

THE heartbeat



*I will give you a new heart and
put a new spirit in you; I will
remove from you your heart of
stone and give you a heart of flesh.*
— Ezekiel 36:26

BRINGING HOPE TO WOMEN AROUND THE WORLD & ACROSS GENERATIONS • VOL 24 NO 1

CARING
FOR
YOUR

Soul

a trending topic in the Christian world today is the importance of soul care, which promotes caring for our bodies, minds and souls as we place all our worries in the Lord's hands. It is an ever-important issue as we work to fulfill the duties the Lord has for us on this earth and walk in a manner that is worthy of his calling (Eph. 4:1).

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“Above all else, guard your heart,
for everything you do flows from it.”

—PROVERBS 4:23



God has called each of us to be leaders in our communities in some form or another. We all have the ability and opportunity to influence those around us, whether we are teaching the truths of Scripture or simply living them out as an example for others. And whether we realize it or not, when we influence others in any of these ways, we are leading them. As Christian leaders we have been entrusted with the highest honor: We are called by Jesus Christ to go and make disciples of all nations, baptizing them in the name of the Father, the Son, and the Holy Spirit, and teaching them to obey everything he has commanded (Matt. 28:19-20).

How humbling it is to know that the Lord has chosen to use us and that he has appointed us with this great responsibility! It is no secret, though, that great responsibility can lead to great anxiety and stress. When we do not take the proper steps to take care of ourselves and make sure our souls are being fed, we impair our ability to lead other people well.

There are many avenues through which the Lord may choose to work on your soul. One such area wherein the Lord blesses you with the means to sustain, enrich and mature your spiritual life is through godly Christian community. Lack of community is a struggle that I believe everyone has faced this past year. Listeners around the world have shared the struggles they have experienced because of isolation during lockdowns and stay-at-home orders. Time and time again in Scripture, the Lord makes it clear that man was not made to be alone. In the beginning, the Lord said, "I see it is not good for man to be alone. I will make the companion he needs, one just right for him" (Gen. 2:18). The main example I would like to share, one that has spoken volumes to me and that specifically shows the importance of community in times of testing and trials, is in the book of Numbers.



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If you read through Numbers in the Old Testament, you will find Moses leading the Israelites to the Promised Land. The Lord had been providing manna for his people to keep them nourished on their journey, but the Israelites had become unhappy with the simplicity of God's miraculous means of feeding them. In their ungratefulness, Scripture tells us, there was a sense of hysteria that spread throughout the camp. Men and women wept at the door of Moses' tent; "Give us meat, that we may eat" (Num. 11:13), they pleaded. Moses became overwhelmed and cried out to God, "I am not able to carry all this people alone; the burden is

too heavy for me" (Num. 11:14). The Lord in his providence had Moses call upon 70 elders who were leaders and officials among the people. He said, "I will take some of the Holy Spirit that is on you and put it on them" (Num. 11:17). The Lord did this so that the elders could bear the burden of the people with Moses. The Lord would not allow his servant to be overcome by his burden; he provided for Moses so he would not have to do it alone.

This is merely one beautiful example of God providing for Moses when life became too much to bear and his soul had begun to give up. But notice, God didn't simply make Moses feel better, nor did he take the burden away entirely. Instead, God empowered Moses to continue carrying the burden and leading the way, which he had been divinely called to do. But the Lord also raised up others to come alongside Moses, sharing in that burden and enabling him to persevere in his calling.

In this lonely and soul-crushing time, when COVID-19 threatens the lives of millions and prevents millions more from participating in life-giving communities, we encourage all of you to allow God to provide for the needs of your hearts, souls and minds. Consequently, you will be able to be leaders in your communities, effective and zealous for God's mission in your lives.

– Brianna Oakley, TWR Women of Hope Marketing & Communications Coordinator

“In this time of crisis due to the coronavirus pandemic, many people have lost hope and are mentally ill.

