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Prayer for Today

Dear Lord,
I know you can bring the rain to my dry soul.
Give me the strength to dig ditches so that your presence can flow freely in my life.
Show me where to step in faith so that you can move and bring your blessing.
My desire is for you and all you have for me.
Amen

DIGGING DITCHES

Every now and then you feel you are in the right place at the right time to hear the right message. I've had that experience in the last couple of months. One of the speakers at this year's Global Leadership Summit was Steven Furtick [<http://www.stevenfurtick.com>] He is someone who knows how to live a faith-filled life and it inspires me. In the Summit message he told of a story in 2 Kings 3:9-20 where Elisha prophesies the coming blessing of the Lord. The army needed water and victory over the enemy and God was about to give both ... but they had a part to play.

2 Kings 3:16-18 And he[Elisha] said, "Thus says the LORD: 'Make this valley full of ditches...You shall not see wind, nor shall you see rain; yet that valley shall be filled with water, so that you, your cattle, and your animals may drink.' And this is a simple matter in the sight of the LORD."



The people were about to see a miracle. To receive that blessing, however, the people had to exercise faith and begin digging ditches in a dry valley. Not a drop of rain in sight, yet they had to dig!

What are the ditches of faith you need to start digging? Faith that your marriage is going to turn around? Start digging. Faith that your children will walk with God? Start digging. Faith that your health will improve? Start digging. Faith that broken relationships will be restored? Start digging. Faith that God will give you what He promised? Start digging.

We can't just sit still and wait for God to work...He wants us to exercise our faith and pray, dig, walk, run. When we do this, He will bring the rain! And when the rain comes, it comes as a flood with no one left thirsty.

Join me today as we live faith-filled lives, digging ditches ready for the blessing of God to flow. Only God can bring the rain!

Love,

Karen Wilson
Director WA Baptist Women

IT'S GOOD FOR YOUR HEALTH

By Tracey Hawke



Tracey attends Lakeside Baptist Church and is part of the WA Fresh Leadership Team. She is the Connect e-news editor and the National Administrator for Australian Baptist Women. Tracey and her husband Phil have two beautiful children aged 4 and 10.

Have you ever wished you could have a group of friends that you could catch up with and just 'be'. Warts and all. No judgement. No pretence. I am blessed to be a part of an amazing group of women who I would call my 'tribe'. They are there in the good times and the bad. They know when I need help (sometimes before I do). They ask the difficult questions and they make me accountable for some of the choices that I make.

The flip side is I get to be a part of their lives, walk their journey with them and be there if they need me to rejoice or hold them up. Each one of us is very different with different stories and a different journey but we believe God has brought us together very intentionally.

The article below talks about the importance of girlfriends for our health. It is amazing to think that when I get together with my tribe, I am doing something good for my health! Although the Stanford lecturer was talking about physical and mental health, I think that being with my tribe (and indeed other girlfriends) is also very good for my spiritual health too. I always feel like I have made a 'God connection' when I am with them and it refreshes my soul to spend time with them.

This article invites you to toast your girlfriends – why not take it a step further and consider who you would ask to be a part of your tribe and begin to form a group of women that you can 'do life' with. After all, it's good for your health!



At an evening class at Stanford, the last lecture was on the mind-body connection - the relationship between stress and disease. The speaker (head of psychiatry at Stanford) said, among other things, that one of the best things that a man could do for his health is to be married to a woman, whereas for a woman, one of the best things she could do for her health was to nurture her relationships with her girlfriends.

At first everyone laughed, but he was serious.

Women connect with each other differently and provide support systems that help each other to deal with stress and difficult life experiences. Physically this quality "girlfriend time" helps us to create more serotonin - a neurotransmitter that helps combat depression and can create a general feeling of well being. Women share feelings whereas men often form relationships around activities. They rarely sit down with a buddy and talk about how they feel about certain things or how their personal lives are going.

Women do it all of the time. He said that spending time with a friend is just as important to our general health as jogging or working out at a gym. In fact, he said that failure to create and maintain quality personal relationships with other humans is as dangerous to our physical health as smoking!

Sooooo let's toast to our friendship with our girlfriends. Evidently it's very good for our health!

Quote for Today

As your faith in God strengthens, you will find that there is no longer the need to have a sense of control, that things will flow as they will, and that you will flow with them, to your great delight and benefit.

Emmanuel Teney