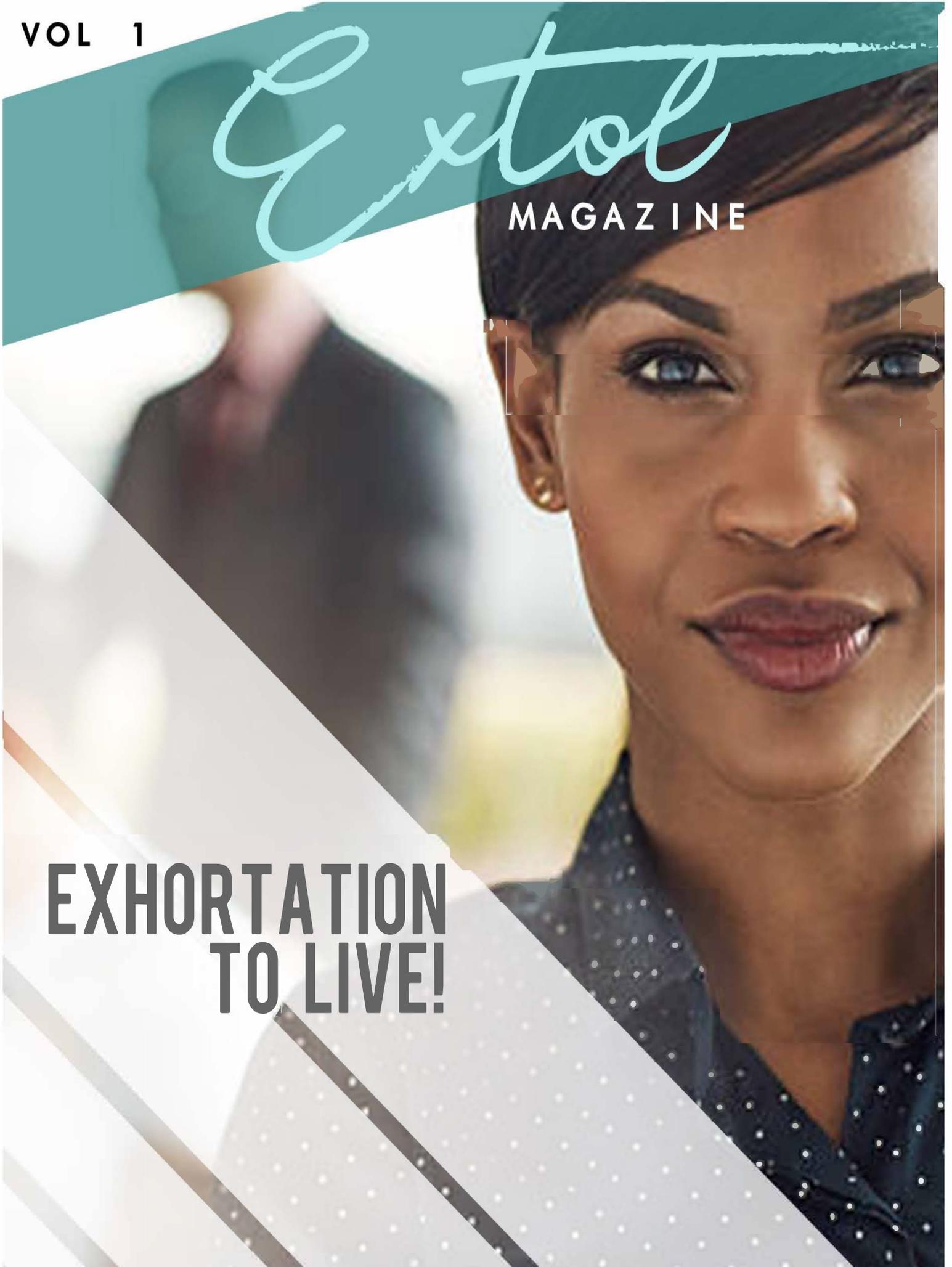


VOL 1

Exhort

MAGAZINE

**EXHORTATION
TO LIVE!**



“Extol is to lift up”

This online magazine is created in an effort to encourage all women in all walks of life. We have gathered women in this edition from Connecticut, Arizona and Florida who have a message in this season.

I hope you will enjoy the features and share with your friends.

Sharon Wilson



Volume 1

This issue

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Thoughts from the Extol “I Love Me” Workshop



Parenting is one of the most challenging and joyous experiences you will ever have. Day to day responsibilities can seem overwhelming at times. Often times as mothers we put others needs before our own and find ourselves putting our needs on the back burner. As honorable as we and others may find this behavior it does more harm than good. Most of us are familiar with a flight attendant making a statement before a flight that sounds something like this "make sure to secure your air mask before assisting anyone else in securing their mask".

