

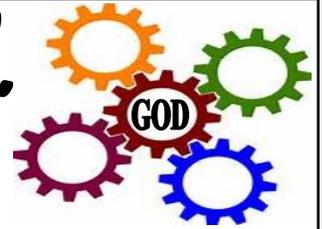
W.H.E.E.L.



Life Lessons

# W. H. E. E. L.

*Women Helping Each-other Enter Life*



*Life Lesson*

*January 2016*

## *Peace is "an inside job"*

*"I said, 'Oh, that I had wings like a dove! I would fly away and be at rest.'" Psalm 55:6 NKJV*

Dearest Friend:

The Psalmist wrote, "Oh, that I had wings like a dove! I would fly away and be at rest." Have you ever felt that way? Sorry, there's no escape! Wherever you go – there you are!

*Peace is "an inside job."*

Oceanographers tell us that even the worst ocean storms rarely extend more than twenty-five feet below the surface. Gales can rip the ocean, causing tidal waves one hundred feet high, but just twenty-five feet below the surface the water is as calm as a pond. The point is this: The only place you'll ever find peace in the midst of life's storms, is through an in-depth experience with God.

Korean Christians have a saying that emerged from the persecution they endured because of their faith in Christ: "We're just like nails. The harder you hit us, the deeper you drive us; and the deeper you drive us, the more peaceful it becomes!" Part of God's purpose in allowing the storms of life to blow, is to drive us deeper – deeper into dependence on Him, and deeper into relationship with Him. Someone said, "God takes life's broken pieces and gives us unbroken peace."

When you focus on the God who never meets a problem He can't solve, instead of focusing on the problem *you* can't solve, you'll experience in-depth peace. And you'll carry that peace with you wherever you go. Others will notice it and seek your advice when they too face trouble.

You see, when you know that the God *within you* reigns *above you*, you won't succumb to what's *around you*.

*Peace is "an inside job."*

In God I trust,

*Valarie Ellis*

# Lesson Learned †

As I was taken away in shackles, I heard my children's precious cries

I turned in time to see the heartbreaking tears falling from their eyes...Seeing them hurt like that, I didn't want to live anymore...Especially when the officer took me in and slammed the cell door.

My heart felt as if it would explode and I could no longer breathe...Why didn't I realize before that they were all I would ever need. All the thoughts I had were all about me...Drugs were my blinders and I could not see...Why, Oh why did I have to hurt them so bad...I guess I never understood what a great family I had.

Now it is time to change and stop living that way...And that change has already started as of today...Cause the way I used to live was based on the devil's lies...That is not who I am, just look into my eyes...That life is behind me and I am starting new...I can show you better than I can tell you with the things I do.

I know I said it before and made the same mistakes again...If I don't change my life will be over before a new one begins. I am sorry for the pain I put my family through...Our lives will not be the same, that much is true.

This time I will buckle down and give it one more try. I know I can do it because,

Now I have the LORD on my side.

*By: Natasha Lovold, #D99766*  
*Florida Women's Reception Center*

*Quote-meal:*

*"Winners don't count the days, they make the days count. "*

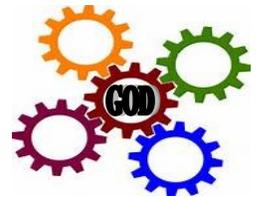
*~Anonymous~*

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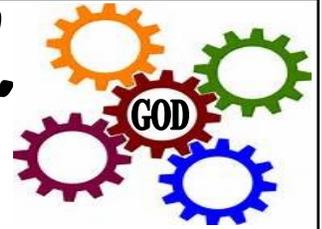
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# W. H. E. E. L.

