



SUPER MOMS: ONLINE!

Spring 2020- April 26, 2020

Super Moms Co-Leaders

♥ Liz Tuell- Pink

♥ Laura Crowson- Blue

♥ Shara Stefura- Green

♥ Olga Ivin- Red

♥ Kristi Wees- Purple

♥ Amy Solman- Yellow

Worship and Opening Prayer

The Blessing/Pittsburgh
Version

Link:

<https://www.youtube.com/watch?v=9qTHuwISBTQ>

What is SUPER MOMS?

Not Your Typical Support Group





5 years ago God placed
this group on my heart



Isaiah 40:31
*but those who hope in the LORD will **renew**
their strength. They will soar on wings like
eagles; **they will run and not grow weary,**
they will walk and not be faint.*



SUPER MOMS-
Empowered by God

Support for
Unique
People
Embracing
Renewal

Leaving the Diagnosis at the Door

This is not your
typical support
group

We won't be
discussing
therapies or
surgeries,
medication doses,
supplement or
protocols

We will be focused on
what GOD wants to
teach us, share with us
and the spiritual
wisdom HE wants to
impart to us about
ourselves and our
'fearfully and
wonderfully made'
children!

He loves each of us
and our KIDS
UNCONDITIONALLY,
no matter what
NAME the world
calls them or their
diagnosis, **HE CALLS**
them and us: **HIS**
BELOVED!

To let all Moms of special needs children
know that God loves them and their
children UNCONDITIONALLY

We
EXIST as a
SMALL GROUP

Numbers 6:24-26

“The Lord bless you and keep you;
The Lord make His face shine upon you,
And be gracious to you;
The Lord turn his face toward you,
And give you peace.” Amen

Main Scripture

<https://www.theologyofwork.org/>. www.ligonier.org

The Aaronic Blessing: Basically, God is saying, “My people, when you enjoy health, remember that My grace has given it to you. When you succeed, do not forget that I am its source. Recall that no good gift is possible without Me.”

God blesses people in countless ways—spiritual, mental, emotional, and material. But the focus here is on blessing people with words. Our good words become the moment of God’s grace in the lives of people. “So they shall put my name on the Israelites, and I will bless them,” God promises ([Num. 6:27](#)).

Every place it says “you” insert YOUR NAME!

What we are going to talk about today:



A GRATEFUL
HEART



40 DAYS



CLOSE
CONTACT



CLOSING
PRAYER



SPECIFIC
PRAYERS

A Grateful Heart -Shara



A GRATEFUL
HEART

Start Each Day with a Grateful Heart

Shara Stefura



What does God say about being grateful?

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.”

The Good News: God wants you to be happy, to pray to Him, and to always be thankful for all the blessings in your life. ...

“Give thanks to the Lord, for he is good; his love endures forever.”



- Psalm 107:1 (NIV) -“Give thanks to the LORD, for he is good; his love endures forever.”
- 1 Thessalonians 5:18 (NIV) – “Give thanks in all circumstances, for this is God's will for you in Christ Jesus.
- Colossians 4:2 (NIV) – “Devote yourselves to prayer, being watchful and thankful.”
- Colossians 3:15: "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."

Why Start Each Day With a Grateful Heart?

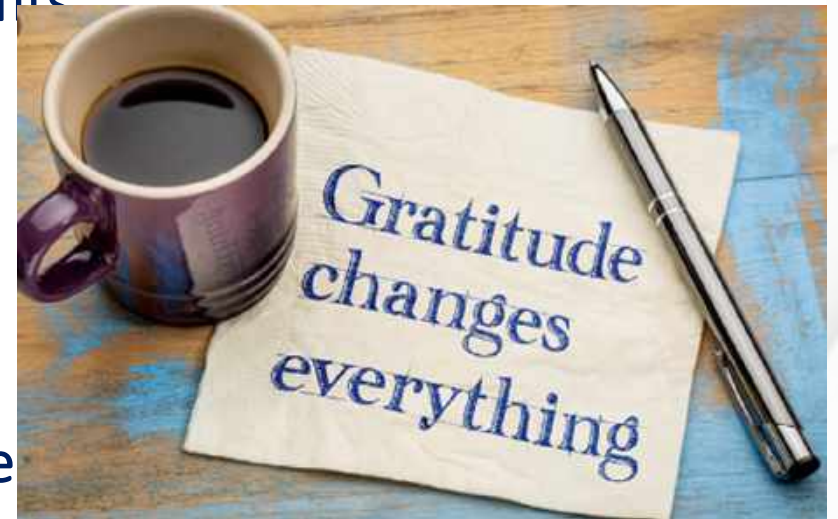
When you start each day with a grateful heart, you are inviting positivity to your day.

