

St. Paul's Epistle

An Inviting Community of Christ's Disciples

St. Paul's United
Methodist Church

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Elida, OH 45807

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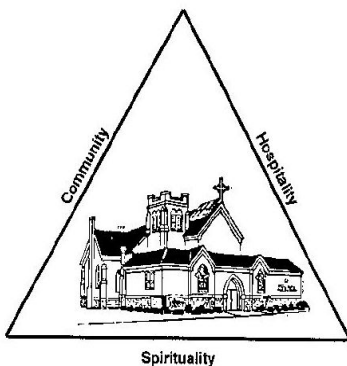
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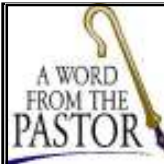
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Happy March, or more like muddy March? That wonderful time of the year when you are hoping for Spring but ready for the snowstorm that may come along. I have a couple of things I want to address here in my monthly newsletter article. Our Administrative Council met last month, and we have a potential problem with our finances. We also have a couple of simple solutions to the problem. We have about \$30,000 less in our bank account than we did a year ago. I know it has been hard for all of us, with the increasing cost of goods and services in our world. How do we regain the financial security of that \$30,000? Solution number one: We currently have about 40 families that are regular givers here at St. Paul's Church. If every family gave an extra \$15 a week over the course of the year, we would regain all of that \$30,000. Problem solved! Solution number two: We invite more people to church and over the course of the year, add 10 new families who each give \$3,000 annually. Again, problem solved! I know you may be asking yourself if I am serious, yes I am! There are a lot of great things happening in the life of our church, and we are beginning to have an impact on our community through your actions and prayers. I have been praying about what I should write in this article, and I know God will lead us through the crisis and overcome it with a victory for the Kingdom of God. I want to invite you to be in prayer about our church finances and follow God's leading in resolving this problem.

You should also be praying for your friend, neighbor, family member, coworker, or whoever you chose to give your Valentines cookie to. Someone not attending a church who you know needs to hear, see, and experience the Love of God in their lives. This month, you will receive another assignment for the person you chose. When in conversation with them, maybe begin to discuss St. Paul's and what a positive impact your church family has had on your life. Look for places where God is showing you a way to impact their lives, with God's Love, and be brave enough to be the Love of God in their life. Many times, just listening and loving them right where they are is all that is needed. The phrase I use, "listen, listen, love, love", comes from the fact that most of us just want to know there is someone who cares enough to hear us and love us. Be those ears, encourage your person, and if necessary, use words to show them love.

I hope you will all join me in praying for God's guidance with church, family, and every area of your life. If we follow Jesus and commit to one another, then we will overcome all the obstacles of life. I look forward to seeing you in church, and if you feel like you have a solution to the problem above, come see me, your solution may be the one God uses to get us back on track. Until then, I will see you in the mission field.

Yours in Christ,

Pastor Paul

BOOK Club
Saturday, March 1
at 9:00 AM

"The Nightengale"
By: Kristin Hannah
 All Are Welcome!

March 2



March 2

**'Coins for Communion' to benefit
 Our Daily Bread Soup Kitchen**

Mission: To serve and be a friend to everyone who enters our doors by providing a safe place, a good meal, and a hope for the future thru our Lord and Savior Jesus Christ.

Vision: To eliminate physical and spiritual hunger in the Lima/Allen County area.



Upcoming Events for St. Paul's



Deadline: the 18th
 of each month

St. Paul's Epistle

is published by St. Paul's
 United Methodist Church

Subscription Rate: NONE

Secretary	Gail Fessler
Pianist	Lois Cook
Choir Director	Casey Rife
Custodian	Dave Decker

Christian Symbol

ANKH, OR ANSATE CROSS

Originating in Egyptian hieroglyphics, this symbol represented life and regeneration. The shape and meaning made perfect sense to ancient Christians, who appropriated it as a sign of eternal life



March 7
World Day of Prayer



March 9
Daylight Savings Time Begins,
set your clocks ahead 1 hour.