*Women Helping Each-other Enter Life*



*Life Lesson*

*February 2016*

## **"God Never Wastes An Experience"**

*"In all things God works for the good of those who love Him." Romans 8:28 NIV*

Dearest Friends:

No experience is ever wasted if you use it wisely. God can use what you've been through to develop you into the person He intended you to be. Moses grew up in a foster home. As the adopted son of Pharaoh's daughter, he spent forty years learning the language and ways of the Egyptians. What better preparation for understanding your enemy than being raised among them? But Moses needed to learn a few personal lessons too. So God took him into the desert for another forty years to tend sheep. The grandson of Pharaoh became a lowly shepherd. Nothing will humble you like having to take a job for which you're overqualified, especially when your own failure put you there. But during those years on the poor side of town, God taught Moses how to identify with hurting people. Finally, at eighty years old, he was ready to fulfill his calling. "God called to him from within the bush, 'Moses! Moses!'" (Ex 3:4 NIV). At this most unlikely place, God revealed to Moses his calling as Israel's deliverer. And even though he was afraid, made excuses, and raised objections, he ended up doing a brilliant job. The point is this: Moses' eighty years in training weren't wasted. Forty years in a palace prepared him to deal with Pharaoh, and forty years as a shepherd prepared him to lead God's people through the wilderness to their destiny. So even though you'd rather be someplace other than where you are right now, remember, God never wastes an experience. Never! He will use it all for your good and His glory.

In God I trust,

*Valarie Ellis*

# DON'T GIVE UP

BY JANET MULLALY

DON'T GIVE UP AND DON'T GIVE IN  
IT'S ALL IN THE LORD'S HANDS  
NO MATTER WHAT YOUR FACING  
HE IS THE ONE WHO CAN.  
IN ANY SITUATION  
HIS GRACE CAN TURN IT AROUND  
SO YOU CAN BE VICTORIOUS  
AS HIS LOVE DOES ABOUND.  
THE BEGINING AND THE END HE KNOWS  
AND ALL THAT'S IN BETWEEN  
SO PUT YOUR TOTAL TRUST IN HIM  
TO HIM IT'S ALL FORESEEN.  
HE KNOWS ABOUT YOUR STRUGGLES  
HE KNOWS ABOUT YOUR PAIN  
YOUR HARDSHIPS AND YOUR SORROWS  
AND HE WILL HELP YOU TO REIGN.  
SO DON'T GIVE UP AND DON'T GIVE IN  
DON'T QUIT BEFORE IT'S TIME  
GOD'S GRACE WILL GIVE YOU POWER  
TO MAKE IT TO THE FINISH LINE  
IN HIS WAY AND TIME!!!

*Quote-meal:*

*"Winners don't count the days...they make the days count"*

~Harshal~

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# W. H. E. E. L.

*Women Helping Each-other Enter Life*



*Life Lesson*

*March 2016*

## **"Try Less and Trust More"**

*"He who began a good work in you will carry it on to completion." Philippians 1:6*

Dearest Friends:

If you want God's will to be done in your life, don't rush things. Sarah, Abraham's wife did that. As a result, Ishmael was born and that brought all sorts of strife and family complications. Remember: "Flesh gives birth to flesh...the Spirit gives birth to spirit" (Jn 3:6 NIV), so be sure your plans are conceived by God's Spirit. Don't try to salvage anything flesh-based. God said, "My covenant will I establish with Isaac" (Ge 17:21). Isaac was born as a result of God's will, done God's way, in God's time. Everything that's conceived in you comes from one of two sources: the flesh or the Spirit. So be careful. People will try to involve you in all kinds of schemes to promote yourself. God doesn't need anybody's help to bless you; He can do it all by Himself! That's why whenever Satan attacks you, you need to be able to point him to your spiritual birthplace and remind him that you didn't begin this project and you don't have to finish it. "He who began a good work in you will carry it on to completion." And here's another thought. If God's dealing with you about carnality, pride, or some other obstacle in your path, don't resist, don't run, and don't get in His way. Like a drowning man frantically trying to save himself—until you stop flailing around God can't do anything for you. So the word for you today is:

**"Try less and trust more!"**

In God I trust,

*Valarie Ellis*

**TRUST**  
in His timing...

**RELY**  
on His promises...

**WAIT**  
for His answers...

**BELIEVE**  
in His miracles...

**REJOICE**  
in His goodness...

**RELAX**  
in His presence...

*Quote-meal:*

*Trust in the LORD with all your heart and lean not on your own understanding...*

*Proverbs 3:5 NIV*

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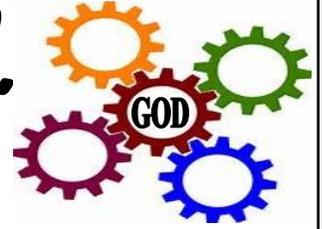
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# W. H. E. E. L.

