

Newsletter: The Hope in God That Strengthens Faith

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Mission: To equip women to overcome life challenges and find God's purpose and fulfillment through prayer, teaching and mentoring relationships

Vision: Daughters of Hope is called to lead women towards spiritual, emotional and physical wholeness through the application of biblical principles to their lives.

Your Breath is Your Life

"You hide Your face, they are troubled; You take away their breath, they die and return to their dust. You send forth Your Spirit, they are created; And You renew the face of the earth." Psalm 104:29-30

Last month, the DOHM held a virtual event entitled "Your Breath Is Your Life," where Dr. Marcia Levi gave a presentation called "Unmasking the Mysteries of the Mask (COVID-19), Prevention is the Only Cure."

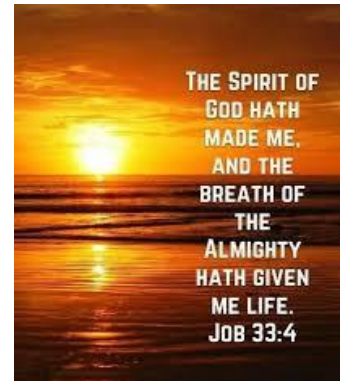
Wearing masks during the COVID-19 pandemic has been mandated. This guidance acts as a barrier to help prevent respiratory droplets from traveling into the air to other people. When the person wearing the mask coughs, sneezes, talks, or raises their voice, the mask may help prevent people who have COVID-19 from spreading the virus to others.

Wearing masks is also about being able to breathe in and out effectively. Our breath is so vital to life. Many take their breath for granted in not appreciating or acknowledging what God breathed into mankind to become living beings. Our every breath depends on the Spirit that God has breathed into us (Genesis 2:7, Job 33:4).

Acts 17:28 states, "...in Him we live and move and have our being.." Also, as the praise song says, "This is the air I breathe, Your Holy presence living in me." Our breath comes from God; our breath is our life! Use wisdom and wear a mask during this time that your breath, your life is protected, and that you will have a shout of praise for the one and only true living God who breathed into us, giving us life. Let all who have breath praise the Lord today, for He is worthy.

"Praise the Lord!"

[If you could not attend this event and would like to hear the shared information, contact the Daughters of Hope via our website, and we can arrange for you to receive the video.]



A Nation in Distress – Hope Heals

The current climate has our nation dealing with two pandemics, one is medical in nature (COVID-19), and one is spiritual (racism). The Coronavirus has caused current sickness and death, and the sin of racism has plagued the lands for many years. Both cause much pain, death, and sorrow to God's people. It is in these times of turmoil we should remember the sovereignty of our Lord. A Lord who promised He would never leave us nor forsake us.



The media has inundated us with numerous stories of diagnosed cases of the deadly virus and the senseless acts of violence due to a sinful heart overtaken with the spirit of racism. We have seen people of color targeted and killed on the streets by those sworn to protect and serve. Seeing this day in and day out can be overwhelming to one's psyche and push people into deep depression and despair. The people are divided on the pandemic and racism issues and not understanding that there is a cure. I believe both are the cause of humans' sinful nature who have turned their backs on God, and He is unleashing His punishment in response.

In my opinion, the only cure is Jesus Christ. The one who bled and died on the cross for all our sins. The God we serve is a Healer, Protector, Provider, Deliverer, and many, things for His children. We must remember that it is having Hope in Jesus Christ that He can and will heal and change man's hearts. Things will only get better when we take an inventory of our hearts and how we treat those who may not look like us, have money, fame, or power, and start loving our brethren as God has commanded in His word no matter their stature.

I am reminded of a verse in a gospel hymn that says, my hope is built on nothing less, than Jesus Christ my righteousness. It is the hope in the Lord that will sustain you through the trials that life holds and bring peace to our troubled minds.