“Gratitude is the fairest blossom which springs from the soul.” – Henry Ward Beecher

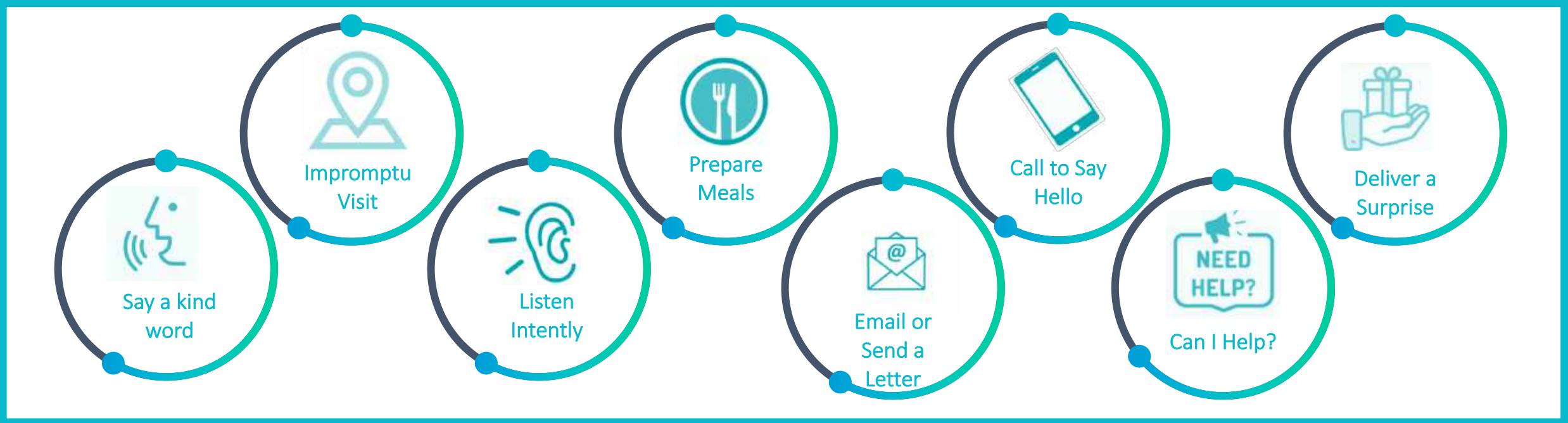
Philosophers and poets have long praised gratitude as one of the most desirable attitudes. Surely, each of us has much to be thankful for. Why not express our gratitude? It costs us nothing, yet yields countless benefits.

A positive mindset can lead to great things.
It will encourage you to improve and keep trying.
All you need to do is embrace all the possibilities.

Gratitude is a simple trait we must not forget to practice



Grateful Heart ideas to try during COVID 19?



Poll Questions

If you're struggling or maybe just looking for more ways to practice self-care during this time:

Don't Force It

- If you are having a hard time feeling grateful right now, **don't beat yourself up.**
- The best thing you can do for yourself during this time is give yourself the grace to process your emotions however you need to process them, and at your own pace.
- Practicing self-compassion and giving yourself space to first accept your own thoughts and feelings is critical.

Keep it Simple

- No need to complicate the gratitude process.
- Just take note of all the things that make you smile throughout the day, even if it's for a fleeting second.
- It's okay if that thing doesn't make you smile again tomorrow, or even in an hour.

Let's do a round robin with everyone on the call and one thing that made them grateful today..



Gratitude Prayer to Say Together

God, thank you for giving me life and happiness, for guiding me in the right path of peace and salvation.

Thank you God for all your blessings to me and my family, for the strength you give me each day and for all the people around me who make life more meaningful.

40 Days-Kristi



40 DAYS

March 16th - April 25th = 40 days

or

3,456,000 seconds

57,600 minutes

960 hours

40 days

5 weeks and 5 days

10.93% of 2020

40 Days-Kristi



THE #40

QUARANTINE

The Latin root of the word "quarantine" is "forty".

So what does the Bible say about the number 40?