When we go day to day focusing on completing our obligations with others and not balancing it with good self-care habits we find our self often gasping for air at the end of our days.

In my work with parents I often will tell them "the better you take care of yourself the better you are able to take care of your children". When you are at your best you are better able to help them be their best. As you read this I want to encourage you to find sometime within your day (even if it is 10 minutes) that you intentionally dedicate to yourself. Spend this time doing something you love such as:

- coloring
- going for a walk
- spending time in prayer
- listening to your favorite song
- exercise
- read a book
- apply a facial mask

Most of all laugh along the way. A merry heart doth good like medicine!

Ashley Mathews is a mother of a rising 3rd grader and works as a social worker in the CT public school system.



Dr. Deborah McFarland

*Apostolic Leader, Wife, Mother, Mentor –
Encourager of Women*

NEWS FLASH! –
CONGRATULATIONS ON
YOUR GRADUATION! YOU
HAVE BEEN PROMOTED
AND YOUR SEASON HAS
NOW CHANGED!

My sisters, many of you
have weathered the
storms; been through fire
and flood, been stretched
beyond measure, endured
affliction as a good soldier,
remained faithful to God
and have been
strengthened to walk
through years of adversity
VICTORIOUSLY! What a
testimony you have been
given to the glory of God!!!

During this process you
may have fainted in the
spirit of your mind, thinking
you would never receive
your promise from God.
You may even feel
weakness in your bodies as
you read this article. Some
of you have seen your
vision die and are still
believing God to resurrect

you first and then your
vision. To those of you who
can relate to what I am
saying, I say ARISE in Jesus'
name. TODAY IS THE DAY
OF YOUR SALVATION!
Shake off your grave
clothes! Speak life to
yourself and your vision.

Did not God say in I Peter
5:10b “after that you have
suffered a while, (the Lord)
will make you perfect,
establish, strengthen and
settle you”. Here is some
more good news for you:

Amos 9:13-15 (Message
Bible)

Yes indeed, It won't be long
now. “Things are going to
happen so fast your head
will swim, one thing fast on
the heels of the other. You
won't be able to keep up.
Everything will be
happening at once- and
everywhere you look,
blessings! Make everything
right for my people Israel.
They'll rebuild their ruined
cities. They'll plant

blessings like wine pouring
off the mountains and hills.
I will make everything right
for my people Israel. They'll
rebuild their ruined cities.
They'll plant vineyards and
drink good wine. They'll
work their gardens and eat
fresh vegetables. And I'll
plant them on their land.
They'll never be uprooted
from the land I've given
them. God, your God says
so.

You have been made
ready! You have learned
the art of warfare and have
allowed patience to be
perfected in your life. It's
YOUR TIME NOW! Rise,
Rejoice and walk into your
Promised Land. Move
forward now and LIVE LIFE
IN PURPOSE! Selah!

Dr. Deborah B McFarland

www.deborahmcfarland.com



Terrosa Buie is a wife, mother of two handsome sons, a Pastor and change agent who currently works in Human Resources while working on her bachelor's degree.

Pastor Terrosa Buie

Journey to Life International, Inc

Tallahassee Florida

STAND!

We are living in such a controversial time. Many people are unsure of what their position in society is today. As women, we are being told who and what we should and can be according to the image that society has created for us.

In this hour, God is looking for women that he can use for such a time as this. These are women who are willing to be change agents who will follow the path that God has chosen for their life. When God has impregnated you with a vision that he has charged you to give birth to regardless of the opposition that you will face; I admonish you to stand.

Stand on the promises of God and continue to believe what he spoke into your spirit. Colossians 2:7 says "Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness."

When God plants that vision inside of you, begin to nurture it with faith and preparation to bring forth the vision in due season. Do not allow your vision to die. Galatians 6:13 says it best, "Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand: Stand.

Be well and be blessed,



REV UP Your Metabolism!

Strength training

Muscles burn more calories than fat. The more lean muscle you have, the more calories you burn – even while at rest. That's why lifting weights is a great way to maximize your metabolism. Get started with the basics.