Scripture Meditations:

- "Weeping may endure for a night, but joy comes in the morning."
Psalm 30:5
- "The joy of the Lord is our strength and when we trust in the God who loves us unconditionally, we cannot lose."
Nehemiah 8:10

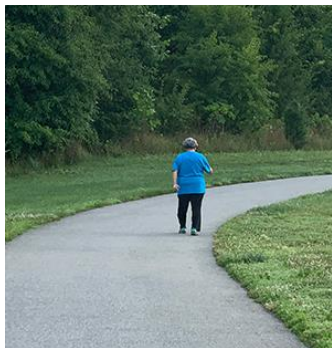
-- Tomiko Hankerson, Secretary DOHM

*"Looking unto
Jesus, the author
and finisher of
our faith, who
for the joy that
was set before
Him endured the
cross."
Hebrews 12:2*

Back to the Garden

God is calling us back to the garden, where He created us to have a relationship with Him. In the garden, Adam had a great relationship with God before the fall. In Genesis 2, God created everything good and told Adam to name the animals. Can you imagine how many conversations they had together? Can you imagine God saying to you, "How was your day? What did you do today?" Then, you begin praising God for your day and telling Him all about your day. I believe God is calling His people to a closer relationship with Him and their families. We have been so busy that we have forgotten our first love, "God."

Back to the Garden (continued)



Since COVID-19, I have made walking a habit. On my walks, I see people praying and singing praises to God and families walking together. God has a way of getting our attention. "Draw nigh to God, and He will draw nigh to you," James 4:8a (NKJ). Through this pandemic, don't lose focus and become discouraged. Let us keep our focus on God and not what is going on around us. This does not mean we ignore what is going on around us, but that we pray, worship, praise, and meditate on God's word.

The Bible shows us the importance of walking with God in our daily relationship with Him. "He has shown you, O man, what is good; And what does the Lord require of you But to do justly, To love mercy, And to walk humbly with your God?" Micah 6:8 (NKJV)

"This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success." Joshua 1:8 (NKJV)

"I will also meditate on all Your work, And talk of Your deeds." Psalms 77:12 (NKJV)

"After the birth of Methuselah, Enoch lived in close fellowship with God for another 300 years, and he had other sons and daughters. Enoch lived 365 years, walking in close fellowship with God. Then one day he disappeared, because God took him." Genesis 5:22-24 (NLT)

"But Noah found grace in the eyes of the Lord. This is the genealogy of Noah. Noah was a just man, perfect in his generations. Noah walked with God." Genesis 6:8-9 (NKJV)

God is calling us back to communing with Him. Keep your focus on God and walk with Him in the garden.

-- Linda Gary, President, DOHM



Trials Will Come – Part 2 STAND!

We have all taken tests when we attended school. Tests taken in high school are more difficult than those taken in elementary school. We would not expect to be still tested on adding single-digit numbers or spelling simple three-letter words like C-A-T in high school.

Spiritual tests also become more challenging as we grow spiritually. Paul says there is a problem with Christians who should be eating meat but remain on milk instead. The grade given to a student on a test indicates if he is able to apply the principles that were taught. The same applies to spiritual things. When we are tested, it is our opportunity to reveal what we understand and truly believe. To go to Algebra 2, a student shows he has mastered the skills of Algebra 1. Similarly, in our Christian walk, our responses to life's afflictions reveal our level of spiritual growth.

The current global pandemic has brought with it many things that could overwhelm us. Some have experienced a reduction or loss of finances. Others experienced personal sickness, death of a loved one, isolation, loneliness, stress, anxiety, hopelessness, family strife, and a myriad of other issues. The problems we face during these times are opportunities to grow spiritually. Ephesians 6:10 tells us to be strong in the Lord and in His mighty power so that when the day of evil comes, we can stand our ground. We are to be equipped in spiritual armor bearing our sword - the word of God. We are to pray in the Spirit at all times, with every kind of prayer and petition. The scripture says after having done everything, we are to STAND.