The number 40 in the Bible



THE #40

- The flood lasted 40 days.
- 40 years Moses fled Egypt.
- 40 days Moses stayed on Mount Sinai to receive the 10 Commandments.
- Exodus lasted 40 years.
- Jesus fasted for 40 days.
- Lent is 40 days.
- 40 weeks for a pregnancy and 40 days for a woman to rest after giving birth.

40 = Change



THE #40

A group of theologians thinks the number 40 represents "change".

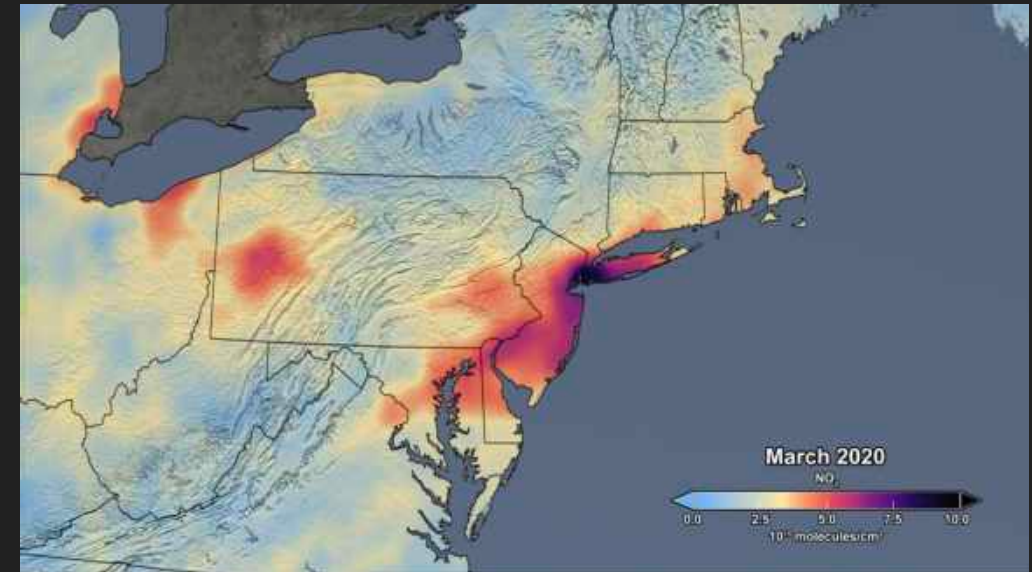
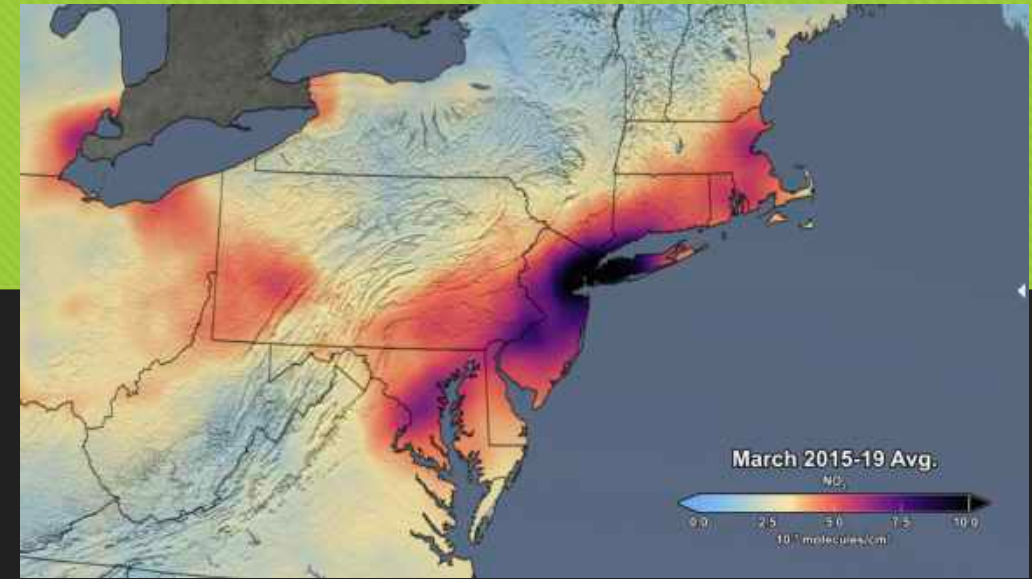
It is the time of preparing a person, or people, to make a fundamental change. Something will happen after these 40 days. Just believe and pray.

Remember, whenever the number 40 appears in the Bible, there is a "change".

