

Heart to Heart

Devotional Thoughts for Women

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The B-I-B-L-E – Is that the Book for me?

The B-I-B-L-E, yes, that's the book for me. I'll read and study it every day, the B-I-B-L-E. These are the words of a familiar children's song that express such a simple truth: For the Christian, the Bible is the Book for me and it is completely sufficient to guide me and get me through everything in this life.

But sometimes, it is sad but all too true, Christians are turning to everything else *but* the Bible. Instead of seeking comfort, answers, truth, and help from the scriptures, they turn to the following...

- When feeling worried? Worldly wisdom and philosophies to find answers to their problems
- When feeling stressed? A glass of wine or other alcoholic beverage to calm them
- When feeling anxious? Substance abuse to numb them
- When feeling angry? Social media to vent their frustration to “sympathetic listeners”
- When feeling discouraged? Forsaking the assembly to stay home and watch TV
- When feeling unhappy? Spend money on something just to make them feel better temporarily

The list could go on and on. If these same Christians who are turning to all of the wrong things would just take the time to open up the pages of the Bible, they would find the right words to address every situation and emotion they are experiencing.

- When feeling worried? Instead of worldly wisdom, seek heavenly wisdom - *“But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of*

mercy and good fruits, without partiality and without hypocrisy.” James 3:17 “As for God, His way is perfect; the word of the Lord is proven; He is a shield to all who trust in Him.” II Samuel 22:31

- When feeling stressed? Instead of being filled with alcohol, fill yourself with the Spirit of the Lord. *“And do not be drunk with wine, in which is dissipation, but be filled with the Spirit.” Ephesians 5:18*
- When feeling anxious? Instead of trying to numb those feelings with substance abuse, soothe your anxious heart with these words. *“In the multitude of my anxieties within me, Your comforts delight my soul.” Psalm 94:19 “My soul, wait silently for God alone, for my expectation is from Him. He only is my rock and my salvation; He is my defense; I shall not be moved. In God is my salvation and my glory; the rock of my strength, and my refuge, is in God. Trust in Him all times, you people; pour out your heart before Him; God is a refuge for us.” Psalm 62:5-8*
- When feeling angry? Instead of venting to an online audience, read I Corinthians 13 – the love chapter. In every verse that you read the word “love” or “charity”, substitute your own name and read what love can do.
- When feeling discouraged? Instead of withdrawing from God and your church family, delight in worship and fellowship. *“Trust in the Lord and do good; dwell in the land, and feed on His faithfulness. Delight yourself also in the Lord, and He shall give you the desires of your heart.” Psalm 37:3-4 “And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another.” Hebrews 10:24-25*
- When feeling unhappy? Instead of focusing on all of the negative things in your life, shift your attention to these things. *“As the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering...but above all these things put on love, which is the bond of perfection. And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. Let the word of Christ dwell in you richly in all wisdom...”*

Colossians 3:12, 14-16

The world entices us to try everything under the sun to solve our problems except for the one thing that will do just that. The Bible is definitely the Book that we need every single day because it is how our heavenly Father talks to us, giving us the answers and help we are seeking.

Is the Bible the book for you and for me? I hope we will all work to be more diligent in reading, studying, and meditating on God's Word every day, learning to rely on it as our guide and our help so we can enthusiastically say, *“The B-I-B-L-E - Yes! That's the Book for me!”*

~Heather Pryor

Ladies Bible Class – We will be taking a summer break from class for the months of July and August.

Search the Scriptures

- Need courage? Read Joshua 1
- Feeling lonely? Read Psalm 23
- Need direction? Read Psalm 73:21-26
- Seeking peace? Read Matthew 11:25-30

**Answers to last month's quiz
“Deliverance”**

Read each passage then write the name(s) of those whom God delivered in a way they never could have seen.

- 1. Daniel 3:23-27 Shadrach, Meshach & Abednego
- 2. Daniel 6:16-23 Daniel
- 3. Acts 5:17-23 The Apostles
- 4. Acts 16:25-28 Paul & Silas
- 5. II Kings 6:8-23 The servant of Elisha

RECIPE CORNER

"She...provides food for her household." ~Prov. 31:15

Cool down from the summer heat with this delicious no-bake dessert!

COCONUT CREAM PIE BARS

Crust:

- 8 oz. vanilla wafers, finely crushed
- 6 T. unsalted butter, melted

Cream cheese layer:

- 8 oz. cream cheese, softened
- 1/4 cup granulated sugar
- *1 cup sweetened whip cream
- 24 vanilla wafers

Pudding layer:

- 1 large box vanilla pudding, prepared
- *1 cup sweetened whip cream
- 3/4 cup flaked coconut, toasted

Topping:

- *1 cup sweetened whip cream
- 3/4 cup flaked coconut, toasted

*Use 1 1/2 cups heavy whipping cream whipped with 4 T. sugar to make sweetened whipped cream. This will yield the 3 cups needed for this recipe.

Crust: Combine crushed vanilla wafers and melted butter thoroughly. Press evenly in the bottom of a 9x13 inch pan. Refrigerate.

Cream cheese layer: Beat cream cheese and sugar with an electric mixer until smooth. Fold in whipped cream. Spread over crust.

Pudding layer: Gently stir together prepared vanilla pudding, whipped cream and coconut. Spread over cream cheese layer.

Topping: Spread whipped cream over pudding layer and sprinkle with toasted coconut.

Refrigerate at least 6 hours before serving.