

Drawing from the Well

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"Faith is believing in advance in something that will only seem logical when seen in reverse."

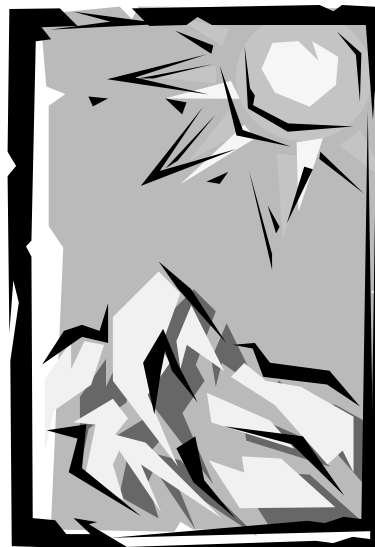
Mountain Moving Prayer by Iris Brooks

"Have faith in God," Jesus answered. "I tell you the truth, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in his heart but believes that what he says will happen, it will be done for him. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours" (Mark 11:22-24).

Have you ever seen a mountain cast into the sea? Neither have I nor have I ever talked to one who has. So, exactly what is Jesus saying to us?

I read a story the other day about a church in the Great Smoky Mountains that built a sanctuary on a piece of land donated by one of their members. Upon completion, the building inspector would not give the church a certificate of occupancy because they lacked sufficient parking. The only unused part of the property was a mountain adjacent to the sanctuary. The preacher called for those who believed that God could still move mountains to come to a

prayer meeting that night. For three hours they prayed and



believed that somehow God would remove the mountain and pave the area in the next seven days.

The next day a man knocked on the preacher's door. He turned out to be a building contractor from a nearby county. They were building a shopping mall, he said, and needed some fill dirt in order to level the construction site. Could his company buy the mountain behind the church? He added that if they could have the mountain imme-

Mountain Moving Prayer cont.

diately, they would be glad to pay for paving and striping the new parking lot. The preacher readily agreed, and the new sanctuary opened on schedule the next Sunday.

Philip Yancey says, "Faith is believing in advance in something that will only seem logical when seen in reverse." Often God calls us to believe Him for things that humanly speaking make no sense. When we dare to believe God, we see in retrospect how logical it was. But we have to believe God first even when it defies

"common sense."

Sometimes God's answers come in different forms. Sometimes His answers are delayed for reasons we can't understand. And

sometimes He substitutes something better in place of what we prayed for. Yet in all of this, God always answers believing prayer.

Let's make this the year that we pray with confidence, claiming God's promises, and asking Him

to work His will in our lives. Nothing is too great to ask, and nothing is too hard for the Lord.



Why Pray? by Monema Stephens

"He already knows what is best for us, so why do we need to ask?"

If God is all-wise, all-powerful and motivated by His divine love, then why do we need to pray? He already knows what is best for us and what we need before we ask, so why do we need to ask? Won't He just accomplish His will anyway? Is prayer just my trying to talk God into something He doesn't want to do?

Maybe the answer can be found by going back to the beginning – the very Beginning. After God created the world, he made man and woman and gave them authority, dominion over the creation (Gen. 1:26-28, Ps. 8:5-8). In fact, He made man so much like himself, "in His image," that he would be recognizable to the crea-

tion as God's representative on earth. For His own purposes, God gave man the responsibility of governing His creation and chose to limit Himself by working through his representatives, humans, ever after. The Bible is the story of God finding men and women through whom He could work to accomplish His will.

So where does prayer come in? Prayer is the invitation God is waiting for to step in and do what He already wants to do, to bring the justice he longs to pronounce, to heal the hurts He longs to heal, to show the mercy He longs to show. In fact, He looks for those who will ask Him. *"I looked for a man among them who would build up the wall and*

Focus on Ministry: Body and Soul by Ruth Ann Dreyer

Body & Soul Ministry began earlier this month at Quail , to rave reviews. This is a wonderful exercise program "where faith and fitness meet." Body & Soul is a non-profit, non-denominational ministry that provides aerobic and strength training exercise set to contemporary Christian music. It was founded in 1981 by Jeanne Blocher, and there are over 300 certified instructors across the nation and in other countries.

