



July 2019

## Swat Out Bad Habits

In the Bible [1 Corinthians 10:31](#) reads in part, "whatever you do, do it all to the glory of God." This means to esteem, honor, or magnify Him in all areas of our lives.



This Scripture can be a huge challenge for many of us. You may have also read [Ecclesiastes 10:1](#) that talks about "a few flies spoil the ointment." How true!

You have a beautiful cake or pie and a big fly lands on it! Ugh! How about a fly circling the dinner table? A few bad habits can also ruin our testimony for the Lord.

So often it is the little habits in our lives that really trip us up. We may think something is really not a big deal, but YES IT IS!!! Our habits can influence our attitudes, our actions, and our impact. We must deliberately plan to deal with our bad habits once and for all or they will breed others.

Humanly we are weak and can't just set our minds to swat out the bad habit. It takes the power and strength of God to give us the will and desire to root out these strongholds of sin that hinder us. Let's examine a couple of areas of bad habits.

### ***Negative Thinking and Negative Self-Talk (our minds):***

Some of the problems many women deal with are how we look, how organized or talented we are, how we keep house, or maybe how we stay in shape. We must learn to accept what God says about us in [Psalms 139](#), "We are fearfully and wonderfully made."

Our significance and measure should be tied up with our Creator. God made us for a specific plan and mission in life that no one else can fill. "For we are God's handiwork, created in Christ Jesus to do good works..." [Ephesians 2:10](#)  
Joyfully accept where God has placed you and created you, and you will be in a position for God to use and bless you.

### ***Ungrateful, Complaining Spirit (our hearts):***

This habit evolves from an ungrateful heart! Many times we think our life circumstances are not good or what we desire; but look around, many people have it so much worse and we definitely don't want to change places with them.

How do we develop a grateful heart? It begins with asking God to develop within us the ability to see and praise Him for all the blessings He has given us. You will begin to see

good and not bad in your circumstances. Instead of dirty laundry, you will see your blessed family members; as you drive your car pool, you will see how fortunate you are to have children and to enjoy their activities and friends; and you can even rejoice in the little quirks of your husband or friends that make them each unique!

You may want to keep a gratitude list or a gratitude journal, or ask a friend to hold you accountable in being grateful.

I like the little quote: "Life may not be the party you hoped for; but while we are here, we might as well dance." (unknown)

Our ingratitude, complaining, or dissatisfaction with the life God has given us sends a message to the world that God can never satisfy or doesn't really love and care for His own!

### ***Reflect and Respond***

- Start thinking of unique qualities God has given you instead of finding fault.
- Would others see you as contented or dissatisfied with your life circumstances?
- How grateful is your heart?



***Swat Out Bad Habits*** was written by **Carolyn Schmitt** - Carolyn is a leader of Ladies of Grace prison ministry and co-leader of Ladies in Prayer (LIPS). Carolyn has served in women's ministry for many years, teaching Bible Study Fellowship, leading small groups, and mentoring young women. She delights in seeing young women grow in the Lord and find their life purpose through the Significant Woman life coaching class. Carolyn has a heart for missions and has been on more than 20 mission trips to France, Poland, Ireland, Africa, China, and South America.

She and her husband Neil have been married for more than fifty years and are blessed with two children and seven grandchildren.