Trials Will Come – Part 2 (continued)

Standing is crucial. The word stand is both a verb and a noun. As a verb, it means to have or maintain an upright position. As a noun, the word describes an attitude toward a particular issue, a position taken in an argument. A soldier at the gates of Buckingham Palace is a visual image of what it means to stand. Regardless of the situation, he stands motionless, willing to continue standing throughout all weather conditions and any attempt to make him blink or smile.

Standing spiritually is described in 2 Corinthians 10:2-4. It says the weapons of our warfare have divine power to destroy strongholds. Regardless of how we feel or what things look like, when Christians stand, we continuously reject any thought that contradicts a promise of God. We destroy arguments, and every lofty opinion raised against the knowledge of God and take every thought captive to obey Christ. We stand on the solid rock.

We will face problems that arise have done during any other time of look to God, our provider. He was young, and now I am old, yet I forsaken or his seed beg bread. Our diseases. We are never alone leave or forsake us. He is a friend did not give us the Spirit of fear but For the myriad of other problems we deliver us out of them all. If a end, we are comforted with the Father's house where we will be with no more death, neither sorrow nor more pain.



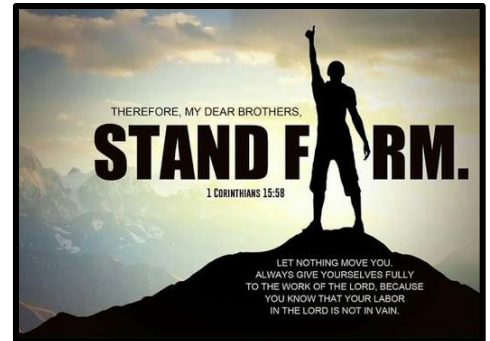
-- Cornette Cole, DOHM Member

Contaminated Faith

The current COVID-19 pandemic has brought an epidemic of fear to so many, even Christians. Fear causes several types of contaminating faith behaviors; anxiety, panic, distress, excessive worry, lethargy, and overeating (the wrong foods); the list goes on and on. If left unchecked, all of these can lead to all kinds of health issues (i.e., high blood pressure, stroke, heart attack, etc.). Fear tolerated will contaminate your faith in God by pulling you away from Him, leaving you helpless and hopeless.

As it states in Hebrews 11:1, "Now faith is the substance of things hoped for, the evidence of things not seen." So, in order for our faith to always be activated that fear does not take over, we must always focus on God having fearless confidence in Him. As Christians, we have been sanctified, being holy, and set apart. Because of that, we can faithfully serve God, having the peace of God that surpasses all understanding. Holiness is an uncommonness with the world, so don't let your faith be contaminated by what is going on in the world, by yielding yourself to worrying about the pandemic and other world issues that your peace is stolen.

We must live out and demonstrate our faith continually through our thoughts, actions, and deeds to believe and act on what God has already promised. When you experience fear, faith is the key intervention to bring about God's promises.



during this pandemic, the same as we trouble. To face financial issues, we supplies all of our needs. David said I have never seen the righteous God is the God that heals our because God has promised never to who sticks closer than a brother. God of love, power, and a sound mind. may be faced with, God promises to believer's time on this earth is at its promise that we have a place in the him throughout eternity! There will be crying; neither shall there be any

Luke 1:74-75

"That he would grant unto us, that we being delivered out of the hand of our enemies might serve him without fear, in holiness and righteousness before him, all the days of our life."

Contaminated Faith (continued)

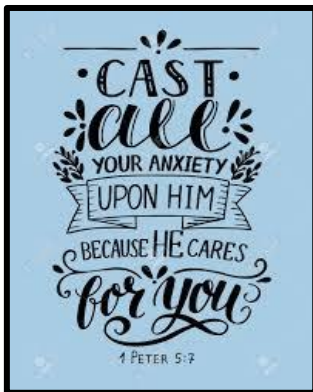
God's Power & Provision	Isaiah 41:10	"Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you."
God's Purposes	Jeremiah 29:11	"For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil."
God's Rest	Matthew 11:28	"Come to Me, all you who labor and are heavy laden, and I will give you rest."
God's Goodness	Psalms 84:11	"No good thing will He withhold from those who walk uprightly."
God's Faithfulness	1 Samuel 12:22	"For the LORD will not forsake His people, for His great name's sake."
God's Wise Plan	Romans 8:28	"And we know that all things work together for good to those who love God."
God's Cleansing	1 John 1:9	"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."