*Women Helping Each-other Enter Life*



*Life Lesson*

*April 2016*

## "Grace"

*"Let us then approach the throne of grace with confidence.." Hebrews 4:16 NIV*

Dearest Friends:

The Bible says: "For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need" (vv. 15-16 NIV).

Dr. Tony Evans says that God's grace is like an ambulance coming to treat you when you've a medical emergency. First, it dispenses immediate grace to your most serious symptoms. Then they slide you into the ambulance, which is equipped with more grace—more medical facilities to deal with your problem. Then the ambulance races to the hospital where even more grace awaits. And once you're admitted, the hospital keeps dispensing grace until your need has been addressed and you can go home again. In the words of John Newton's beloved hymn: "Tis Grace that brought me safe thus far and Grace will lead me home." One day Jesus heard our emergency call: "Lord, be merciful to me a sinner." He came to earth, found us dying in sin, and reached down to save us. And as our High Priest, He transported us from where we were to a place that has all the grace we'll ever need until we go home with Him.

One day God will sit on a throne of judgment where there'll be no more grace, but until that day He's seated on a throne of grace. So anytime you fail or falter, you can "approach the throne of grace with confidence" and receive God's mercy and forgiveness.

In God I trust,

*Valarie Ellis*

# Grace

- Lora Cox -

And there are times I feel so unworthy That I can't even pray.  
Sometimes it's so hard to imagine That Your gift of love is free,  
That grace, greater than all my sins Is the gift You bestowed on me.  
Please help me Lord to remember, I need but walk in Your light,  
To know Your grace is sufficient And I am precious in Thy sight.  
And though my sins I can not hide, They are washed away by Your grace,  
Freely bestowed on this unworthy one By Jesus who died in my place.  
Then when my life on earth is finished, By Your tender mercies and grace,  
I will walk through the gates of heaven,  
And feel Your loving embrace.

*Quote-meal: "Christ went more willingly to the cross than we do to the throne of grace."*

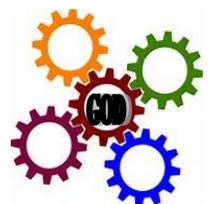
*~Thomas Watson~*

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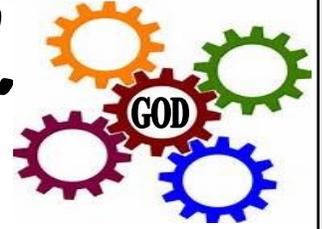


# W. H. E. E. L.

*Women Helping Each-other Enter Life*

*Life Lesson*

*May 2016*



## **Don't Look Back!**

*"Remember Lot's wife." Luke 17:32*

Dearest Friends:

Before God destroyed the city of Sodom, He sent two angels to rescue Lot and his family from it. Their instructions were clear: "Do not look behind you nor stay anywhere in the plain. Escape to the mountains, lest you be destroyed...But his wife looked back behind him, and she became a pillar of salt" (Genesis 19:17, 26 NKJV). Jesus recalled this story in three words: "Remember Lot's wife."

Here are two lessons you should learn and remember:

(1) *Don't look back with longing to your old sinful pleasures and pursuits.* The promise of sin made was false then, and it's still false now. "Each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death. Do not be deceived, my beloved brethren" (James 1:14-16 NKJV).

(2) *Don't look back with regret on the mistakes you've made.* Lot's two sons-in-law wouldn't heed the message of the angels or the pleading of their father-in-law, so they stayed behind. Perhaps that's why his wife looked back. But it was fatal then, and it's fatal now.

Don't wallow in the regrets of your past. Stop dwelling on the injuries inflicted on you by others. Get your eyes off the rearview mirror and onto the road ahead. God has great things in store for you; that's what the battle in your life is about. Jesus referred to Satan as a "thief" (See John 10:10). He has already stolen too much from you; don't let him steal any more. Today commit your life to Christ, and watch His blessing begin.

