

# Drawing from the Well

## Highlights from This Issue

- Sitting at the Feet of Jesus
- Thoughts on Mary and Martha
- Focus on Ministry: Sister to Sister
- 36 Christian Stress-Busters!
- Calendar of Events

**“We please our Lord most when we learn to sit at His feet in adoration and worship before trying to serve Him in our own strength.”**

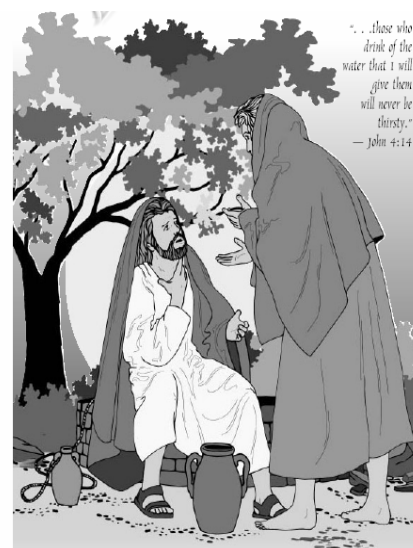
## Sitting at the Feet of Jesus by Iris Brooks

*Mary has chosen what is better, and it will not be taken away from her. (Luke 10:42)*

The story of Martha the worker and Mary the worshiper (Luke 10:38-42) illustrates an important spiritual principle: We please our Lord most when we learn to sit at His feet in adoration and worship before trying to serve Him in our own strength. Sitting implies our humble dependence upon Him and a sense of quietness of soul that indicates our willingness to hear. We can become so busy with life's pursuits that we do not hear the still small voice of God.

Learning to listen to God's voice is one of the most important factors in our spiritual growth. When we are silent before Him in the enjoyment of His presence and His Word, we gain His wisdom, insights, and the renewal of our strength for daily living. The one thing that Jesus seeks above all else is time that we spend listening to him “sitting at his feet”. That needs to come first before all other things. That is where

peace is found. That is the only place of spiritual rest.



### Prayer:

*Father, when I look at my own life, I'm often too busy to just listen to you. I'm an activist. I'm always wanting to be doing something. I have trouble sitting still before you. Please forgive me for my restlessness. Forgive me for putting my agenda before yours. Help me to listen with unclogged ears and a focused and attentive mind to what you want to teach me today. In Jesus' name, I pray. Amen.*

## Thoughts on Mary and Martha by Monema Stephens

*“When a woman who had lived a sinful life in that town learned that Jesus was eating at the Pharisees’ house, she brought an alabaster jar of perfume, and as she stood behind him at his feet weeping, she began to wet his feet with her tears. Then she wiped them with her hair, kissed them and poured perfume on them.”*

*Luke 7:37-38*

*“This Mary, whose brother Lazarus now lay sick, was the same one who poured perfume on the Lord and wiped his feet with her hair.”*

*John 11:2*



**“...as John identifies this woman as Mary, her extravagant behavior and her compulsion for sitting at Jesus’ feet begin to make sense; and so does Martha’s behavior in the kitchen.”**

Mary was the prodigal daughter. Luke tells the story of an unnamed sinful woman who interrupted a dinner party to attend to Jesus’ feet – first with her tears of shame and love, then with her anointing perfume, and finally with her hair. It was an altogether shameful display in the eyes of the Pharisees and, according to John’s account, wasteful in the eyes of Judas. And as John identifies this woman as Mary, who is the sister of Martha and Lazarus, her extravagant behavior and her compulsion for sitting at Jesus’ feet begin to make sense; and so does Martha’s behavior in the kitchen.

Just as Mary had been the rebellious, wandering daughter who had finally had enough of life her way, Martha was like the older brother in the prodigal story. She had stayed home and been the responsible daughter. So much burden had fallen to her in Mary’s absence, but she had dutifully ac-

cepted it and been faithful day by day. Then, at the news of this man Jesus, Mary had come back and shed her repentant tears on his feet. There had apparently been much to forgive in her life, and Jesus had wiped it away with his words of grace in the same loving way that she had wiped away the salty tears

and sweet perfume on his feet. It was true – the one who has been forgiven much, loves much.

And Martha was glad Mary was back. She had wept over her many

times, but even though Mary had come back home from her sinful life, in many ways she was still the same old Mary – irresponsible, a bit lazy, oblivious to the many details of running a household. Martha had been the one who stayed obediently at home and kept things running in Mary’s absence, but it was Mary who now got the attention and praise from Jesus. So as Martha bursts from the kitchen to confront the injustice, her resentment can no longer be contained – “Don’t you care? . . . My sister has left me to do the work . . . by myself. . . . Tell her to help me!” And then her unspoken words, “See what I’m doing for you? Don’t you love me too?”

And then from Jesus, “Martha, Martha . . .” And his eyes said, “Though Mary has wandered far, she came back to the right place, which can’t be found in the kitchen if I’m in here. Won’t you come in too?”

