



Karen is the WA President for Baptist women. She is currently working for Willow Creek, USA as an Executive Director for GLS Asia. She has a husband and two children [22 and 19] and has a strong desire to see people live and minister out of a place of health and passion.

Psalm 139

¹⁴ I praise you because I am fearfully and wonderfully made; ...Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be...

²³ Search me, God, and know my heart; test me and know my anxious thoughts. ²⁴ See if there is any offensive way in me, and lead me in the way everlasting.



CREATED TO SING MY SONG

We doubt our worth. We feel insecure. It is the 'human' condition to think less of ourselves that we ought. We are too ready to settle for a mediocre life than embrace the possibilities of what God may have created us for.

In Psalm 139, David begins by acknowledging that we are all amazing creations. We are 'fearfully and wonderfully' made. God knows our days and the plans he has for us even before they happen. I find it interesting that David finishes the same Psalm confessing the realisation that he struggles with this. His heart doubts and he is flawed and anxious. He asks God to take his unbelief and lead him along His path.

We were made to sing a particular song. For all of us it is a different melody. Nurturer, teacher, artist, leader, carer, explorer...we have all been given a unique song and we must sing it. We can't settle for 'average' or worse, silence! God has placed something fearful and wonderful within us and it must be lived loudly!

I am watching my 19 year daughter at present and her song is beginning to be sung. She is a musician and singer and is exploring a life based on blessing others with her music. But her 'song' is more than that. She is a compassionate young woman who has a gift for loving others; she is a faithful team member who serves others; she has a heart of mercy and deeply cares for the down and out; she has a spirit of joy that lights up a room when she enters; she has a strong sense of justice and will stand for this no matter what! Her song is beginning to be sung.

How about you? What are you meant to 'sing' to bless the world around you? Today, take a moment to thank God for how He has made you, and ask Him to deal with the fear in your heart. Ask Him to search you deeply and show you the 'melody' He has for you. It's time to sing loudly.

With love,

Karen Wilson
Baptist Women's President WA



BEING A KID WITH COURAGE

By Kayleigh Hawke



Kayleigh is 10 years old, loves dancing and music and attends Lakeside Baptist Church. The Kids with Courage course that Kayleigh has written about is a part of the Careforce Lifekeys ministry run by Helen and Allan Meyer.

"I am an 'anxious little worrier' and have lots trouble making friends." This statement was true until I started the Kids with Courage [KWC] course.

Before going to KWC I felt extremely anxious. I felt, well you could say, courage-less. I wouldn't and couldn't sleep. I wanted to be a normal kid. This was the reason that mum put me into the KWC course.

My first day was scary. The course was at a different church so I didn't know anyone there. Immediately all of the leaders, including the lovely Pam, Lisa and Sonia, came and welcomed me to the group.

Each week we did something different. One week it was feelings, the next week was about being friends. Georgia was the first friend I made. We practically spent the entire course together. Georgia wasn't there the last two weeks so I sat with Sonia for that period of time.

The most interesting thing I learnt about was anger. I learnt that people with anger issues get angry over small things.

The most helpful lessons were those on anxiety. I learnt how to recognise when I'm anxious, the symptoms of anxiety, and some strategies to deal with it.

The most life changing lesson was grief and loss. I learnt that it feels better as time passes. I loved the time line that showed how things feel better over time.

The highlight of the course was when Pam told me I am a 'natural leader'. This made me feel great and special. I realised I am *more* than just an anxious child.

Today, this is true: "I am NOT an anxious little worrier but a strong young girl" AND I feel great! I sleep better and I feel more relaxed when I meet new people.

It is so amazing that someone would be able to create a program that helps kids like me to be normal. Helen Meyer is an amazing woman and in life I would love to meet her. I would tell her, "Keep doing what you're doing and God bless you."

QUOTE FOR TODAY

When God solves your problems, you have faith in His abilities; when He doesn't, He has faith in your abilities.

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