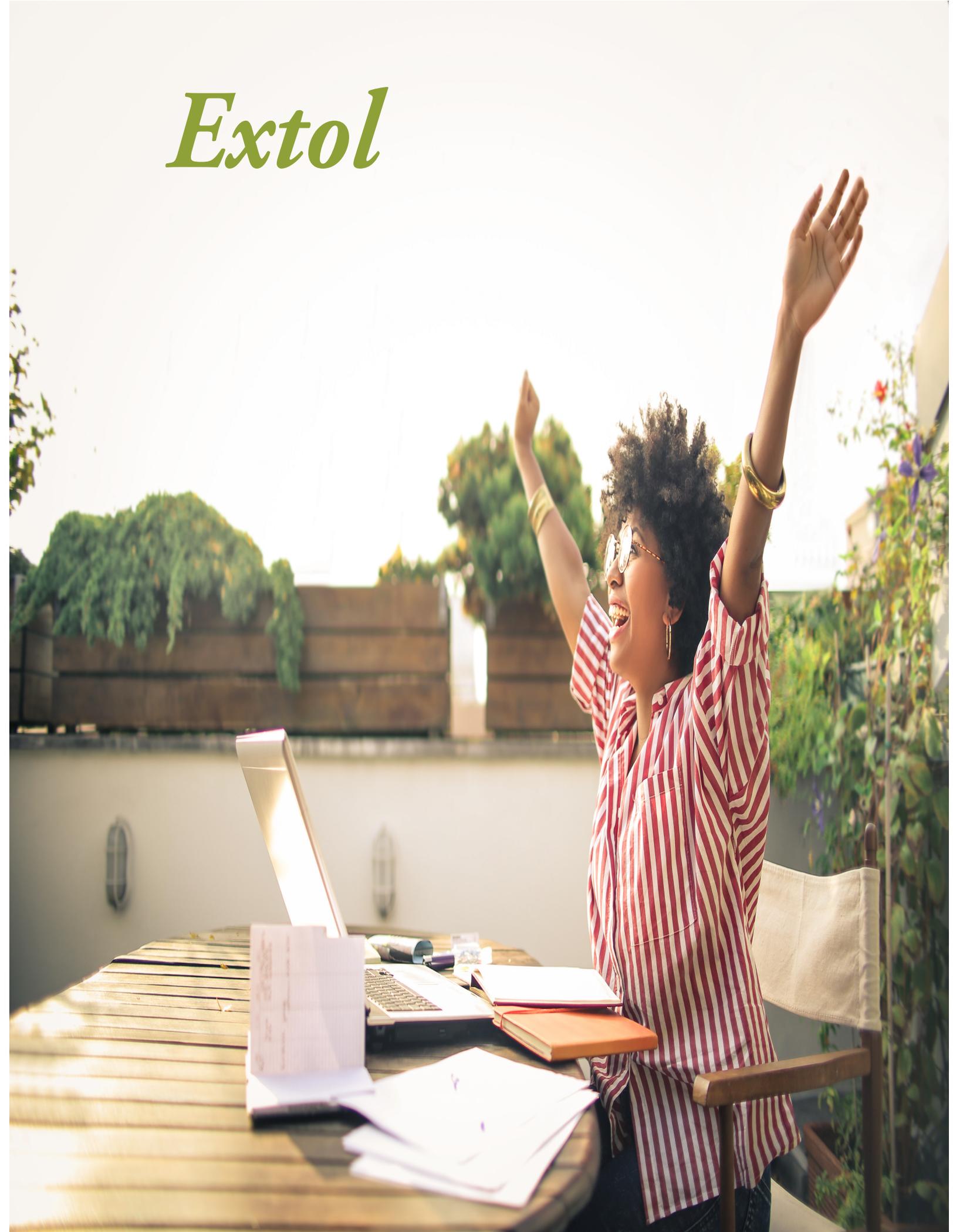


Extol



“Extol Means to lift up”

This on-line magazine is created in an effort to encourage all women in all walks of life. We have gathered women in this edition from various stages of life who have a message in this season.

I hope you will enjoy the features and share with your friends.

