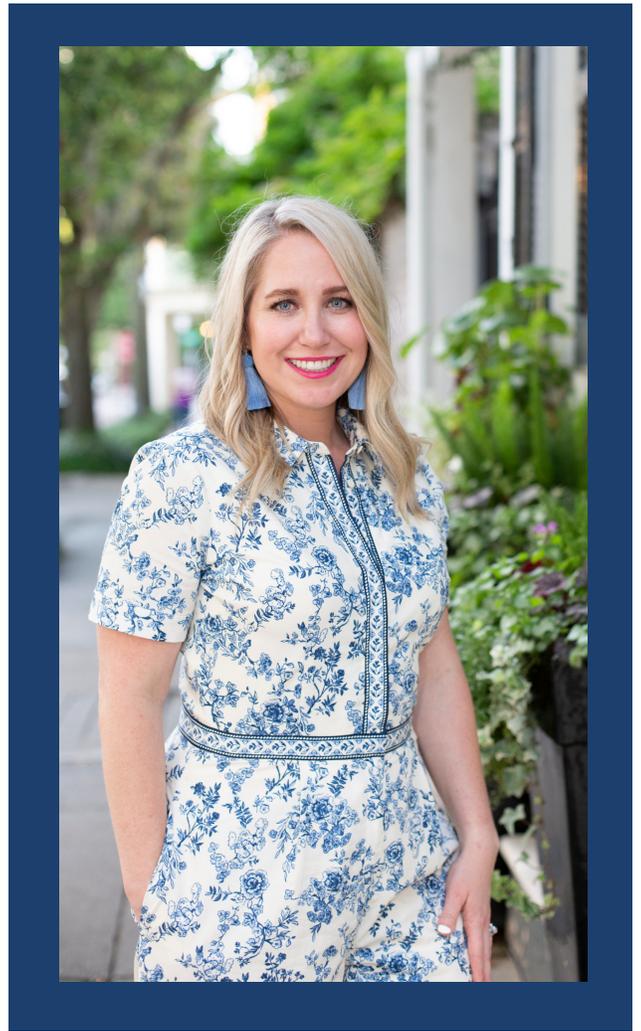
# WEM BIO'S

CAMBRON ELSEY

My name is Cambron Elsey and my husband, Elliott, and I became members of First Baptist Church in December 2018. While my membership at FBC Charleston is considered young, I am no stranger to the Baptist Church. I am originally from Kentucky and grew up attending Eaton Memorial Baptist Church in Owensboro, Kentucky. It was there in the halls of the Sunday School "wing" I came to understand just how much God loves us. I remember being moved learning the scripture of John 3:16, and it was that very day I asked my grandfather to help me speak with our preacher about accepting Christ in my life.

The gift of knowing Jesus at a young age has been instrumental in my growth and development both spiritually and in everyday life. No matter what curve ball life has thrown, I have been able to cling to the truth that I am perfectly imperfect and loved by God. This is not to say that my walk has been easy. Quite the opposite, actually, but growing up there was a song that has always stuck with me, and reminds me who God is and why knowing him is worth fighting for. Clay Crosse's "The Rock" always pops into my head when I am feeling overwhelmed, alone, and know I need to remember who Christ is in my life.

Elliott and I came to First Baptist after visiting many churches around town, We felt FBC Charleston provided us everything we were looking for; a healthy young adult ministry, a wonderful music program, biblical based messages and a place to find community outside of our Sunday pew. Over the last few years, I have created special friendships I know I will cherish for years to come. I have women I pray with and share the day to day of life with. This is the ultimate joy found in a solid church community and I am passionate about ensuring members, existing and new, feel this too when stepping foot into First Baptist Church of Charleston.



Outside of church, you can find me leading the way for individuals and families as they navigate buying and selling a home, drinking way too much coffee, enjoying every corner of our beautiful city, and loving on my sweet, really big, Aussiedoodle, Alcott. It is an honor to serve the women of our church through WEM, and if we haven't met, I would love to sit down and get to know you better over a cup of coffee or tea.

*Hello!*



# WEM BIO'S

FEATURING SARAH RICKMAN

## Song

## Artist

- Little Drummer Boy
- Angus Dei
- All is Well
- Grown Up Christmas List
- He Shall Reign Forevermore
- Night of Silence
- King & Country
- Amy Grant/Michael W. Smith
- Michael W. Smith/Carrie Underwood
- Amy Grant
- Chris Tomlin
- Daniel Kantor

# HELLO!

I am Sarah Rickman, and I have been a member at First Baptist Church since August 2003.

First Baptist Church and its congregation have been a vibrant part of my life since birth. My first Candlelight Christmas Eve service was just 1 week after I was born! I attended First Baptist School from K5 to 12th grade, before attending Clemson University. After graduating from Clemson, I moved back to Charleston and opened a wedding venue, Wingate Place, with our family.

My husband Demitri and I were married at First Baptist Church in May 2017 and have made First Baptist our church home for the last three years. Aside from owning a wedding venue and planning events throughout Charleston, I have thoroughly enjoyed directing the weddings that are hosted at First Baptist Church. It has been a joy to share our beautiful sanctuary and its rich history with guests from both near and far.

This year I have had the opportunity to join the WEM team. What an incredible blessing and exciting experience it has been to strengthen my ties with women I already knew while forging new ones with others through worship and the study of God's Word! Throughout this challenging year, I have looked forward to gathering together for our Wednesday Night Zoom Bible studies and participating with these women in the vital ministry of giving and receiving encouragement.

Being in the service and hospitality industry, I am in contact with people from all walks of life. One verse that I cling to is Romans 12:9-13, "Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord's people who are in need. Practice hospitality."