March 20
First Day of Spring

Thought for the Month:

The spiritual life does not
remove us from the world,
but leads us deeper into it.

Henri J.M. Nouwen

Happy
St. Patrick's Day!

March 17

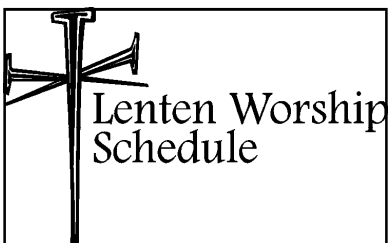
Upcoming Events for St. Paul's

**During Lent, consider this practical — and biblical — advice
from Arthur Lichtenberger, a former presiding bishop of the
Episcopal Church:**

- Fast from criticism, and feast on praise.
- Fast from self-pity, and feast on joy.
- Fast from ill-temper, and feast on peace.
- Fast from resentment, and feast on contentment.
- Fast from jealousy, and feast on love.
- Fast from pride, and feast on humility.
- Fast from selfishness, and feast on service.
- Fast from fear, and feast on faith

Lent

March 5
Ash Wednesday
Service at 7:00 PM



March 9
First Sunday in Lent

March 16
Second Sunday in Lent

March 23
Third Sunday in Lent

March 30
Fourth Sunday in Lent

April 6
Fifth Sunday in Lent

April 13
Palm Sunday



April 17
Holy Thursday
7:00 PM Service



April 20
Easter Sunday

EASTER FLOWER ORDER FORM

They are \$12.00 each.

Please fill out this order form and place it in the offering plate,
Drop it off, or mail with the payment, to the church office by April 13

Name: _____

Number of flowers: _____

In Honor of (or) In Memory of: *(circle one)*

Phone: _____

Please pick up your flowers following the Easter Service.

Hymn History

Savior, Like a Shepherd Lead Us

"Then Sings My Soul" Book 2, By Robert J. Morgan

1836

For the Lamb who is in the midst of the throne will shepherd them and lead them to living fountains of waters. And God will wipe away every tear from their eyes.

Revelation 7:16, 17 (NKJV)

This hymn, originally for children, first appeared in a n1836 volume entitled *Hymns for the Young*, compiled by Dorothy A. Thrupp. Many hymnologist have attributed the words to Mrs. Thrupp, but her authorship is uncertain. One early hymnbook attributed it to Henry Francis Lyte; but that, too, is doubtful.

There's no doubt, however, about the composer of the music. It was the famous William Bradbury, one of the prolific hymnists of the nineteenth century. A native of York, Maine, William moved to Boston at age fourteen to enroll in Boston Academy of Music. There he joined Lowell Mason's choir at Bowdoin Street Church.

Lowell Mason was a banker-turned-composer who became the first American to receive a Doctorate in Music from an American university. A dedicated Christian, he had written the tunes for such hymns as "Joy to the World!", "My Faith looks up to Thee", "Nearer Thy God to Thee", and from Greenland's Icy Mountains." Mason was passionate about training children in sacred music.

Recognizing that young William Bradbury had an inborn talent, mason sought to encourage him at every turn. Soon William was playing the organ under Mason's watchful eye, and earning a whopping \$25 a year in the process.

William was so inspired by his mentor that he moved to New York City to do there what Mason had been doing in Boston—encouraging the Christian musical education of children. He organized and led Children's singing conventions, encouraged music in New York school system, and publishing Sunday school songbooks. During his lifetime, fifty-nine separate books appeared under his name.

Bradbury set into motion a great change in American church music. Prior to his work, most hymns were heavy, noble, and stately. William wanted to write lighter melodies that children could sing. His compositions were softer, full of movement, and easier for children to sing.

In so doing, William Bradbury helped usher in the area of gospel music. He may not have realized that adults would sing his hymns as readily as children would, but he paved the way for the likes of Fannie Crosby and Ira Sankey. Today Bradbury is remembered as the musical composer of such favorites as: "He Leadeth Me," "The Solid Rock," "Just As I Am," "Jesus Loves Me," "Sweet Hour of Prayer" and this one—"Savior, Like a Shepherd Lead Us."