*Past issues: Fayetteville Women's Devotional eNewsletter*

---

---

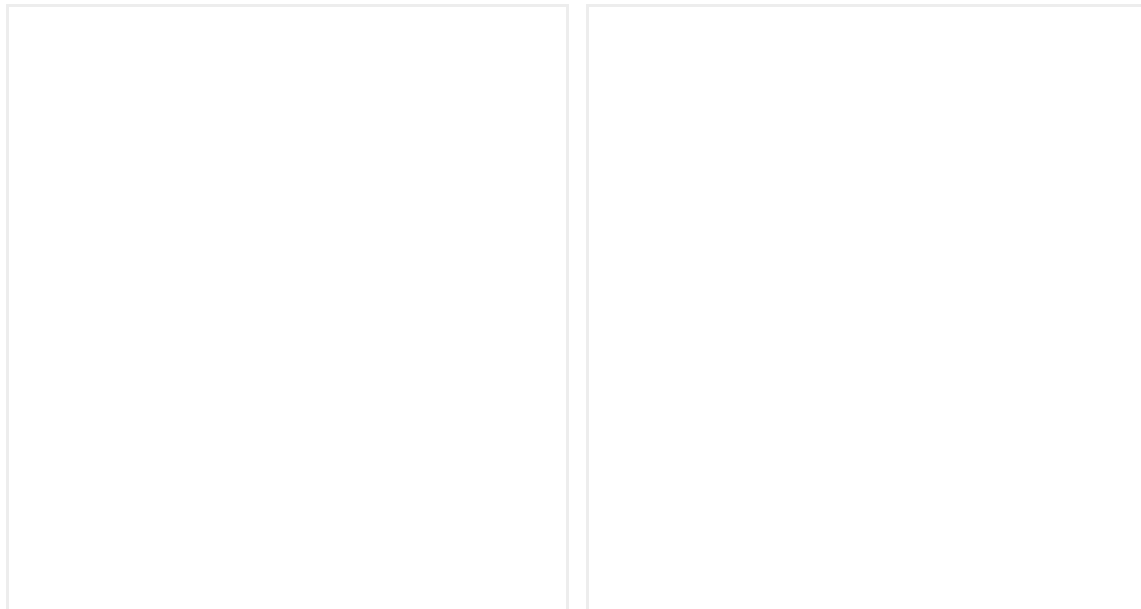
## Make Plans to Join Us for Fall Studies

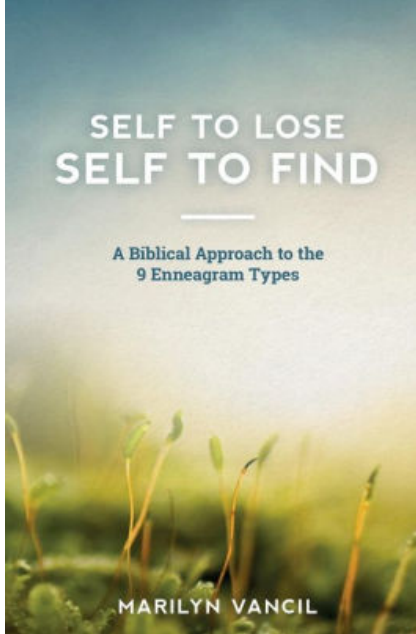
Tuesdays | September 10 - December 10

Morning Session 9:00am-11:00am | Evening Session 6:30pm - 8:30pm

**Registrations Open August 1**

*(Childcare is available upon registration)*

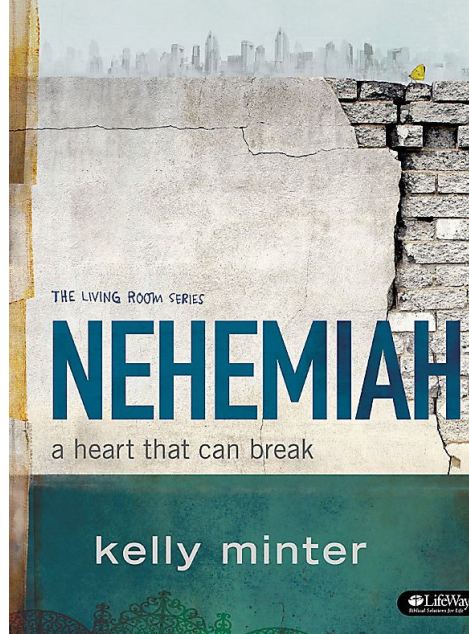




### **The Enneagram Perspective: A Pathway to Spiritual Growth, Compassion, & Self-Knowledge**

The Enneagram is a personality theory comprised of nine different types, or nine different ways of seeing the world. The goal is self-awareness and learning how to live out of your authentic self, moving into who God created you to be. As a class, we will be reading the book *Self To Loose, Self To Find* by Marilyn Vancil.