Sharon Wilson



Volume 4

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The Joy that Last



*LuWanda Chandler
Apex, NC.
Mother, Youth Director
and Lover of Jesus Christ*

The Bible tells us in Nehemiah 8:10 “Not to grieve because the Joy of the Lord is your Strength” Even in our darkest moments, trials, weaknesses, pain and fear, we can still experience joy. God promised us that even in those seasons of conflict and woe he would never leave us nor forsake us. We have joy in the fact that we are not alone. God our father loves us and is concerned about every situation in our lives. When my husband died, I felt alone. God showed me in a small matter that he was with me. Coming home after my husband’s funeral, I prayed to God about what I should do about the lawn since my husband was no longer present to take care of the yard. I asked the Lord to send someone to show me how to take care of it. We arrived home and my neighbor came over. She told me that she and her husband were talking and that he had decided to honor my husband by taking care of the yard. He mowed the grass and took care of the lawn for two years. What a tremendous blessing. God showed me through this simple act that he heard my prayers and was concerned about me and my life. This gave me tremendous joy and strengthen my faith in God.

No matter what the situation on circumstance, just know God is with you and the joy in knowing that can help you to overcome.



Elder Ureasa Hampton

Hartford, CT

*Wife, Mother, GG,
Daughter and Elder*

This Joy!

Have you ever woke up out of your bed and out of nowhere, you were overcome with Joy? Or perhaps going about your daily routine and all of a sudden, you start smiling and say to yourself, "I'm happy"! It wasn't because you received that job or pay increase that you've been praying for, nor was it that you received good news. It was just joy! It's those moments that we experience God's Joy being present, showering us with Joy while we are in the midst of going through or filling us with joy after the storm is over.

When God is bringing us to something that we are going to have to face, he prepares us. Whether we are in tune to the preparation or not, the signs are there. We serve and God who knows all things. So he will allow us to be overcome with Joy at times when we need it most and don't even know it. The type of Joy that when we are faced with a test or storm of life, it won't take us out. The word of the Lord says, "The Joy of the Lord is our strength." Being overcome with joy before the storm is like filling your car with gas prior to taking a trip. We want to make sure that we have enough to sustain us. That's what God does, he prepares us and sustains us.

God, He showers us with Joy while we are yet in the midst of going through a tough situation. Those showers of Joy are what we need to refresh us for the journey ahead. Letting us know that we can make it, that he's present with us, and we are not alone. According to the word of God in the Book of Psalms 16:11 it says, "Thou will show me the path of life: In thy presence is fullness of Joy; at thy right hand there are pleasures for evermore." (KJV) It is when we are unexpectedly overcome with joy that we reach within and find the compass to navigate and continue in this journey of life. I remember going on a bus trip to New Jersey. I didn't have a car at the time. The bus was filled to capacity. Everyone was laughing, joking, singing along to the songs being played on the CD player. As I was looking out the window, watching the cars go by, I inwardly sighed and said "Lord, I need a car!" I heard a soft but stern voice which said, "Reese, I got you!" Next thing I know, tears were flowing, rolling down my face. I kept trying not to let the lady next to me see me crying. They were tears of Joy, out of nowhere! It was a joyous visitation. About 1 month later, I was blessed with a used car. Then, 2 weeks later blessed to finance a new car, no money down and received a \$500.00 rebate!! He hears our inner thoughts, inner cries and those things that we have not yet uttered out of mouth. The joy of the Lord lifts us up and out, and through a situation.

In the book of Galatians 5:22,23, it says "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law." There is no law against Joy! Joy can come whenever it pleases. It can come before we are faced with a situation, in the midst of a test or after the storm.

Praise God, that Joy can just show up when it wants to and overtake us. When it does, we need to EMBRACE it!! Don't try to figure it out or quench it. God knows what we need, when we need it and the capacity in which Joy is needed. There's a song that my mom used to sing when I was young says, "This joy that I have, the world didn't give to me ... the world didn't give it and the world can't take it away!" However your joy may come, just remember that the Joy of the Lord is your strength!! My Sisters, Be strengthened in the Lord and in the power of his might!!



*Cigi Thomas
Petersburg, Va.*

*Daughter, Wife and
Woman of God*

Facing Your Fears

Fears can be simple or complex but, like any emotion you can learn to control it. While I am a work in progress, I'd like to share an acronym that has helped me.

F – Faith it until you make it

Fear is an emotional response to perceived danger. Give yourself a set amount of time to be afraid while you evaluate the risks and then move forward in faith.

E – Evaluate the risk, Using discernment, determine if the situation is a true and imminent threat.

A – Activate your faith

Pushing past fear will activate your faith. The more you do it, the more opportunities you will have for God to show you just how unafraid you can be.

R – Right to choose

You. Have. A. Choice. You do not have to operate in fear. If you push through it, your faith will replace your fear.

Healthy Recipes

Chicken & Spaghetti Squash

Ingredients:

- 1 large spaghetti squash
- 2 Tbsp oil
- 1 pinch sea salt
- 1 Jar of Tomato sauce
- 1 lb Boneless Breast

Instructions

0. Preheat oven to 400 degrees F (204 C) and line a large rimmed baking sheet or baking dish with parchment paper or foil.