In God I trust,

*Valarie Ellis*

# NEVER LOOK BACK

By: Jean V. Russell

Never look back on the past with regret For the days that might have been  
Nor the promises made that were never kept And the goals you did not win.

For life cannot always be perfect, And our days don't always shine bright.  
And promises are sometimes broken, And dreams may not turn out just right.

But no time has ever been wasted, Nor did idle tears just fall,

That the dear LORD was not watching, And understood it all.

For in everything there is a reason, A time to reap and sow,  
A time to laugh and a time to cry, And a time to say GOODEBYE...

So let the ghosts of past memories, Fade and slip away,

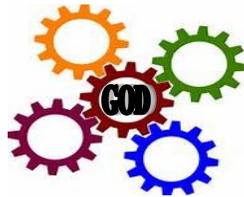
For the promise of another season

Begin with each new day.

## Quote-meal:

Don't look back. You're not going that way. ~Author Unknown~

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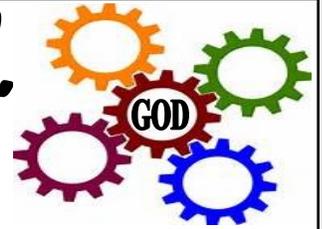
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# W. H. E. E. L.

*Women Helping Each-other Enter Life*



*Life Lesson*

*June 2016*

## The Power Of Praise

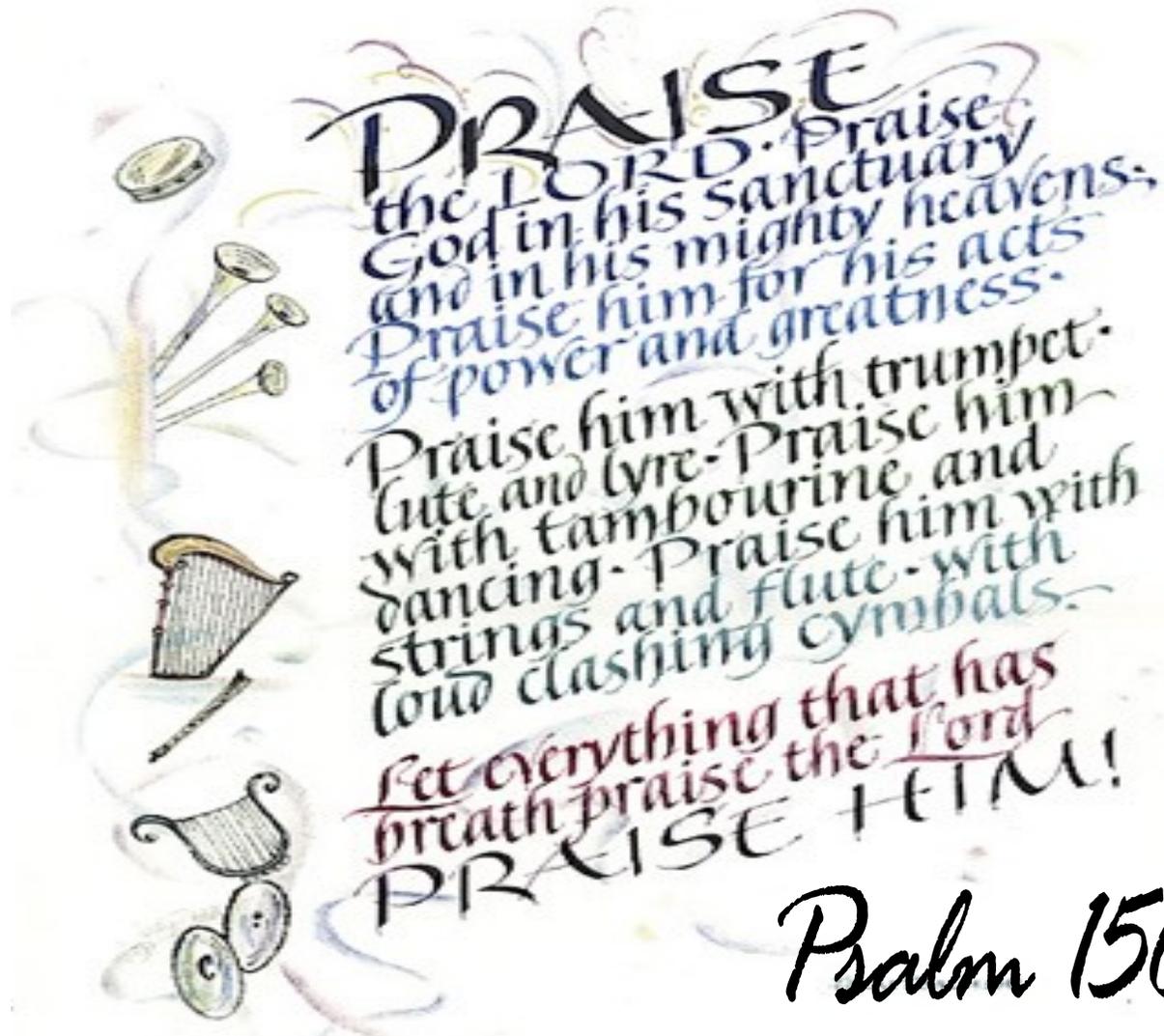
*"All the prison doors flew open." Acts 16: 26 NIV*