As we approach this advent season, I pray that we will be mindful of, thankful for, and radiant with God's great love. Christmas songs bring me so much joy this time of year, I have listed some of my favorites, and I hope you will enjoy them too!



## FBC WOMEN'S ENRICHMENT MINISTRY

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# I WAS SICK AND YOU LOOKED AFTER ME

By: Vicki Ball

Picture yourself boldly and loudly making a joyful noise unto the Lord in Sunday morning worship service when all of a sudden you notice the man sitting next to you slump down into the pew grabbing his chest. As you lean down to ask if he is okay, his face becomes pale and he loses consciousness. Perhaps you are walking to your car after worship service and witness a church member fall in the parking lot. Suddenly, a child you are caring for in the nursery begins to have a seizure. How should you respond?

As the body of Christ, our compassion and love for people compels us to act. We have a duty to recognize the urgency of the situation and respond appropriately. While we might consider the church a “hospital for sinners,” we may feel poorly equipped to meet the emergency medical needs of members or visitors. The Safety and Security Committee is working to improve our ministry related to emergency medical response by identifying members with health care experience, procuring basic, emergency medical equipment, and developing a process for effectively responding to emergency situations.

First Baptist Church Charleston is home to a wide demographic group of people from infants to senior adults. The church’s primary meeting space in historic downtown Charleston makes it a prime worship location for many out of town visitors year-round. The presence of both diagnosed and undiagnosed acute or chronic health conditions may make members and visitors alike susceptible to medical emergencies that could occur during church events. Knowing this, our spiritual response as Christians must be to care for the sick as if caring for Jesus Christ himself (“...I was sick and you looked after me,” Matthew 25:36, NIV).

Cardiac-related events, respiratory difficulties, strokes, seizures, syncopal episodes (fainting), and falls are some of the most frightening events to witness, and all require immediate action to prevent loss of life or further injury. Both church staff and members with health care backgrounds have professional and ethical responsibilities to ensure those experiencing emergency medical events receive prompt, appropriate care. A notable strength of our church’s meeting locations is the rapid availability of community emergency medical services (EMS) through activation of the 911 system. While activating EMS remains the priority in caring for individuals experiencing life-threatening medical events, identifying and training health care volunteers and equipping them with first aid resources and basic medical equipment is the next step in ensuring the safety of members and visitors.

As the Safety and Security Committee moves forward with a plan to confidently and responsibly care for those experiencing emergency medical situations during church events, we are seeking volunteers with health care experience to join us in this ministry. Please call, text (703-732-4476), or email me ([vicki.ball45@gmail.com](mailto:vicki.ball45@gmail.com)) if you have questions or would like to volunteer.





## PHILIPPIANS 4 : 6 -7

# *Our Choice, Prayer or Anxiety?*

Be **anxious** for nothing, but in everything by **prayer** and **supplication** with **thanksgiving** let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. Philippians 4 : 6 -7. (NASB)

Don't **worry** about anything, instead, **pray** about everything. **Tell God** what you need, and **thank Him** for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philippians 4 : 6 -7. (NLT)

Do not be **anxious** about anything, but in everything by **prayer** and **supplication** with **thanksgiving** let your requests be made known to God. And the peace of God which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4 : 6 -7 (ESV)

Do not be **anxious** about anything, but in every situation, by **prayer** and **petition**, with **thanksgiving**, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4 : 6 -7 (NIV)

Dictionary definition of ANXIETY:

(noun) - a feeling of worry, nervousness, or unease: typically an imminent event or something with an uncertain outcome. (this is not defining "anxiety disorder")

Dictionary definition of WORRY:

To give way to anxiety or unease, to allow one's mind to dwell on difficulty or troubles.

In these definitions we find that the emotions of ANXIETY and WORRY intertwine, therefore the Philippians passage includes praying for both anxieties and worries.

There is one exact word mentioned in the Philippians passage of the NASB and ESV translations only, what is it?

(the other 2 translations use different words for this)

Greek definition of SUPPLICATION:

(deesis from deomai=to want, to beg (humbleness), to pray). Refers to making known of one's specific needs, even conveying a sense of an urgent request to meet that need.

According to the definition of “supplication”, how are we to let or present our requests to be known or how are we to tell God what we need? (look for underlined words above)

- 1.
- 2.
- 3.

List anything you are anxious or worried about.

There is a word/thought that is written in each translation of Philippians 4:6-7, what is it? (we celebrate a holiday for this)

Make a list of what you are thankful for.

How do 1st Timothy 2:1-5 and John 14:6 describe why we as believers, can make our requests known to God with thankfulness? (who is our mediator?)

As we bring God our specific, sometimes urgent requests, what will we be given? (refer to the four translations of Philippians 4:6-7 listed on the 1st page)

What is different about God's peace than the peace the world has to offer?

What does Philippians 4:6-7 tell us that God's peace will do for us?

Guard your heart above all else, for it determines the course of your life. ~  
Proverbs 4 : 23

Our world of 2020 is a year of uncertain outcomes that can cause much anxiety and worry in our lives. But, we must remember that because of Jesus the Son, we can present our anxieties and worries to our God, who is unchanging, unlike the world we are born and raised in. Let us all tell our loving Father in Heaven the needs and anxieties we have, remembering to do so in thanksgiving to Jesus for being our mediator and the reason we can present our requests to God. We will be given the peace of God which transcends human understanding and brings us rest for our hearts and minds, because we know that our Father has heard our prayers and He is very aware of our troubles.

John 14:27 Take heart God's child, for Jesus has overcome this world.

*A look  
within*

FBC WOMEN'S ENRICHMENT MINISTRY