0. Carefully halve spaghetti squash lengthwise using a sharp knife. I find the best way to do this is inserting the very tip of a very sharp large knife into the side of the squash (lengthwise) and push it all the way through to the other side. Then rock the knife back and forth to cut one half all the way through, then repeat on the other side.

0. Use an ice cream scoop (or sharp spoon) to scrape out the seeds and most of the stringy parts.

0. Brush the interior with oil and sprinkle with a little salt. Place cut-side down on baking sheet. Roast for 45 minutes, or until a knife easily pierces the skin and flesh. Note: For a more moist squash, omit the oil and instead add just enough water to cover the bottom of your baking sheet or baking dish and bake at 400 degrees F (204 C) until a knife easily pierces the exterior - about 35-45 minutes.

0. Meanwhile, in a large skillet, cook chicken in 1 tablespoon oil until no longer pink. Stir in the jar of tomato sauce. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes.

0. Remove squash from the oven. Once slightly cool, flip squash flesh-side up and use a fork to scrape out the strings.

0. Place spaghetti squash on your plate and the spaghetti sauce with chicken on top. Season as needed and enjoy!

Submitted by Ashley Mathews



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Preserving the
SEED

A GUIDE TO RAISING CHILDREN THAT WILL PROPAGATE GOD'S LEGACY

Joyce Nyirenda, M.A., LPC

This class is for anyone who has ever thought, 'I wish there was a handbook on parenting'

Parenting GOD'S WAY

TUESDAY, JUNE 25TH
8:30 PM AND JULY 2ND AT 8:30 PM EST

YOUNG AND SINGLE PARENTS: Develop the confidence you need to raise children successfully!

The 4 hour class will help you learn and understand God's framework of a successful parent and challenge any beliefs that are counter productive.

THE CLASS WILL:

- Help you know how to identify and access your support systems (or your village and why it is important to have a support system)
- Help you understand the definition of a successful parent (is there such a thing?)
- How do you prepare to be a successful parent (even before you get married?)
- Is there such a thing as the perfect time to have children?
- How to discern God's purpose for your children's lives
- How to help your children learn to hear God's voice
- How to teach your children about their Spiritual gifts and how they can apply them in their everyday lives

The class will help you understand what you need to know in order to be a Godly parent

WITH JOYCE NYIRENDA

This is a four hour class for \$99.00 early registration and \$125.00 late registration after June 1st There will be a separate option for two 30 minute one on one sessions for \$125.00 early registration and \$149.00 late registration

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Sistah's Intercession Corner

1. Single Mother's.
2. Joy and strenght renewal for Women Leaders in the body of Christ.
3. Women under ANY bondage.
4. Women with lack of identy and low self esteem.
5. Children of Women incarcerated.
6. Women leaders in the Body of Christ.
7. Caregivers
8. Grandparents raising grandchildren

2 Chronicles 7:14

14 If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

Email us at

Info@extolministries.org

What's Happening!

www.extolministries.org Call us at 919.352.9397

Wife Prep ACADEMY

THURSDAYS:
JUNE 13TH & JUNE 20TH
8:30 TO 10:30 PM EST

WITH **JOYCE NYIRENDA**

This is a 4 hour class geared at helping single women begin to prepare to become wives.

THE CLASS WILL HELP YOU:

- Explore and identify any deep rooted fears and beliefs you have about marriage
- To learn how to challenge those internal beliefs, fears, and barriers and how to re-frame your thinking regarding marriage
- Explore the Biblical model of a wife
- Learn what your role is as a wife
- Learn what you can be doing right NOW to begin to prepare yourself as a wife
- Develop a Biblical affirmation to increase your confidence and self worth as a young woman and prospective wife

This four hour class is \$99.00 for early registration and \$125.00 for late registration after June 1st. Registrants will receive a comprehensive written guide on topics discussed.

Two hours of individual time on one session available for \$150.00 after the main class. You can enroll for both the 4 hour session and the 2 individual sessions together for \$260.00, a \$29.00 saving. Payment plans available.

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EXTOL
EXHORTATION TO LIVE
PSALM 143

EXTOL MINISTRIES

"Beloved I pray that in every way you succeed and prosper and be in good health just as I know your soul prospers."
(3 John 2)

Free non-perishable food, gently used clothing and sign up for free services.

Community Give Away
every 3rd Tuesday
11:00 am to 1:00 pm

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June 18
2019