Healing Our Land

Please know that during this "quarantine" rivers are cleaning up, vegetation is growing, **the air is becoming cleaner because of less pollution**, there is less theft and murder, healing is happening, and most importantly, people are turning to Christ.

The Earth is at rest for the first time in many years and hearts are truly transforming.



Source: Anonymous Facebook Post shared by a friend

<https://www.nasa.gov/feature/goddard/2020/drop-in-air-pollution-over-northeast>

Healing to our Bodies?



Areas with worse air quality are more vulnerable. Lombardy, Italy, has some of the worst air quality in Europe, and it is now Italy's hardest hit area with deaths from COVID-19. Six months before Wuhan, China, became the first center of deaths from COVID-19, residents there protested air pollution. Studies show people living in places with moderate air pollution were 84 percent more likely to die from the previous SARS coronavirus than those living in regions with cleaner air. The U.S. cities hardest hit by COVID-19 so far are also cities with poor air quality: the New York, San Francisco, and Seattle metro areas. Areas with the best air quality, such as Maine, Vermont and Hawaii, have fewer COVID-19 deaths per capita.

The Harvard study found, for example, that someone who lives for decades in a county with high levels of fine particulate pollution is 15% more likely to die from COVID-19 than someone who lives in a region that has just one unit (one microgram per cubic meter) less of such pollution.

<https://www.nationalgeographic.com/science/2020/04/pollution-made-the-pandemic-worse-but-lockdowns-clean-the-sky/>

<https://blogs.scientificamerican.com/observations/air-pollution-covid-19-and-earth-day/>

<https://www.hsph.harvard.edu/news/hsph-in-the-news/air-pollution-linked-with-higher-covid-19-death-rates/>

Family for 40



40 DAYS

So, during this time, enjoy it with your loved ones and return to the family altar together. Family prayer is a great blessing. Through prayer you will see the changes God can work in you and in your home.

Christ promises us that everything works together for the good for those who love God: Romans 8:28!

$$20 + 20 = 40$$



20+20

Remember also we are in the year 2020, and $20 + 20 = 40$.

Also, 2020 is the year of the United States Census. Jesus Christ, the savior of the world, was born during a census.

Lastly, 2020 is perfect vision. May our sight focus on the Lord and living according to His perfect vision for us knowing He holds us in the palm of His hand.

May these days of "quarantine" bring spiritual liberation to our souls, our nation, and our world.

The best is yet to come.

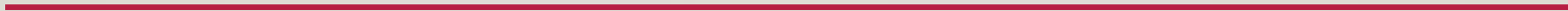
Trust in the Father, Son, and Holy Spirit!

Close Contact: Laura



CLOSE
CONTACT

CLOSE CONTACT





**DURING THIS TIME OF
QUARANTINE, WHAT IS YOUR
TIME BEING CONSUMED
WITH?**

- Work
- Full time cook
- Laundry
- Activities director
- Routine seeker
- Teacher

OFTEN TIMES
WHEN LIFE BEGINS
TO OVERWHELM
US...
WE FORGET
TO PAUSE AND
PRAY

If my people who are called by my
name, will humble themselves and pray
...2 Chronicles 7



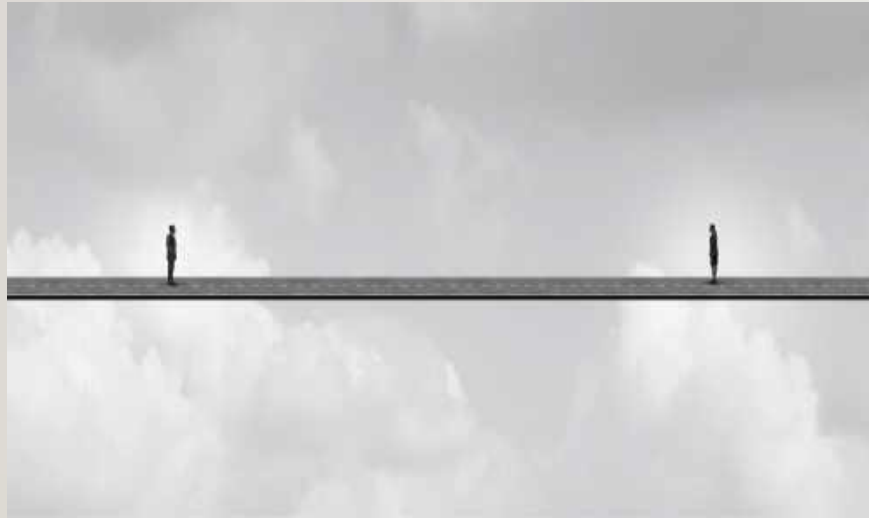


WE PAUSE THROUGHOUT THE DAY
TO FEED OUR BODY...

