

Women Encouraging Women during Challenging Times

Potomac River Baptist Association 120th Annual Session

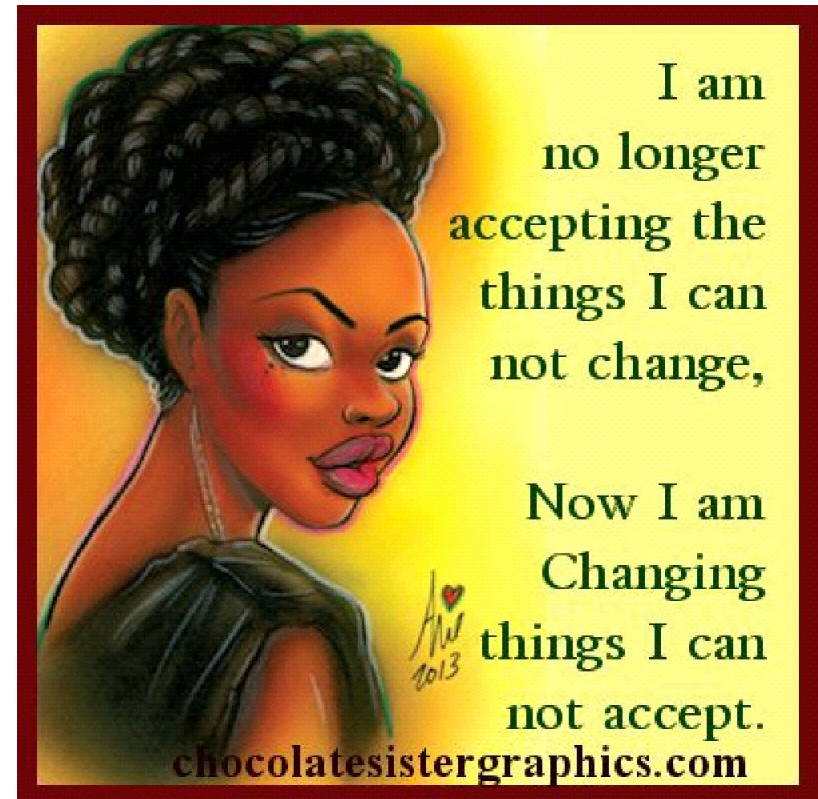
Women's Department Workshop

July 28, 2020

Facilitator: Deaconess Bridgette R. Harris, President

Romans 12: 1-2

Encouraging Quotes



What challenges are Women facing because of the Pandemic/COVID-19?

- Mental and Physical Health (depression, anxiety, stress, fear, health issues, isolation, lockdown, and weight gain, wearing masks etc.)
- Financial (loss of job, can't afford to feed your family, pay your bills)
- Abuse (physical or substance abuse on the rise)
- Homeschooling (Children or Grandchildren)
- Aging Parents (elder care/nursing homes)



How do we Encourage Each Other?

• Pandemic

- Zoom meetings/dinner with family and friends
- Share favorite recipes/arts craft
- Prayer conference calls
- Exercise to relieve stress
- Individual or group bible study
- Homeschoolers add bible lesson

• Racial Tension

- How do we keep our black men/women in our lives safe?
- What do I say in our courageous conversations at work and in the neighborhood?
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Scriptures

- Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go. (Joshua 1:9)
- He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God? (Micah 6:8) ESV
- A soft answer turns away wrath, but a harsh word stirs up anger. (Proverbs 15:1)
- Casting all your care on Him, because He cares about you. Be serious! Be alert! Your adversary the Devil is prowling around like a roaring lion, looking for anyone he can devour. (1 Peter 5:7-8)
- Submit yourselves, then, to God. Resist the devil, and he will flee from you. (James 4:7)
- “For my thoughts are not your thoughts, neither are your ways my ways,” declares the LORD. (Isaiah 55:8)

Scriptures (cont.)

- Consider it a great joy, my brothers, whenever you experience various trials, knowing that the testing of your faith produces endurance. But endurance must do its complete work, so that you may be mature and complete, lacking nothing. (James 1:2-4)
- “Because he loves me,” says the LORD, “I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. (Psalm 91:14-15)
- Don’t worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be made known to God. (Philippians 4:6)
- So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. (Isaiah 41:10)