Dearest Friends:

The Bible says: "About midnight Paul and Silas were...singing hymns to God...Suddenly there was such a violent earthquake that the foundations of the prisons were shaken...all the prison doors flew open, and everybody's chains came loose" (vv. 25-26 NIV). Praise opens doors. Praise breaks chains. Any time you praise God in spite of the circumstances, the forces of heaven come to your aid. You say, "But sometimes I don't *feel* like praising God." The Psalmist wrote, "I will bless the Lord at all times" (Ps 34:1 NKJV). Sometimes praise is an emotional response to God's goodness; other times it's an act of your will. Anybody can praise God in the good times. But when you have to rise above your feelings and your circumstances, that's when it really counts. The battle of Jericho teaches us that sometimes you have to shout God's praise when: (1) You are up against a brick wall. (2) It feels like you're going in circles. (3) Your circumstances seem to mock you. (4) Your rational mind thinks, "This plan doesn't make any sense." (5) It's the last thing you feel like doing. But when you praise God anyway, you discover the truth of Nehemiah's words: "The joy of the Lord [the joy that comes from knowing He is present with you and has gone before you to work things out in your favor] is your strength" (Ne 8:10 AMP). When you're ruled by circumstances and emotions you live on a rollercoaster. But if you look to the Lord of your circumstances and praise Him, you move from weakness to strength.

*In God I trust,*

*Valarie Ellis*



## Psalm 150

*Quote-meal:*

*"We would worry less if we praised more; thanksgiving is the enemy of discontent and dissatisfaction."*

*~Harry Ironside~*

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# W. H. E. E. L.

*Women Helping Each-other Enter Life*



## *Life Lesson*

*July 2016*

### **Don't Give Up ~ Go Through!**

*"Pursue...overtake...and...recover all." 1Sam 30:8*

Dearest Friends:

When King David and his men returned home from battle, they discovered that the Amalekites had burned their homes to the ground and taken their families prisoner. They were devastated. They wept until they'd no tears left. Then God spoke to them and said, *"Pursue...overtake...and...recover all."* And with His help they did! So no matter how bad your situation looks right now, *don't give up*. Cry if you have to, then dry your tears and go out in God's strength and take back what the Enemy has stolen from you. If necessary, take it an inch at a time, drawing on His strength and not your own. Paul writes: *"Let us not lose heart and grow weary and faint in acting nobly and doing right, for in due time and at the appointed season we shall reap, if we do not loosen and relax our courage and faint"* (Gal 6:9 AMP). God won't quit on you, so don't quit on Him! He has promised in His Word: *"When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I Am the Lord, your God"* (Isa 43:2-3 NIV). Don't give up—go through! It's easy to quit, but it takes faith to go through. When your faith honors God, He honors your faith! And with Him on your side you'll come out stronger than you were when you went in. So the word for you this month is:

*"Pursue...overtake...and...recover all."*

In God I trust,

*Valarie Ellis*

## CHANCE

By: *Natasha Lovold #D99766/FWRC*



Hope was nearly gone and my spirit ceased it's dance,  
I felt like a caterpillar that didn't stand a chance.  
Lies that filled my head and put doubt in my heart,  
Tears welling up as I felt like my life was again falling apart.  
I've read the promises in the Bible over and over again,  
But my walls were so high not even one got in.  
One by one the bricks started to fall down,  
Into the sea of destruction, never again to be found.  
I can finally see the light that's been trying to shine through,  
The promises started flowing in and I knew what I had to do.  
Look pass the wall that was only my cocoon,  
And just like a flower, I will start to bloom.  
Hope is now restored and my spirit now never ceases to dance,  
I am a pretty butterfly that was given a second chance.

