

the garden

-A monthly newsletter for moms who desire to blossom into all God created them to be-



Sowing the 'Seed of the Word' in Our Daily Lives Practical, Biblical Encouragement for Moms

We are simply God's servants... Each one of us does the work which the Lord gave him to do: I planted the seed, Apollos watered the plant, but it was God who made the plant grow. 1 Corinthians 3:5-6 TEV

Growing up, I always loved St. Patrick's Day. It was a day about drinking green milk, shamrocks, and wearing green. -But why? It was only in recent years that I learned the significance of St. Patrick: He brought Christianity to Ireland by sharing Jesus with them. That is why the day was originally celebrated. We can draw great inspiration from St. Patrick and how he worked to fulfill God's Great Commission for us. Please read Matthew 28:18-20, on the right...

These words were the last recorded personal instruction Jesus gave to His disciples, and an important message for all believers to take action and plant seeds of faith.

First, Jesus establishes His divine authority for us to build our faith on. Then He commissions us to share the Good News of how to receive God's grace and salvation through faith in Him with others... with those around us, and



throughout the world. He also wants us to teach others about the three-in-one Godhead of the Father, the Son, and the Holy Spirit. Legend has it that St. Patrick used a shamrock to illustrate this relationship. The three leaves make up *one* shamrock. Jesus also

instructs us to teach others the truths of the Bible, and that He will be there with us for support and to work in people and through us via the Holy Spirit that lives within every believer. We know He does because of all the people who continue to put their faith and trust in Jesus. Our job is to share Jesus by planting a seed, and it's the Holy Spirit's job to help it grow into faith.

It helps me share Jesus when I get my focus in the right place... on Jesus and who He wants me to share Him with. It's not about me... or you, it's about *them*. If we love God, we'll love others, and we want the best for them: **Jesus.** -WL



To Your Health: "Go Green with Dark Green Veggies" To be all we need to be as moms, we need healthy bodies.

Some of the healthiest foods we can eat are dark green veggies; at least 3 cups per week. When compared calorie for calorie, they provide perhaps the most concentrated nutrition of any food. They are low in calories but high in iron, calcium, magnesium, potassium, vitamins K, C, E, many B vitamins, fiber, and a variety of protective phytonutrients. Examples include: salad greens (the darker the more nutritious; romaine lettuce has 8 times the vitamin A and 6 times the vitamin C as iceberg lettuce), spinach, chard, broccoli, kale, and collard greens. For great health benefits that include a decreased risk of heart disease and cancer, **GO GREEN!** -WL, RD, LD

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Supplement to Devotional:

The Great Commission:

"Then Jesus came to them and said, 'All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.'" Matthew 28:18-20

For a really great article on the Great Commission, just go to: www.allaboutjesuschrist.org/the-great-commission.htm

Question to Ponder:

Who is God leading me to share Jesus with? -A neighbor, friend, co-worker, family member, someone in a different country? This can seem overwhelming at first, but remember that whatever God leads you to, He'll get you through. There are untold blessings that await those who step out in faith and obedience to share Jesus with others. Many people have incredible stories to prove it! We don't have to be Bible scholars... just share your story—how has Jesus changed your life? Focus on others and reach out in love.



Nourishment For the 'Soil': "Harvest Always Comes" -Heather Hoerst, Ohio

"You will always harvest what you plant." Galatians 6:7

When we look at a tree or flower, do we ever wonder how long it has been there? -To think that one day it started out as just a seed...

In the same sense, our words and actions are seeds. We must remember that we will always reap a harvest of what we sow. So, I thought: What am I sowing into the lives around me? What am I sowing into my future? Into my children's future? Am I sowing encouragement, love, blessings, or even hope? Whatever I choose to plant is what will



bloom in my life— and theirs, later.

I prayed and asked God to help me uproot any negative seeds and begin to sow only good seeds in my future. I want to keep the light of His Word on my lips and in my thoughts as my seeds. Then allow the refreshing water of His Spirit to pour out over and through me.

Keep planting those good seeds of faith because you'll see growth and enjoy the harvest of blessings that God promises.



Kitchen Connection: "Shamrock Biscuits"

Share about the Trinity with your child/children... and make a fun and yummy treat together!

1 tube of refrigerated biscuits
Green food coloring
Sugar

Mix some green food coloring with sugar. Use two biscuits for each shamrock. Take the biscuits and tear them in half. Place three of the pieces together to form a shamrock and use the other one to roll into a stem. Sprinkle the sugar on top and bake. You have green shamrock biscuits!

"Teaching Kids About the Trinity" Use a Braid as an Example...



St. Patrick's Day can be so much more than the day we drink green milk. It's a perfect time to explain the Trinity to our children. In her enlightening article "Teaching Kids about the Trinity: Help Children Understand the Father, Son, & Holy Spirit", Melissa Howard sheds light on how we can help our children (and maybe ourselves!) grasp this challenging concept. She uses a wonderful visual illustration: a braid. She recommends using a braid to demonstrate how it is made up of three strands and without even one, it is no longer a braid. But with 3 strands, it is strong. Check out the helpful *and brief* article at: americanfiction.suite101.com/article.cfm/teaching_kids_about_the_trinity -WL



What You're Reading ... Join the online community of readers.

What are YOU reading? Are you ever curious what your friends are reading and what they think of it? Do you ever wish you could get ideas for great books to read? There's a website that helps you do just that:

www.goodreads.com

You have access to all your friends' books and you can even browse a few. If you're into reading, you should check out this resource. -Kim Green, AZ

Do YOU have favorite blogs or helpful websites that you'd like to share with other moms? If so, email them to Wendy today for listing in a future issue of "the garden."

The Harvest: "Teaching Our Children How To Share Jesus' Love"



We know God wants us to share Jesus with others, but when it comes to our children, are we *showing* them ways to do that? Are we really *equipping* them?

As an example, a few years ago, the Lord gave us a wonderful opportunity to do just that. We had men in our basement working hard to finish it, so we decided to do something nice for them. We baked them cookies, and the Lord led me to take it further. We also prayed for them and their safety, and the kids drew a picture of them working and wrote "Thank you"... and "Jesus loves you" on it. They of course loved the cookies (and devoured them!), *and* it sparked a conversation about God with one of them. It was a great example for the kids... and so simple.

We can teach them to look for opportunities to share the love of Jesus and help others see Jesus in and through us. Have fun with being a "missionary" here at home! -WL