The 2004 Winter Session theme is "Every Day It's You I Live For." The focus of the session and each of the songs is on the message found in Rick Warren's "Purpose Driven Life." Each of the session songs is an expression of one or more of our five purposes. Is it possible to be physically and spiritually invigorated all at the same time? You bet it is! As one of the songs in this session notes -- "You set my feet a dancin' -- you set my heart afire . . ." As we worship God in all that we do, you will be blessed by participating in this worshipful exercise hour. "Worshipful exercise?" You bet!

January trial schedule is as follows (adjustments will be made to this schedule as we assess the program in January; thanks to Monema Stephens and John Pickens for their scheduling help):

Sunday at 5:45p.m. Gym

Tuesday at 9:45a.m. FR

Wednesday at 11a.m. FR

Wednesday at 5:45p.m. FR

Thursdays at 9:45 a.m. FR

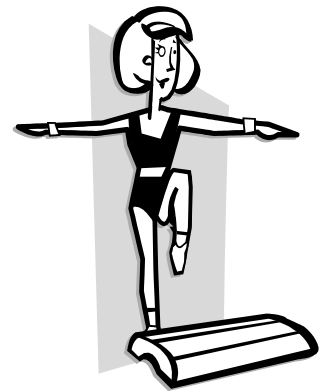
Here are some reminders:

- Wear something comfortable (most students wear

tennis shoes, t-shirts, stretch pants/capris)

- Quail Springs members can bring a friend or co-worker for FREE during the 2004 winter session
- The first class is free for everyone
- Arrive a few minutes early to register (if possible)
- Bring (if you can): Water, 2 weights (2 to 7 lbs), bands, floor mat or beach towel. We will have some weights/bands that you can borrow
- Quite a few of us will be attending Wednesday evening Bible class after the 5:45 workout. Although you can expect to sweat during the workout, the Cool Down song should return you to "presentable state." If not, there are about 20 of us who will have the same "invigorated look." (ha!)

Babysitting will be provided for all daytime classes (Tuesdays and Thursdays at 9:45 a.m. and Wednesdays at 11 a.m.). We would like to get an estimate of the number of children we might have, so please let us know if you plan to attend and how many children you will bring. The Body & Soul Ministry will pay for the childcare. Also, the Body & Soul Wednesday class immediately follows the Ladies Bible Class which meets from 9:15 to 10:45 a.m. If you are not signed up for Ladies Bible Class, you might want to try it out! For info, call Dee Phipps (ACE certified instructor) 341-0232, Ruth Ann Dreyer - 359-6124 or Sharon Henderson - 844-8490.



Your ideas, suggestions and contributions are welcome!

Contact Laura Vinyard at 341-3658 or



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, February 10th.) Sign up to be paired with a "sister" or just join us when you can for fellowship, food and fun!

Body and Soul meets in the Family Room and Gym at several different times during this first month. See page 3 of this newsletter for more details, then come join the fun!

Repeat Ladies' Class! Beginning Sunday, January 25th, the new Ladies class on Sunday mornings will be repeating Beth Moore's "When Godly People do Ungodly Things" for those who missed it the first time around (or just want to go through it again!). The same class will be offered on Wednesday evenings beginning February 4th, both in Room 303. Books are \$12. Contact Iris Brooks at 359-1599 for more info.

Why Pray? cont.

"Maybe true prayer is God's way of trying to talk us into asking for what He already wants to do."

stand before me in the gap on behalf of the land so I would not have to destroy it, but I found none. So I will pour out my wrath on them and consume them with my fiery anger, bringing down on their own heads all they have done, declares the Sovereign LORD." *Ezekiel 22:30-31*

But praying in His will is all-important. Selfish prayer He doesn't honor (James 4:3),

corrupted prayer He doesn't hear (Is. 59:2). And of course some prayer is outside His will (Mark 14:36, 2 Cor. 12:7-9). Maybe true prayer, a 2-way conversation, which involves listening as well as speaking, is God's way of trying to talk us into asking for what He already wants to do. Next time you pray, try asking some questions, and then moving the heavenly speaker closer to your

Remember the WM Website!

In case you've forgotten, Quail has a Women's Ministry website, accessible through www.quailchurch.com. Our goal is to communicate with our women about what's

going on at Quail, and we need your input! If you have anything you'd like to post, please contact Lisa Wynn at 285-6540, or email her at ljwynn@cox.net. And be sure to visit the website!