CARING FOR THE SOULS OF OTHERS

A few days ago, a very well-known lady in my town committed suicide. The only thing that keeps us going is our faith in God, which comes through your radio messages.”

- LISTENER IN CAPE VERDE

“I am all alone in this lockdown. I don't have anyone to talk to or that can help me through. Please continue to share your teachings and encouragement so that I may stay close to God.”

- LISTENER IN SOUTH AFRICA



“We who are strong have an obligation to bear with the failings of the weak, and not to please ourselves.”

- ROMANS 15:1

“Because of our faith in Jesus, my sister and I are beaten by our father, brother and others. It is painful to be rejected by our family members, but we are so glad that we have you as our family in Christ. Thank you for your love and compassion!”

- LISTENER IN ALGERIA



Join us for prayer

On the first Thursday of every month, we gather in prayer with women around the world to lift up each other's burdens. We would love for you to be a part of it!

For our next prayer gathering on March 4, we will meet on Zoom at 9 a.m. EST, 12 p.m. EST, and 3 p.m. EST. We hope that you can find a time that best fits your schedule and join us.

To register and find more info, please visit twrwomenofhope.org/events.

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

- PHILIPPIANS 4:6



He restores my soul

By Dr. Peggy Banks // Global Ministry Director, TWR Women of Hope

“Faith never knows where it is being led, but it loves and knows the One who is leading.”

—OSWALD CHAMBERS

According to YouGov, these were the top New Year's resolutions in 2020:

- Exercise more (50%)
- Save money (49%)
- Eat more healthily (43%)
- Lose weight (37%)
- Reduce stress (34%)

Were any of these on your list last year? Well, I wonder how many of us were able to accomplish all that we resolved to do in 2020. An international pandemic forced us to rethink what was important and maybe resolve just to get through another day holding on to our faith that God is still in control.

What did the year look like for you? How was your life impacted in the choices and decisions you faced every day? For most of us, we faced some kind of grief that awakened our souls to a renewed need

for stability. In a time when everything was changing and our known, normal patterns of life were destroyed, we were faced with asking the questions “What do I believe?” and “Where is God in all this change, chaos and confusion?”

Every day, we were hearing stories of the difficulties and deaths that women were facing around the world. We desperately prayed for wisdom and guidance as we continued to provide a lifeline through media to women who were seeking hope. Because of our faithful friends who continued to support the ministry of TWR Women of Hope, we witnessed a year filled with testimonies of women finding renewed faith in God and his people. We were blessed to see that our teams were faithful to persevere in the kingdom mission of bringing hope in Jesus to women around the world and across generations in new ways through media.

Today, as we move forward into 2021, taking each day as it comes to us, may we grow in our faith knowing that God is with us and promises to never leave us (Deut. 31:8). May our faith grow as we see God leading us to places of safety

and protection. May we know God's comfort as we surrender to him our sorrow and pain caused by the losses we experienced last year (Ps. 34:18).

Believe today that God still speaks through the creation and his people. Look on with awe as God reveals every day a new possibility to bring wonder to our hearts in extraordinary ways (Exod. 15:11). We are deeply grateful for your love and support for TWR Women of Hope. And as we focus this year on the theme of restoration, may your heart and soul be restored to a fullness of love for God and his people.

This year let God increase your faith and lead you to the places that will restore your soul for 2021.

*The LORD is my shepherd;
I shall not want.
He makes me lie down in green pastures.
He leads me beside still waters.
He restores my soul.*

—PSALM 23:1-3



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**WOMEN
OF HOPE**
twrwomenofhope.org

Connecting women's hearts to each other and to God, TWR Women of Hope has built a global prayer movement and media outreach that address unique physical, emotional and spiritual needs.

VISION

To bring hope in Jesus to women around the world and across generations.

MISSION

To educate, encourage and equip women to pray, listen, learn, grow and give through media, small-group interaction and leadership development.

TWR

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