### *Quote-meal:*

*"In weakness we reach out to God, and as we reach out to God we find the strength He has always intended for us, the strength for whatever comes next."*

*~ Karen Kingsbury ~*

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# W. H. E. E. L.

*Women Helping Each-other Enter Life*



Life Lesson

August 2016

## The Fear of the Lord

*"In the...fear of the Lord there is strong confidence." Proverbs 14:26 AMP*

Dearest Friends:

When you submit to God, you don't have to be afraid of anything because He becomes your "refuge and strength" (Ps 46:1). Fearing God doesn't mean being afraid He's going to hurt you. He's a good God! "The fear of the Lord" just means you follow His directions and recognize His authority in all things. You've probably noticed there's not a lot of respect for authority these days; we've developed the kind of mentality that says, "Nobody's going to tell *me* what to do!" But the Bible says, "In the reverent and worshipful fear of the Lord there is strong confidence." Why does it say that? Because a reverent and worshipful fear means being respectful and obedient. It means you'll do what God says to do, and your confidence and trust in Him will continue to grow. And you'll notice something else that's important: The more reverential fear and awe you have of God, the more careful and courteous you'll be in your dealings with others. That's because you know you're accountable to God for your actions, and you recognize that other people are just as valuable to Him as you are. Solomon writes, "Here is the conclusion of the matter: Fear God and keep his commandments...this is the whole duty of man" (Ecc 12:13 NIV). Moses told the children of Israel, "What does the Lord your God ask of you but to fear the Lord your God...walk in all his ways...love him...serve the Lord your God with all your heart and...soul" (Dt 10:12 NIV). It's not complicated!

In God I trust,

*Valarie Ellis*

# THE FEAR OF THE LORD HAS BENEFITS

- Pro 10:27 NIV The fear of the LORD adds length to life, but the years of the wicked are cut short.
- Pro 14:26 NIV Whoever fears the LORD has a secure fortress, and for their children it will be a refuge.
- Pro 14:27 NIV The fear of the LORD is a fountain of life, turning a person from the snares of death.
- Pro 15:16 NIV Better a little with the fear of the LORD than great wealth with turmoil.
- Pro 19:23 NIV The fear of the LORD leads to life; then one rests content, untouched by trouble.
- Pro 22:4 NIV Humility is the fear of the LORD; its wages are riches and honor and life.

## *Quote-meal:*

*“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”*

*~Jeremiah 29:11~*

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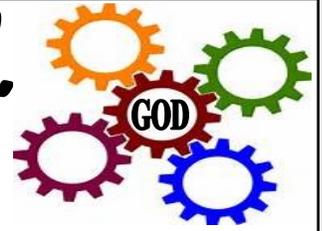
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# W. H. E. E. L.

*Women Helping Each-other Enter Life*



*Life Lesson*

*September 2016*

## Let It Go!

*“Set your heart on God and reach out to him.” Job 11:13 TMB*

Dearest Friends:

Jesus, “the Great Physician,” never covers up an infected sore. He insists it be lanced, drained, cleansed, and given time to heal. Maybe you’ve given birth to a child out of wedlock, or had an abortion, or been in prison, or walked through a bitter divorce. Don’t be discouraged. Jesus is not impressed by our virtues, He’s touched with “the feeling of our infirmities” (Heb 4:15). He understands your struggle. “He himself has... been through suffering and temptation, he knows what it is like...and...is wonderfully able to help us” (Heb 2:18 TLB). Maybe you’re wondering if someone with your past problems can be blessed and used by God. Absolutely! The hymn by William Cowper puts it like this: “There is a fountain filled with blood drawn from Emmanuel’s veins; and sinners plunged beneath that flood lose all their guilty stains.”

