

# Reflections



## Take Time to Reflect

Lately, I've heard many references to Psalm 46, especially verse one, "God is our refuge and strength, a very present help in trouble." It's a verse that many of us cling to in our busy lives when it seems that there is always some sort of trouble. We are either coping with too much to do or not enough money with which to do it, too many places to be or not enough gas in the car to get there, too little energy of our own and way too much in our kids. Psalm 46 is a great comfort during those overwhelming moments, but my favorite advice in this Psalm is later, in verse 10, "Be still (cease striving, let go, relax) and know that I am God. I will be exalted among the nations, I will be exalted in the earth."

A couple of years ago, it was impressed upon my heart, that this was THE verse that I should meditate on at the start of a new year. I didn't really think that I was an especially unstill person and I always appreciated how God was my very present help in trouble but after a time of reflecting on this verse, I realized that I was very busy relying on God, often not taking the time to know that He is God. When I stop and reflect, I am overwhelmed with the knowledge that He is God. It's not an accident that the verse continues to say, "I will be exalted ..." because that is our natural reaction to thinking about God.

Our Oklahoma District YWR news has been titled "Reflections" because that is one of the things we would like to encourage you to do. Take some time, I know it's hard to find, and reflect. It may not solve the "too much" issues but you will enjoy exalting our God.

Submitted by Sherrie Schroeder, YWR Committee Member

## Consistency!

One thing that people would never ask me for is directions! I am extremely directionally challenged. North, south, east and west are just words to me. In fact, I turn to maps when I am navigating. No wonder my husband, Mike, has gone to a GPS system. I try to tell myself that he purchased it just because it flashes and makes noise, but I know the truth. Due to this malady, I am continually getting lost. Many times I will arrive at my destination, but I cannot remember how. In fact, I remember streets and places, but I do not know if I saw them when I was lost or when I was going the correct way. You can never count on me to consistently arrive somewhere without handwritten directions or a computer generated map.

Consistency is necessary in many aspects of our lives. As a mother, a teacher, an employee, or a friend, we find life much easier if we are consistent. Unfortunately, we are human. Consistency in our behavior is not a given: in fact, it is an impossibility. We are sinners. Thank the Lord for the undeserved forgiveness God has given us through his son Jesus' life, death and resurrection. Through faith, God forgives us; therefore, we should forgive ourselves. In our



## Did You Know?

Are you going to the next LWML Convention in Portland? Did you know that you can order a Portland Convention shirt? It has the convention logo that you can use as a witness tool whenever and wherever you wear it. You can find a shirt order form on the LWML Web site: [lwml.org](http://lwml.org), "Conventions" link. Mark your calendar for June 25-28, 2009! See you there!

## Keep an Open Mind

Now is the time of year when we are seeking Young Woman Representatives to the Portland Convention in 2009. Here are what some of the 2007 YWRs had to say about their experience.

"Keep an open mind and an open heart. You will be meeting some of the nicest people you will ever know. Expect to be kept really busy and very involved. I found it very exciting to see how this great organization worked in a very personal manner. God bless this time. I know I will never forget my experience as both our zone and district YWR."

**Kimberly Sammons, Iowa District East**

"You may think you know everything there is to know about LWML, but the LWML is far bigger than you may realize. Keep your heart and mind open during your experience as a YWR. You never know when God will be speaking to you through someone you meet or something someone says. Do not be afraid to hear Him. He may be calling you to serve, to learn something about yourself, or maybe just to remind you of His greatness and His love for you."

**Krista Niemoth, Nebraska District South**

"Always keep an open mind about this experience and be ready for anything because you never know what God will throw at you during the convention!"

**Carolyn Offutt, Nebraska District North**

"The time has been wonderful; full of meeting women from other societies, zones, speaking at spring rallies and mission conferences. Following the Lord's leading."

**Debra Rose, Kansas District**

From "Impressions"

many roles as women, we tend to expect perfection from ourselves. Sometimes the most consistent thing in our lives is the guilt we place on ourselves to be perfect. All we need to do is ask for forgiveness, get over ourselves and start again!

I may get lost in my daily travels, but I know where I am ultimately going....Heaven! Praise God with me, follow His directions in His Word, and celebrate the life of forgiveness He has given us despite our inconsistencies.

From "Impressions" written by Cheryl Mattil