Faith In Action

Worship Attendance:

February 2, 2025	60
February 9, 2025	63
February 16, 2025	28
February 23, 2025	63

Sunday School Attendance

February 2, 2025	12
February 9, 2025	15
February 16, 2025	5
February 23, 2025	12

Altar Flowers

March 2, 2025	Denny & Carole Grapner
March 9, 2025	Denny & Janna Thompson
March 16, 2025	Art Holman
March 23, 2025	Lois Cook
March 30, 2025	Tahler Sdao

*Hospitality
Ministry*

Financial Giving

Weekly Need for
Unified Ministry Budget
\$4,386.25

Unified Ministry Giving:		Other:
February 2, 2025	\$2,686.00	\$845.00
February 9, 2025	\$3,404.37	\$45.00
February 16, 2025	\$1,335.50	\$60.00
February 23, 2025	\$5,883.24	\$620.00

Hospitality Cart

March 2, 2025	Rife Family
March 9, 2025	Shannen Vermillion
March 16, 2025	Vicki McAdams
March 23, 2025	OPEN
March 30, 2025	OPEN

Hospitality Host:

Bring in small simple assortment of finger snacks and juice to be placed at the hospitality cart. There is a sign-up sheet on the wall near the cart.

Daily Bible Readings

BIBLE READING PLAN: *From Death to Life*

During Lent, Christians observe 40 days of confession, prayer and renewal. Just as our Savior fasted and faced temptation in the desert for 40 days, we use this season to grow our faith and prepare to minister.

Use this Bible Reading Plan to follow Jesus to the cross and then rejoice at his empty tomb on Easter. Travel through Scripture to reflect on who Jesus is and what he lovingly endured to give us life.



The Dry Desert

- Joel 2:1-2, 12-17 [Ash Wednesday]
- Genesis 3
- Psalm 63:1-8
- Matthew 4:1-11
- Sunday: Hebrews 4:14-16



Hope on the Horizon

- Numbers 21:4-9
- 2 Samuel 7:1-16
- Job 19:23-27
- Isaiah 42:1-9
- Daniel 7:13-14
- Zechariah 9:9-17
- Sunday: Romans 8:22-30



Our Sacrificial Lamb

- Genesis 22:1-18
- Exodus 12:1-17
- Psalm 23
- John 1:1-34
- John 10:1-18
- 1 Peter 1:18-23
- Sunday: Revelation 5



Hatred & Persecution

- Psalm 22
- Jeremiah 20:7-13
- Matthew 24:1-31
- John 11:45-57
- John 15:18-25
- 2 Timothy 3:10-17
- Sunday: 2 Corinthians 4



Hosannas for a King

- Psalm 24:7-10
- Jeremiah 23:5-6
- Matthew 21:1-11
- John 18:33-40
- John 19:1-16
- Hebrews 1:1-12
- Sunday: Revelation 7:9-17



Journey to the Cross

- John 2:13-22
- Mark 14:1-11
- John 13:1-17
- Matthew 26:26-30
- Luke 22:39-46
- Mark 14:27-31, 66-72
- Palm Sunday: Ephesians 1:18-23



Victory Through Christ

- Isaiah 53
- Matthew 26:47-56
- Mark 15:16-20
- John 6:47-58 [Maundy Thursday]
- Matthew 27:32-54 [Good Friday]
- Psalm 16:3-11 [Holy Saturday]
- Easter Sunday: Luke 24:1-8;
- 1 Corinthians 15:47-57

Note: Sundays, known as "mini-Easters," are excluded from Lent's 40 days. But this reading plan includes verses for each day from Ash Wednesday through Easter Sunday.