Continue to nurture your faith with the Fruit of the Holy Spirit (Galatians 5:22-23) that your fears starve to death. Faith cultivated is fear eliminated.

-- Linda Price-Smith, DOHM Member

Agape



As we go through this pandemic, many of us are experiencing periods of anxiety and depression; some are even wondering how long it will last, and (because of our sinful ways), if God will deliver us. Yes, he will, God cares for us. Perhaps you have forgotten what he has said in His word concerning His relationship with us; well, here are a few reminders.

(Isaiah 41:13) "For I, the LORD your God, hold your right hand; it is I who say to you, "Fear not, I am the one who helps you." God doesn't simply send an angel to hold your right hand; the God of Heaven and Earth personally holds your right hand."

(Jeremiah 29:11) "For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end."

(Exodus 15:26) "If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee."

(2 Corinthians 4:8-9) "We are troubled on every side, yet not distressed; we are perplexed, but not in despair; persecuted but not forsaken; cast down, but not destroyed."

(John 16:33) "These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world."

Agape (continued)

(Romans 8: 38-39) "And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord."

-- Min. Geri Stancil, Vice-President, DOHM

Show Up (find the next right thing to do)



Sometimes we need to show up to know the next step or our next assignment. You walk into a room, and someone says, "Good, you are here, can you ..." For God, He sees you show up in prayer, bible study, commitments, serving (where you are seen or not seen), showing up in worship, praise, encouragement, leading. And in this place, you are hearing your next step, assignment, answer to prayer, or seeing Him move in a way unexpected. The moment could be missed if you were not in position. Sitting on your hands, waiting may not get you anywhere, because the next thing may come in a way entirely unimagined by you.

I have told this story before about how the Lord took care and guided me in one specific way. One day something happened to my eye to the extent I was losing sight and immediately left work and drove home while I could still see. Overnight vision got better, but I had an appointment with my eye doctor the next day. He looked me over, said I was okay, gave me a prescription, and requested a referral from my primary physician. That was my only focus when I made the appointment with my primary care doctor. I just wanted him to write the referral so I could rush it back to my eye doctor. My new primary physician thought I was rushing things and started asking me questions. I was getting a little irritated; I needed this document, my immediate health concern had been resolved, so I wanted to move on. He asked if he could take my blood pressure, (sure fine, whatever, get this over with and let me have my piece of paper). He took my pressure, and calmly said it was too high; looking at a chart on his wall, it was at the edge of the range when it causes organ damage or stroke. Now I am sitting there thinking, what! I mean yea, I experienced headaches (frequently), attributed it to my lifestyle, working late, and looking at a computer screen all day. The fact that I went through a bottle of pain killers monthly (I had Anacin in my purse always), I thought, was just a fact of my life. The doctor prescribed pills that day and told me to go home and take them, come back in a week. Not too many days later, I was in emergency with my pressure sky high, sent from my doctor's office. I like to say God messed with my eyes (which certainly got my attention) to get me to take care of my blood pressure. Praise Him, it is regulated now, and it has been years. Show up, get into position, and you may see the right path to take, the Lord promised to guide us. I had been putting off a doctor appointment for a while.

So if you are worried about going the right way, just show up for the things you know you should, and the right path, God's plan, could be revealed or how God is going to get you through the journey you are on, particularly in the times we are in.