## Ministry Highlight: Sister to Sister by Dena McNeill

In its third year, the Sister to Sister Mentoring Ministry continues to evolve. The purpose remains the same - giving spiritually older women an opportunity to nurture spiritually younger women in the Word of God. A time and place for women to gather together once a month to be fed spiritually and physically. The ministry is based on the principles taught in Titus 2:3-5 and Psalm 145:4.

Originally, older women and younger women were paired together and asked to commit to meet together once a week for six months. They were asked to use their time together sharing their lives and experiences as they encouraged each other to be women after God's own heart. Many great friendships were formed in this way.

This year we have expanded the format. Many women wanted to be a part of this program but did not feel they had the time to com-

mit to a sister on a weekly basis. The monthly dinners are now open to all women and you don't have to be paired with one of the other women in the program. Whether they have a personal mentoring relationship with someone or not, they will gain from our monthly get-togethers.

Our studies are taken from the book, *BECOMING A WOMAN OF INFLUENCE - Making a Lasting Impact on Others Through Mentoring*, by Carol Kent. Each month's theme is from a chapter in this book.

Sister to Sister is a wonderful way to meet other women at Quail. We meet the second Tuesday evening of each month in the Family Room from 6:30 to 8:30. A meal is served and there is a speaker each month to encourage us on our journeys as we strive to be all that God created us to be. For more information, please contact Dena McNeill - 752-6070, Colleen Glassley - 341-8034 or Jamie Taylor - 715-1350.

**"The monthly dinners are now open to all women and you don't have to be paired with one of the other women in the program."**

## 36 Christian Stress-Busters! author unknown

1. Pray.
2. Go to bed on time.
3. Get up on time so you can start the day unrushed.
4. Say "No" to projects that won't fit into your time schedule, or that will compromise your mental health.
5. Delegate tasks to capable others.
6. Simplify and un-clutter your life.
7. Less is more. (Although one is



- often not enough, two are often too many.)
8. Allow extra time to do things and to get to places.
9. Pace yourself. Spread out big changes and difficult projects over time; don't lump the hard things all together.
10. Take one day at a time.
11. Separate worries from concerns. If a situation is a concern, find out

*Your ideas, suggestions and contributions are welcome!*

Contact Laura Vinyard at 341-3658 or e-mail: lvinyard@womblecompany.com



*The women's ministry exists to help develop within each woman a passion for the Lord, a sense of belonging and an opportunity for service within the church family and to the community.*

## Upcoming Calendar of Events

**Sister to Sister Mentoring Program** meets the 2nd Tues. night of each month in the Family Room. (Next meeting is Tuesday, November 11th.) Sign up to be paired with a "sister" or just join us when you can for fellowship, food and fun!

**"This is My Story"** class meets Wed. nights at 7:00 in Room 301

**Ladies' Bible Study** new study begins Wednesday mornings in January. Look for upcoming details! **Precepts Bible Study** of Genesis Part 3 will begin Jan. 13th, and will be held Tues nights from 6-8 for six weeks. Childcare is provided, and cost for the workbook is \$12. Contact Lisa Pickens at 755-4790.

**New Ladies' Class!** Beginning next quarter, we will once again have a ladies class on Sunday mornings! The study will be on Beth Moore's "When Godly People do Ungodly Things", and the same class will be offered on Wednesday evenings. Look for upcoming details!

## 36 Christian Stress-Busters! cont.

**"Remember that the shortest bridge between despair and hope is often a good 'Thank you Jesus!'"**

- what God would have you to do and let go of the anxiety. If you can't do anything about a situation, forget it.
12. Live within your budget; don't use credit cards for ordinary purchases.
13. Have backups; an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.
14. K.M.S. (Keep Mouth Shut.) This single piece of advice can prevent an enormous amount of trouble.
15. Do something for the Kid in You everyday.
16. Carry a Bible with you to read while waiting in line.
17. Get enough exercise.
18. Eat right.
19. Get organized so everything has its place.
20. Listen to a tape while driving that can help improve your quality of life.
21. Write thoughts and inspirations down.
22. Everyday, find time to be alone.
23. Having problems? Talk to God on the spot. Try to nip small problems in the bud. Don't wait until its time to go to bed to try and pray.
24. Make friends with Godly people.
25. Keep a folder of favorite scriptures on hand.
26. Remember that the shortest bridge between despair and hope is often a good "Thank you Jesus!"
27. Laugh.
28. Laugh some more!
29. Take your work seriously, but yourself not at all.
30. Develop a forgiving attitude (most people are doing the best they can).
31. Be kind to unkind people (they probably need it the most).
32. Sit on your ego.
33. Talk less; listen more.
34. Slow down.
35. Remind yourself that you are not the general manager of the universe.
36. Every night before bed, think of one thing you're grateful for that you've never been grateful for before.