



Welcome to the *Combined Edition* of **Women's Bible Study** A Ministry of Autumn Ridge Church

February 10, 2010
The Heart's Cry
for Healing

Today's teaching lecture
from *James 5: 13-16* is by
GRETCHEN STEER

Dear Friends,

My perennial enjoyment of winter is flagging somewhat after not seeing the sun in two weeks. Like virtually everyone I know, I'm ready for spring. Even that awful wet, clumpy snow is a reminder that spring is looming on the horizon.

At times like this it's helpful to me to remember Paul's words in 2 Corinthians 4: "Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal." (2 Cor. 4:16-18)

I'm not struggling with catastrophic troubles, and being fed up with winter certainly doesn't qualify for that description. So it seems that if we are told to treat major difficulties as "light and momentary", then it should be easy to move gracefully through these grey days of a waning winter, which are merely irritating. I try to remind myself that a sort of spring thaw occurs in our hearts each day as we are being inwardly renewed in Christ on a daily basis.

Today we are looking at the heart's cry for healing. When someone we love is threatened by illness or death our natural response is to beg God for healing. And our passage in James 5 tells us that we *should* pray for healing. At the same time, it does not guarantee that physical healing will take place. What it does tell us is that God wants us to treat prayer as our first resort, not our last resort, and that he will honor the prayers of a righteous person. I find that encouraging and challenging at the same time.

Your friend, Gretchen Steer

ANNOUNCEMENTS

Devoted Hearts' annual women's conference is April 23-24, 2010, at Autumn Ridge. This year's theme is "The Treasure of Truth." Five-time, GMA Award-winning music group *Selah* will kick off Friday evening with a special concert. Jan Silvius will be the keynote speaker and Meredith Andrews will lead worship throughout the weekend. Tickets are available at Christos Book Center. For additional information or group registration visit www.devotedheartsrochester.com.

Next Wednesday, February 17, we encourage you to attend the **Ash Wednesday Service at 6:30 PM**. There will be **NO** morning or evening session of WBS. A special Ash Wednesday service for children K-5th grade will take place in Kids' Club. Nursery and childcare will be available for infants through preschool will be available during the service.

The next teaching lecture on February 24th is the first in a two part series from Matthew 6:9-13. We will look at *The Lord's Prayer* as we study *The Heart's Cry* to a Loving Father - Part I.

Sign up for the ARC Pictorial Directory continues through February 21st for ALL ARC REGULAR ATTENDERS - you do not need to be a member to participate! Time slots are filling up quickly. Visit the ARC ministry center during worship services, online at www.autumnridgechurch.org, or call the church office at 288-8880 to speak with Sarah Krause to reserve your spot.

All of our weekly materials are available at <http://autumnridgechurch.org/adult/women/womens-bible-study.html>. Or contact ARC Women's Ministry and WBS Administrative assistant Michelle Johnson at 288-8880 or marthatoo@hotmail.com or e-mail us at wbs@autumnridgechurch.org.

Inclement weather policy reminder: If the Rochester Public Schools are canceled or start late on any Wednesday, WBS AM AND PM are both cancelled for that day. Check the website for updates or contact us at wbs@autumnridgechurch.org if you have any questions.

If you are ***new to Women's Bible Study today***, please visit us at the registration table so we can place you in a small group (AM) or at a table group (PM).



The Heart's Cry for Healing

James 5:13-16

Gretchen Steer

I. When should we pray?

- A. In _____
- B. In _____
- C. In _____

II. Who should pray?

- A. E_____
- B. E_____

III. How should we pray?

- A. With a_____
- B. With f_____
- C. With r_____
- D. With u_____

IV. What can we expect?

- A.
- B.
- C.

V. Some Big Questions

A Prayer for Accepting Pain:

LORD JESUS, KING OF PAIN

*Lord Jesus, King of Pain,
Thy subject I;
Thy right it is reign:
O hear my cry,
and bid in me all longings cease
Save for Thy holy will's increase.*

*Thy right it is to reign
O'er all Thine own;
Then, if Thy love send pain,
Find there Thy throne,
And help me bear it unto Thee,
Who didst bear death and Hell for me.*

*Lord Jesus, King of Pain,
My heart's Adored,
Teach me eternal gain
is Love's reward:
In Thee I hide me: hold me still
Till pain work all Thy perfect will.*

E. Margaret Clarkson

*(742 Heart Warming Poems,
compiled by John R. Rice,
Sword of the Lord Publishers, 1964.)*