The rewards of repentance are awesome! Zophar replies to Job: “Prepare your heart and lift up your hands to him in prayer! Get rid of your sins, and leave all iniquity behind you. Then your face will brighten with innocence. You will be strong and free of fear. You will forget your misery; it will be like water flowing away...Having hope will give you courage. You will be protected and...rest in safety. You will lie down unafraid, and many will look to you for help” (Job 11:13-19 NLT). Whether it’s guilt over something you’ve done, or the pain of something that was done to you—let it go! Today, step into the river of God’s grace and let it flow over you, setting you free.

In God I trust,

*Valarie Ellis*

Let go, and let God,  
do what is best  
even though we must  
go through the test.

Let go, and let faith,  
work all things out  
even though we may have  
some lingering doubt.

Let go, and let the Spirit  
guide and lead  
lest we forget  
our spiritual need.

Let go, and let trust,  
do its part  
even though we may have  
a wavering heart.

Let go, and let Christ,  
give His perfect rest  
so He can show us . . .  
how much we are blessed!

Let Go

**By: Debra Ann**

*Quote-meal:*

*"If God brings you to it; He will bring you through it."*

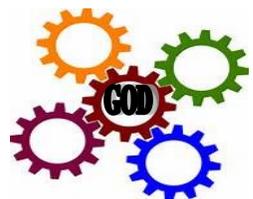
*Author Unknown*

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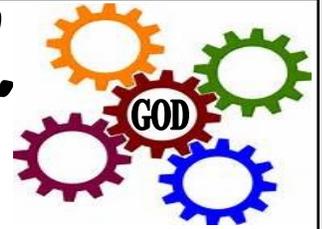
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# W. H. E. E. L.

*Women Helping Each-other Enter Life*



*Life Lesson*

*November 2016*

## ***Don't Look Back!***

*"Anyone who...looks behind him is useless for the kingdom of God." Luke 9:62 PHPS*

Dearest Family:

Jesus sought out people prepared to do more than just *believe* in Him--He wanted people willing to *follow* Him. His early ministry was marked by people like Andrew, Peter, Philip, and Nathaniel (See Jn 1:35-52): people willing to leave where they were and what they owned in order to follow Him. Jesus called people to a life of radical commitment. When He "called the crowd to Him...He said, 'If people want to follow me, they must give up the things they want. They must be willing even to give up their lives'" (Mk 8:34 NCV). No half-measures, but a willingness to follow Him full-time.

Trusting in Jesus will get you into heaven, but nothing less than following Him daily will make you useful in His kingdom on earth. Three different men told Jesus, "I'll follow you, Lord" (Lk 9:61 GWT), but they weren't willing to give up the priorities of their old lives (See v. 62). And Jesus responded with this powerful metaphor: "Anyone who puts his hand to the plough and...looks behind him is useless for the kingdom of God."

Following Jesus means whatever is back there, stays back there--old hang-ups, attachments, and lifestyles. You can't plow the straight furrow of discipleship looking back at the past. Don't let the gravitational pull of past failure, guilt, fear, shame, betrayal, loss, abuse, rejection, resentment, and unforgiveness ruin your future. Cut the cord; join those willing to "follow the Lamb wherever He goes" (Rev 14:4 NKJV).

In God I trust,

*Valarie Ellis*

# The Light is Ahead!

## Don't Look Back!

Look always ahead!  
Set your face towards Jesus,  
your **B**rother,  
your **S**avior and **L**ord,  
the **L**ight of the **W**orld.

Don't look back  
at yesterday's mistakes,  
at yesterday's regrets, or  
at any shadows of yesterday.

Look to **J**esus.  
Look upon the brightness  
of **H**is promises.

Look upon **H**is love  
that casts out fear.

Look upon **H**is guiding light  
that leads you  
from the shadows of yesterday  
to the light of tomorrow!

## Always Look Ahead!



*Quote-meal:*

*"Let us not look back in anger or forward in fear, but around in awareness."*

*~ James Thurber ~*

We love hearing from you, send your suggestions, prayers, stories or poems to:

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