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2024 Missions Giving Summary

COINS AT COMMUNION GIVING:

		<u>2024 AMOUNT GIVEN</u>
Heartbeat of Lima	(January)	\$ 100.22
Samaritan's Purse	(February)	\$ 169.95
Our Daily Bread	(March)	\$ 128.23
5 Loaves Food Pantry-Allentown Church	(April)	\$ 102.48
WOC United Methodist Church Camps	(May)	\$ 63.22
UMCOR—U. S. Disaster Relief	(June)	\$ 104.74
Crossroads Crisis Center	(July)	\$ 37.32
Meals 'til Monday	(August)	\$ 82.26
Samaritans House	(September)	\$ 110.00
Family Promise	(October)	\$ 66.05
Lima Rescue Mission	(November)	\$ 43.49
ACTS Sunnysdale House	(December)	\$ 165.45
TOTAL:		\$ 1,173.41

UNITED METHODIST CHURCH SPECIAL SUNDAYS GIVING:

Human Relations Day	(January)	\$ 30.00
Ash Wednesday	(February)	\$ 100.00
UMCOR Sunday	(March)	\$ 1,347.00
Native American Awareness Day	(May)	\$ 10.00
Peace with Justice Sunday	(June)	\$ 20.00
World Communion Sunday - no service	(October)	\$ ---
Student Day	(November)	\$ 25.00

OTHER SPECIAL OFFERINGS /GIVINGS:

Heifer International (\$'s left in heifer in hallway)	\$ 232.00
TOTALS FOR SPECIAL SUNDAYS/SPECIAL OFFERINGS:	\$ 2,689.00

SPECIAL SERVICES GIVING (Designated use of \$'s):

Easter (UMCOR International Disaster Relief)	\$ 855.00
Christmas Offering (UMCOR U. S. Disaster Relief)	\$ 724.50
Christmas Offering (UMCOR International Disaster Relief)	\$ 724.50
TOTAL:	\$ 2,304.00

SPECIAL MISSIONS / DESIGNATED GIVING:

Donations or reimbursement to ramp fund for ramp projects	\$ 790.50
Health & School Kits & Period Packs (contents value=122 Kits x \$12 ea.)	\$ 1,464.00
Donations to General Missions Fund	\$ 831.50
Operation Christmas Child Shoeboxes (164 x boxes x \$45 + \$11 ship. per box)	\$ 9,184.00
Hats, Gloves, Scarves (124 items x \$12 per item average)	\$ 1,488.00
TOTAL:	\$13,758.00

(Donated items for Family Promise meals and the Food Pantry — were not quantified)

GRAND TOTAL MISSIONS GIVING - 2024:	\$ 19,924.41
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2024 Mission Giving as a % of 2024 Church Budget (\$227,480) = 8.8%

Missions Activities Year-End Report

CONGREGATION AND MISSIONS COMMITTEE EFFORTS DURING THE YEAR OF 2024:

REPORT SUBMITTED BY TIM PIPER, MISSIONS CHAIRPERSON

- Donations of food for the **Allentown Five Loaves Food Pantry** continued to be strong in 2024 with St. Paul's individuals faithfully filling the food bins every month. Thank you to all who donated food to feed Elida families;
- St. Paul's has monetarily supported the **Meals 'til Monday** mission which provides weekend meals to children from various elementary schools in and around Allen County, including Elida Elementary;
- Janna Thompson and her helpers processed **56 school kits and 35 health kits and 31 period packs** donated by numerous members of our congregation as part of this UMC annual mission and Pastor Paul delivered the kits;
- The small group, **Crafty Creatures** continues to bless our congregation and our community with their mission of **prayer shawls, blankets, and quilts**. They also made significant contributions to our **Christmas Tree of hats, gloves, mittens, and scarves** which were donated to **Crossroads Crisis Center** and **Our Daily Bread**.
- Our members gave a total of \$1,173 during **Coins-at-Communion** on the first Sunday of each month. Recipients of these funds included **many local missions, ACTS Sunnydale House** as well as **UMCOR**. Our members also gave \$1,532 to **United Methodist Special Sundays** such as **UMCOR Sunday**, and **Native American Awareness Day**;
- Our members built several **wheel-chair ramps** in 2024 for people with special needs to gain access to their houses. This continues to be a unique mission both funded and constructed by St. Paul's members;
- Up to 6 families were housed at **Family Promise of Lima**. St. Paul's members partnered with local churches to **provide hot meals** for one evening during four designated weeks and sometimes stayed to talk with the families;
- On October 31st members of St. Paul's Church handed out coffee, hot chocolate and pencils to parents and their children at the church for our **Trick-or-Treat Night Mission**. Over 250 cups of hot beverages were distributed. Members of St. Paul's Church also participated by donating candy and tending the car trunks for **Trunk-or-Treat** that same evening. Our members enjoyed this memorable evening while greeting our Elida neighbors;
- St. Paul's members donated the Easter offering to **UMCOR International Disaster Relief**;
- Our congregation members dispensed water for **LifeWise Academy/Sunnydale House's 5K Run** and some of our members also ran in the 5K run; **LifeWise Academy** teaches elementary students about the Bible and life skills;
- Our youth and adults donated \$232 which was left on our "hallway heifer" to send to **Heifer International** to purchase farm animals for families around the world. Thank-you to everyone for your donations;

Continued on pg.10

Missions

Continued from pg. 9

St. Paul's Church again participated in a worldwide mission by **Samaritan's Purse** called **Operation Christmas Child**. The 164 shoeboxes collected were filled with gifts for boys and girls, and given to Samaritan's Purse to distribute worldwide. Thank you to all who filled boxes with gifts and to Jamie Wyant for heading up this mission;

The people of St. Paul's United Methodist Church donated to special missions, coins-for-communion, United Methodist Special Sundays, other special Sundays and other missions and ministries of our church. Thank-you to all who donated money or participated in these missions. As we go forward into 2025 we are looking for new ways to impact our community and the world to show people the love of **Jesus Christ!**



Heifer Project Mission

Thank you to everyone who have placed donations in the cow in the hallway, \$260.00 was collected this past year. The Children's Elementary Sunday School class designated the funds for purchasing a goat, sheep, and a flock of chickens. Heifer International is a non-profit organization that works to end hunger and poverty in partnership with the communities they serve. These programs support entrepreneurs around the world, creating lasting change from the ground up.

Thank You to all who have donated!



Thank You!

Ramp Mission

St. Paul's Ramp builders have braved the bitter cold this February to install 2 ramps, one for Janice Webb in Landeck and the other for Tamara McClellan in Lima. Thank you to Jamie Wyant for heading up this very important mission for the Elida community and beyond. Thank you to the ramp volunteers who show up no matter the weather.

Elida United Methodist Church,
Thank you for your generous donation of hats and gloves.
It is greatly appreciated.

Sincerely,
Staff & Board of Directors of
Crossroads Crisis Center.

Nurture

We Have Exciting News!

Elida St. Paul's has received a grant from the West Ohio Conference of the United Methodist Church. The Nurture Committee applied for a Go Grant with the conference in the areas of outreach and technology. We received only one grant for outreach. We will be using the \$3,200 grant for projects throughout the year directed toward community outreach. We started in February when we handed out cookies to someone to show them God's love. We will continue throughout the year as we engage in our community as you reach out to spread God's Love. I hope you will join me in praying for our community and reaching out to someone you know, with the final goal being to invite them to church. I look forward to seeing what God will do with this outreach.

St. Paul's Spreading God's Love!

The nurture committee packaged cookies into baggies which were grouped in 2's, each baggie had a note, one Happy Valentine's cookie for you to have, and the other to give away to someone you know who does not have a church or know God. Your job didn't stop there. Your assignment was to pray for that person daily, stay in contact with them, and eventually invite them to church. The Sunday School children handed out the cookies to those attending church on February 9th, and those not in attendance could pick them up at church during that week.

