

Extol

**EXHORTATION
TO LIVE!**





Volume 2

“Extol Means to lift up”

This on-line magazine is created in an effort to encourage all women in all walks of life. We have gathered women in this edition from Virginia, Arizona and Massachusetts who have a message in this season.

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

Sharon Wilson

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Using our Resources!



Sometimes I get so into a routine that I try to approach everything the same way. I think it is safe to say that this is something that happens to a lot of us. For example, we get so used to putting out big fires by using a fire extinguisher, that when we come across a birthday candle sized fire, we use a fire extinguisher, when a big deep breath will do.

Thankfully God gave us plenty of resources to help us on our spiritual journey, but how often do we take advantage of them because we are so used to using our “fire extinguisher”?

Are we just going through the motions or do we want to really grow through what we go through? One thing that I have found that helps me is to be intentional with everything that I do. If I am to be a representation of Christ, then this is a requirement. So, when I am _____ (insert your situation here), instead of wallowing in the moment, I have to intentionally seek God for guidance.

- What does the scripture say about this?
- Have I applied the scripture?
- Have I prayed about it?
- Does my sister/friend/mother etc., have a testimony about this?
- Am I walking in faith?
- Am I in line with the Will of God?

Many times, in the hustle and bustle of life, we can feel like God isn't hearing us. But, are we humbly coming before the throne of grace or do we flop down before Him in pity? While, He can hear us in any manner, we must be diligent in working toward a close relationship with Him so that we can be tuned in to hear Him. Then using our resources and effective communication becomes second nature.

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

Ciji Thomas is the wife of John Thomas, they reside in Hopewell, Va.



Dr. Deborah McFarland

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

PARENTING TODAY

PROTECTING/TRAINING YOUR CHILDREN for MAXIMUM KINGDOM IMPACT! PART 1

As parents, we have been given the awesome privilege of raising children who can turn this world right side up! The birth of every new baby carries with it the hope for a very bright future. My husband and I were blessed to raise three daughters and are now helping to raise our two grandchildren. It was not always easy. We experienced many challenges but were committed to doing the best we could to raise them in a godly manner. As I prayerfully considered what I would write about, I felt in my heart that we should begin talking about parenting. God wants to help you raise your children up to do mighty exploits in the earth. I would like to share some insights and even create some dialog about various issues surrounding Parenting.

Our children and grandchildren are called by God to make a powerful kingdom impact on their generation that has never been seen on the Earth. If we will take a closer look at the “condition” of our society and reconsider the wisdom, power and divine resources that God has already given us, we will be able to utilize at a higher level everything that God has given to us in our divine Arsenal.

Parents, let’s take a closer look at how we can prepare our children to leave godly “footprints” in the earth. We must first introduce them to Jesus and raise them up to be the spiritual champions God has created them to be. Be encouraged and strengthened. We are going to take time to effectively empower you to enjoy the journey. In the next issue we will begin discussing the importance of Parents protecting their children.

Dr. Deborah McFarland
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Sarah, Senior Program Manager; Healthcare Industry

As a 34-year-old mother of one who works full time, I'm certainly no stranger to juggling the demands of a professional career, being a new mom, and taking care of my parents. I am a member of what you call the 'Sandwich Generation' - an individual typically in their thirties or forties who is responsible for bringing up their own children and for the care of their aging parents.

For the mothers out there, the constant attention and never-ending needs of a toddler can be demanding. But I'm sure many of you will agree that it's the most fulfilling role in the entire world. My son is truly the pride and joy of my life. Each day brings a new lesson and feeling of love I've never quite imagined.

In addition to raising a one-year-old, I'm also focusing on supporting my parents. My father recently underwent kidney transplant surgery and continues to struggle with his physical health, while my mother battles early onset dementia. This is by far the most challenging experience in my life because, as apart from my husband and my son, my parents are my entire world.

While the stress of being accountable for the people I love most in this world sometimes seems unbearable, I've learned over the past few years to never take life for granted. I've learned to count my blessings instead of my shortcomings and to put family above all else. I am not burdened by the role of caretaker – whether it be for my young son who is just learning about all life has to offer or for my parents who have spent the last 43 years growing old together. Instead, I am energized and empowered by it. I am reminded every single day of how strong I am, and how strong I can be. And above all, I never fail to truly appreciate the time spent with loved ones.

Benefits of drinking water

Boosts Physical Performance

Dehydration can cause fatigue, reduced motivation, and mood swings. Therefore, consumption of ample amounts of water by the body is very important to improve the energy levels while exercising and improving the overall physical performance of your body.

Improves Brain Function & Prevents Headaches

A properly hydrated body is shown to function more complex tasks than a dehydrated body. It helps in improving the mood, boosting memory, reducing the frequency of headaches, and improving brain function. If the body experiences fluid loss, it can lead to anxiety and excessive fatigue.

Clears Toxins

It is the carrier of oxygen, nutrients, and hormones to the body parts and also provides a medium for the removal of toxins, dead cells, and waste material. The proteins and enzymes involved in various fundamental processes also require water for their proper functioning. The excretory material in the form of urea is also highly toxic to body tissues and must be diluted before their passage. This is again done by the 'universal solvent' – water.

Weight loss

With zero calories and the ability to make you feel full, consumption of it can help promote weight loss. It also promotes metabolism and thereby aids weight loss.

Skin Care

According to the University of Minnesota, the skin may get affected by frostbite and blisters. It has been established that proper water levels in the body prevent the body from experiencing dehydration. This, in turn, maintains the turgidity of the skin. A number of skin problems can be prevented by drinking adequate amounts of water.

Relieves Constipation

It is one of the major components that promote a smooth functioning of our digestive tract. It helps in maintaining regular bowel movements and in preventing any difficulty in passing stool. Carbonated water is shown to have the most positive effects of constipation.

Excerpts above from:
<https://www.organicfacts.net/health-benefits/other/health-benefits-of-drinking-water.html>

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10 Mentoring Points for Women

1. Spending time with the Father to know who you are.
2. Be self-aware! Know your weakness and strengths. Surround yourself with friends that strengthen your weaknesses.
3. Take ownership for the woman you want to become. If you own it, you will fight for it!
4. Be intentional in the development of your children.
5. Know your family assignment.
6. Pray into your Legacy. Be clear of who you are and why you are.
7. Don't get boxed in! Seek God for the fullness in all things.
8. Don't settle based on someone else's reality.
9. Live your purpose, make every action count.
10. Live your life INTENTIONALLY!

Psalms 139: 13-16

For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.

Sharon Wilson