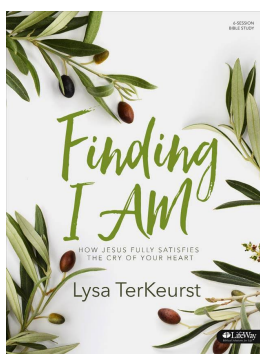
*(Offered Tuesday mornings only)*



### **Nehemiah: A Heart That Can Break**

Join us for a video-based study by Kelly Minter through the book of Nehemiah. Nehemiah's heart was so broken for those in need that he left the comfort of his Persian palace to help them. This study challenges women to let God break their hearts for a hurting, lost world and move them in compassion to lead people to Jesus.

*(Offered Tuesday mornings only)*



What is the deep cry of your heart? The ache in your soul that keeps you up at night? The prayer you keep repeating? Jesus not only cares about this deep, spiritual wrestling, but He also wants to step in and see you through it.

Join us on Tuesday evenings as we explore the seven I AM statements of Jesus found in the Gospel of John. Through this interactive, in-depth study we will be trading feelings of emptiness and depletion for the fullness of knowing who Jesus is like never before.

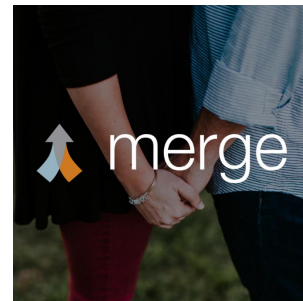
*(Offered Tuesday mornings only)*

**Save the Date!**  
**Women's Retreat: *Enough***  
**Friday-Saturday, September 27-28 | New Life Ranch**  
**Registration opens August 1!**

# Getting Married?

## MERGE Premarital Workshops

MERGE is an 8-week, premarital experience offered each year in the Spring, Summer, and Fall, only on the Fellowship Fayetteville campus. These workshops are designed to provide engaged and seriously-dating couples a unique opportunity to learn, seek wisdom, and receive counsel on marriage from a Biblical perspective. Cost is \$85 per couple and space is limited. Signup early and be sure to fill out and submit the required online survey.



### Fall Session: September 29 - November 17, 2019

Register [HERE](#) for the Fall 2019 Session  
Registration closes Sunday, September 22

### Spring Session: February 9 - April 5, 2020

Register [HERE](#) for the Spring 2020 Session  
Registration closes Sunday, February 2

---

---

## Service Opportunity

If you have administrative skills and enjoy being around people, we would love to put your talents to use as a member of our front office volunteer team at Fellowship Fayetteville. We are currently seeking front desk volunteers to commit to serving weekly or rotating twice a month - your choice of a four-hour shift on Mondays or Thursdays. Contact: [Ray Wagoner](#), 479-659-3615 or [Vicki Kennedy](#), 479-659-3684.

---

---

## Women's Ministry Team



**MARGO BODISHBAUGH**  
Shepherding Leader



**MELODY COUCH**  
Discipleship Leader



**LORIE MCMILLEN**  
Tuesday Evening Studies



**MARY BETH SIMPSON**  
Tuesday Morning Studies

Want to learn more about Fayetteville Women's Ministry?  
Reach out to one of our team members to learn how you can get plugged in!  
[fayettevillewomen@fellowshipnwa.org](mailto:fayettevillewomen@fellowshipnwa.org)  
479-659-3684

---

---

Connect with us!



*Please forward this email on to your friends and encourage them to subscribe to our monthly Women's Devotional eNewsletter. To sign up or make changes to eNewsletter subscriptions from Fellowship Fayetteville visit **[subscribe.fellowshipfayetteville.org](https://subscribe.fellowshipfayetteville.org)**.*