NURTURE NEWS:

The Nurture Committee Is looking for Members!

It's a new year and we need people to help implement plans, help with funeral dinners and their clean-up, and offer new ideas for nurturing those associated with St. Paul's. You may Contact (Nurture Chairpersons) Jan Wyant or Virginia Hollar, or the church office.

Two-way Benefits

"When you do nothing, you feel overwhelmed and powerless," observed Connecticut politician Pauline Keezer. "But when you get involved, you feel the sense of hope and accomplishment that comes from knowing you are working to make things better." Indeed, it's impossible to shine light in someone else's life without lighting up your own.

We might think being generous toward another with our time or possessions leaves us with less. But as Jesus said, "Whoever loses their life for my sake will find it" (Matthew 10:39, NIV). How common it is that when we minister to others in Christ's name, we find we have also — or perhaps even more so — received ministry. This is the miracle of God's love at work.

The People of St. Paul's

To My Church Family,
I want to thank each of you for the beautiful flowers, cards, texts, and phone calls I have received. Each made my day special and uplifted my spirit. May God Bless You All!

Hugs,
Tracy Sdao

THANK YOU

St. Paul's Friends,

Thank you so much for all the prayers, the beautiful flowers, and the many cards I received after my surgery and hospital stay. Denny and I are blessed to have such a caring "church family"!

*God Bless you all!
Carole Grapner, and Denny*

Our Biblical Purpose Statement:

Elida St. Paul's United Methodist Church exists as God's people embracing His grace through humble service to all.

St. Paul's Vision Statement:

Is for the Elida community to be led to Christ through words and deeds enabling youth to have purpose, families to be nurtured and supported, and senior citizens to feel valued.

Remember in Prayer

Recovering from Surgery or in the Hospital

Shirley Adams
Gene Craft
Linda Craft

Those in Need of Healing, Support, Strength & Encouragement

Shirley Adams
Linda Craft
Gary Hurd

In the Military & Missions

Nathan Stewart



99th Birthday

Joyce Nichols will be turning 99 years old, on March 24th. Make her birthday special by showering her with cards.

Cards may be sent to:
Kessler Estates of Lima
2075 N. Eastown Rd.
Lima, OH 45807

Meetings

NO PPR Mtg.

March 4, 2025
Trustees..7:00 PM

March 5, 2025
**Worship Mtg..
1:00 PM**

**No Ad Council /
Finance**

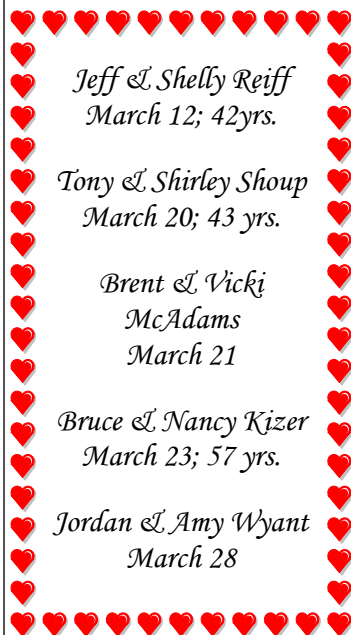
No Missions Mtg

**Sundays
Hospitality..9:30 AM
Worship...10:00 AM**

**Wednesday
Choir...7:00 PM**

MARCH 2025

Sun Mon Tue Wed Thu Fri Sat




						1 Scott Grapner
2	3 Chelsey Cook Ella Nartker Wesley Nartker	4 Janna Thompson	5 Scott Fessler	6	7 Tim Theodore	8
9	10	11	12 Ethan Lewis	13	14 Jason Murphy	15 Baylor McAdams
16	17	18	19	20 Tara Strauch	21	22 Nancy Gesler
23	24 Joyce Nichols Kathy Waldick	25	26 Luke Selover	27 Julie Bok Karla May	28	29
30 Tahler Sdao	31 Mitchell Furry					