-- Min. Connie Lowe, Treasurer DOHM

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The Fruit of the Holy Spirit

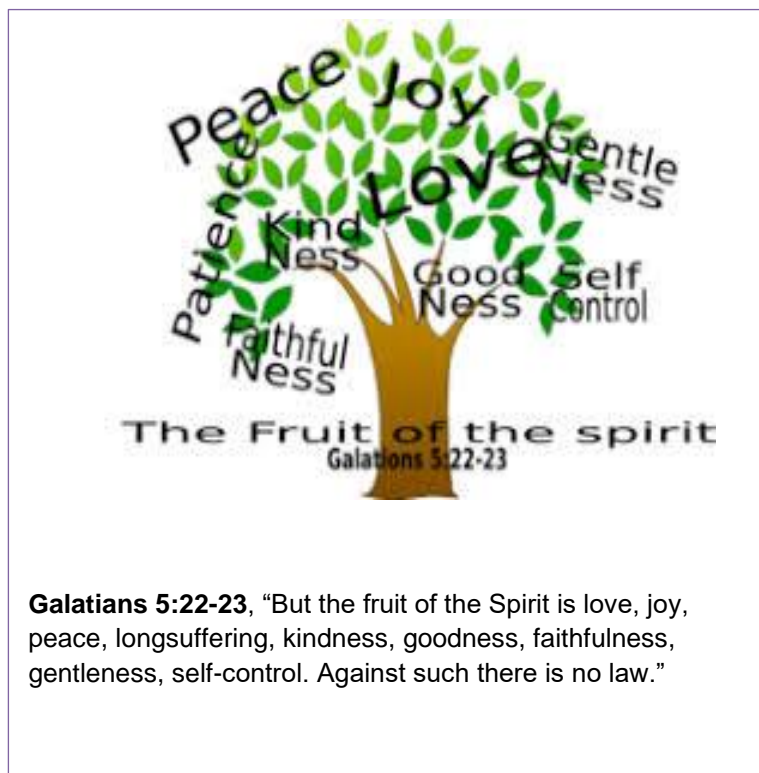
Practicing patience even now, Lord. In Your presence, Lord.

GENTLENESS

G God's sweetness in us
E Entering holiness
N Not loud; not abrasive
T Touch tender
L Listening intently to others
E Encouraging peace
N Nice but standing firm
E Earnestly seeking peace
S Sharing God's tenderness
S Showing mercy

GOODNESS

G Generous heart open to all
O Occupied with other's need
O Oriented to agape love
D Devoted to God's agenda
N Not selfish; unselfish
E Encourager
S Sharing with others
S Simply put: Grace in action



Galatians 5:22-23, "But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law."

What's my fruit of the Spirit word for today, Lord? O that's right Goodness/Generous and open-hearted to all. Patient, kind, no complaints, thinking of others first. Ok, I got it!! Now, Lord, help me to practice this wondrous fruit through your Holy Spirit. Thanks

PEACE is my fruit of the Spirit word for today, Lord. Satisfied with circumstances, believing You are truly in control, Lord. I am Praying for rest and peace for all who are in need. I am Listening for Your quiet prompts, Lord. Please help me to hear & obey! In Jesus' name, I pray. Amen.

Today self-control is the fruit of the day; therefore, I am Disciplined and restrained through Your Holy Spirit. I really need Your help. Funny how the fruit of the day is always a challenge. Could you help me to stand firm? In my spirit, I have a great desire to be controlled in matters of eating, finances & emotions; in reality, I feel "not so much," please help my yielding in word become yielding in deed. Thank You, Lord Amen!

My fruit of the day is love, Lord, for You, above all others and with my whole heart. Love for others as I love myself. Love as in caring for others without expecting anything in return. Hard, Lord, but I've received two agape love examples today & I am so grateful.

Please help me to pass the caring along to others today. Thank You and praise You, Lord Amen. Be still. You tell me Lord AND so I will be so still and ever so safe in Jesus. Thank You, Lord, AMEN

-- Rose Mathews, Guest Writer