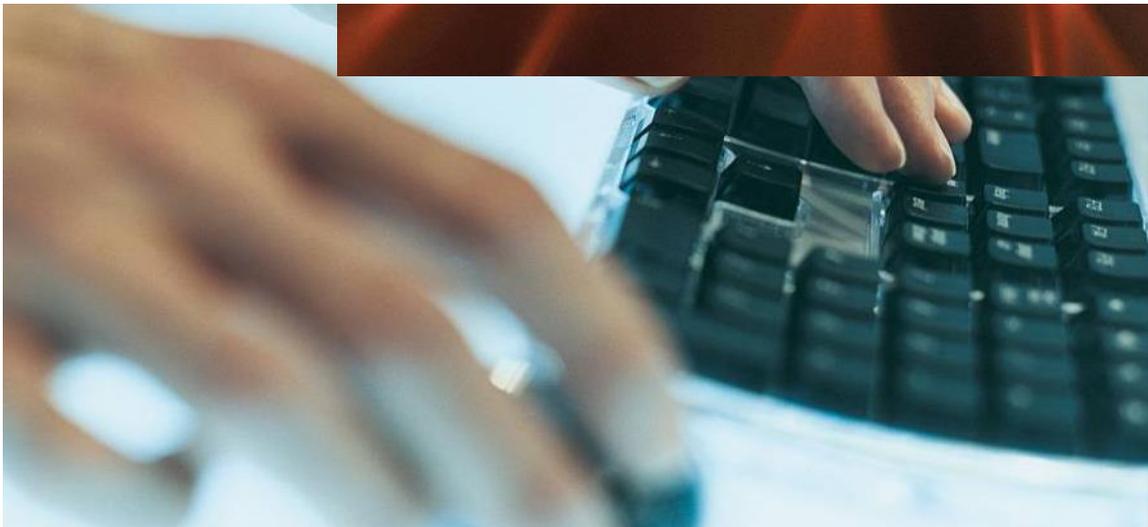
- > Push-ups, sit-ups and pull-ups
- > Resistance bands
- > Hand weights
- > Yoga or tai chi

Drink water

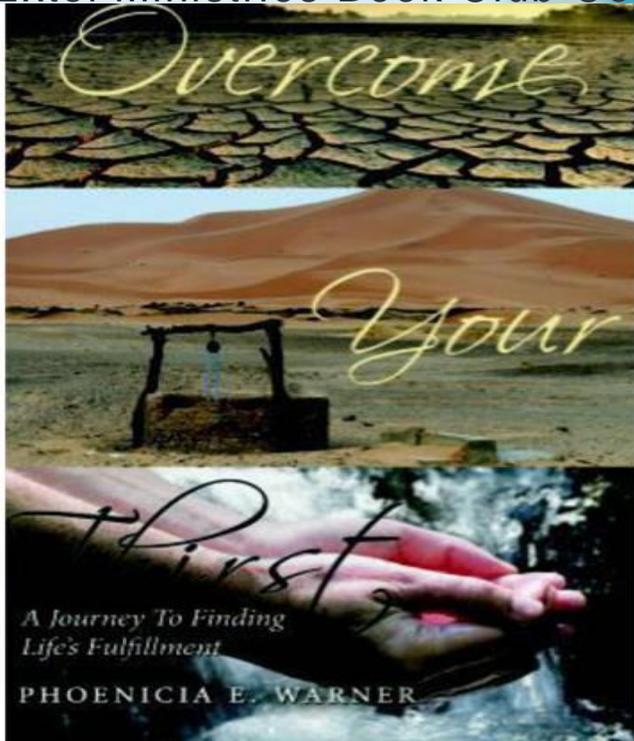
Staying hydrated is good for your health and can also help with weight loss. Drinking enough water replenishes the body and helps your metabolism. How much is enough? Pay attention to your urine color. Pale and clear means you're well hydrated. It's time to take a new look at losing weight and maintaining a healthy weight. It's not just about jumping from one diet to the next (and gaining back most of the weight). If you want to improve your health for the long run, focus on giving your metabolism a boost instead.

Breakfast power

Start the day with a healthy balance of fruits, vegetables, whole grains and lean protein. Skipping meals slows down metabolism because without food your body will conserve energy and burn fewer calories.



Extol Ministries Book Club Coming this Fall!



Lily of the Valley

I am glad for the generations that God planted me. Some old school church and some new generation. I came up on the days of hymns, shut-ins and traivailing in prayer. I am blessed to now sit under great teaching of the word that applies to my daily life. Thanks be to God for this is the will of God in Christ Jesus concerning me.

One day I was in prayer & reminding Jesus who he is to me. In my spirit I said, you are the Lily of the Valley. As it poured out of my spirit, I suddenly stopped and smiled as I thought of the old mother's repeating that saying & I asked myself. What does that really mean? It may just be me, but do you find yourself saying "church" things without a personal revelation? As I opened my heart to the Lord, He poured back.. I am the beauty in your wilderness. I am the hope that sprints forth in your dry places. I am your Lily in the Valley! Bless God I got the revelation. He said He would be with me always, therefore in my toughest challenges I need to look for the beauty He promised to be there!

Sharon Wilson

Contact Us today to Register!

www.extolministries.org



Email us at Info@extolministries.org

Call us at 919.352. 9397