Featured Recipes


Porcupine Meatballs

By Deb Hurd

Ingredients		Instructions
1 lb.	Hamburger	Shape into balls and cover with 1 can cream of mushroom soup. Bake at 375 degrees for 1 hour. 
1/2 cup	Minute rice, uncooked	
1/2 cup	Milk	
2 Tbl.	Chopped onion	
1 tsp.	Salt	
1 tsp.	Pepper	

Blue Ribbon 3 Layer No Bake Cookies

By Casey Rife

Ingredients		Instructions
* 1/2 cup	Light corn syrup	* Layer #1: In a large pot, mix together and melt, corn syrup, brown sugar and peanut butter. Add Rice Krispies. Stir well, then pat mixture into 9x13 pan. Refrigerate for 1 hour.
1/2 cup	Brown sugar	
1 cup	Peanut butter	
2 cups	Rice Krispies	
** 2 cups	Powdered sugar	** Layer #2: In small saucepan, mix together powdered sugar and melted butter, instant vanilla pudding, and milk. Blend like icing, then spread evenly onto first layer.
1/2 stick	Butter, melted	
2 Tbl.	Instant vanilla pudding	
2 Tbl.	Milk	
*** 2 Tbl.	Butter, melted	*** Layer #3: In small saucepan, mix together melted butter, melted semi-sweet chocolate chips. Spread on top of second layer. Refrigerate until set. Cut into small squares. 
1/2 cup	Semi-sweet chocolate chips, melted	

KIDZ KORNER

sweet soil



This snack's layers mimic properties of our planet's crust.

What you need:

- 1 cup rolled oats
- ½ cup nut butter (divided)
- ½ cup chocolate chips
- Microwave-safe bowl
- Silicone mini baking cups



What you do:

1. Combine the oats and ½ cup of the nut butter. Mix until oats stick together.
2. Place 2 teaspoons of oat mixture in each baking cup. Press with a spoon. Freeze for 10 minutes.
3. Spread remaining nut butter atop the cups. Freeze for 10 more minutes.
4. Microwave the chocolate chips 30 seconds. Stir and keep heating for 30-second intervals until melted.
5. Spread melted chocolate atop the cups. Freeze until chocolate is firm.
6. Remove from the molds and enjoy! Refrigerate leftovers in an airtight container.



FROM WORD TO WORLD

Words are important! God spoke and created all things.
What does the psalmist declare about creation?

Directions: Using the word clues, unscramble the letters to complete Psalm 102:25, NIV.

A preposition	NI	--
An article	HTE	---
Genesis means this	NINBGEIGN	-----
A second-person pronoun	OUY	---
Past tense of to lay	IDAL	----
An article	HET	---
A plural noun meaning base	SODTAINFONU	-----
A preposition showing possession	FO	--
An article	TEH	---
A concrete noun meaning world	HRTEA	-----



Psalm 102:25, NIV

Answer: In the beginning you laid the foundations of the earth. (Psalm 102:25, NIV)

St. Paul's United Methodist Church

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Elida, OH 45807

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Living Our Faith

Amid Life's Storms

The hurricanes that battered the East Coast in fall 2024 also battered my soul. I was over the rain and humidity. I was tired of lugging my two preschoolers through the downpours and driving through flash floods at night. Yet I had no reason to complain. Our house was still standing, with no damage.

The news around us was worrying and heartbreaking. "What if that was us?" I wondered. "Would I be strong enough?"

Then the kids asked to play outside. Even though I knew they'd get wet and muddy, I gave in. When a rainbow appeared, I'd never been more humbled as I remembered: I don't need to be anxious. I don't need to be strong enough. God watches over us all. He knows the hurt and sorrow. And he promises to be "our refuge and strength, a very present help in trouble" (Psalm 46:1, ESV).

Lord, forgive my unbelief. "Hear my cry, O God ... when my heart is faint. Lead me to the rock that is higher than I" (Psalm 61:1-2, ESV).

—Kristen Greene