When was the last time, you
paused to feed your Spirit?

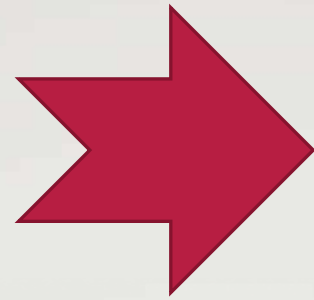


WHERE ARE YOU RIGHT NOW IN YOUR WALK WITH GOD?



WE WERE NOT DESIGNED TO LIVE THIS LIFE ON OUR OWN...

Survive



THRIVE



You have to plug yourself into the source!

WHICH ONE
DO YOU
CHOOSE?

BECAUSE IT IS A
CHOICE.

"I came that they may have
LIFE and have it
abundantly!" John 10:10

POLL QUESTION



**"THE SAME POWER THAT
RAISED CHRIST FROM
THE DEAD IS LIVING IN
YOU"
ROMANS 8:11**

*"Because he loves me, says the Lord, I will
rescue him. I will protect him for he
acknowledges my name. He will call on me
and I will answer him, I will be with him, and
honor him. With long life I will satisfy him and
show Him MY salvation."*

Psalm 91:4-16



REVIVAL HISTORY



PLAGUE DIES IN THE HANDS OF JOHN G. LAKE

In God's protection of John G. Lake and his staff was not enough during the plague that was killing masses in South Africa. John G. Lake was to prove yet again how powerful the name of Jesus truly is. He invited the other medical doctors to experiment with him, asking the doctors to take the lungs of the dead plague victims and study it under a microscope. Heating small pieces of germs by dry heat. Lake would vaporize all in the room when he asked the doctors to spread the infected lungs over his hands and declared that the germs would die. Once the lungs was placed in LAKE'S hands, the doctors observed the infection die miraculously.

WHAT HAPPENS WHEN YOU COME INTO CONTACT WITH THE LIVING GOD?

- Fear turns to Faith
- Frustration turns to Grace
- Despair turns to Hope
- Sickness turns to Healing
- And the impossible become the POSSIBLE!

WE DON'T KNOW WHAT TOMMOROW WILL BRING...BUT WE DO KNOW



- Take one step towards Him
- Put Him first in your life
- Take time to pray
- Find a quiet moment to listen
- Read His Word
- Act on His promises
- Listen to worship music

POLL QUESTION

Closing Prayer- Kristi



CLOSING
PRAYER

PRAYER OF SALVATION

Heavenly Father, I come to you in Jesus name and I believe with all my heart that Jesus is the son of God. He died on a cross to bear my sin debt, I open the door of my heart and of my life and Jesus **I INVITE YOU IN**. I receive you now to be my savior and my Lord. Amen

**IF YOU
ACCEPTED
JESUS INTO
YOUR HEART**

Text
REDEEMED
To
97-000
for Next Steps

SPECIFIC PRAYERS



Type your prayer request into CHAT box



Co-Leads will stay on-Line to pray



Leader will pray for individual prayer requests a few minutes after the main call ends, if you have a request stay on the line, if you don't you can hang up.

Spring Semester Dates

~~Feb 23rd~~

~~March 29th~~

~~April 26th~~

May 31st

SUPER MOMS
Empowered By God

Spring 2020

New Time!!
11am

Super Moms will meet on the following Sundays:

February 23
March 29
April 26
May 31

SWITCH ON YOUR BRAIN
The Key to PEAK HAPPINESS, THINKING, and HEALTH
DR. CAROLINE LEAF

Super Moms is a group for moms of special needs children. This semester we will be reading part 2 of "Switch on Your Brain" and doing a 21 Day Brain Detox. We meet at Victory Family Church once a month at 11am in Classroom A. Special Need Childcare is available with advanced reservation.

For More Information see our Facebook Group: Empowered Super Moms

Next Meeting – May 31st



Next Meeting-
11am on May 31st



Facebook Group-
EMPOWERED SUPER
MOMS



Pray that we can
meet in-person next
time!



Fear No More!



Books are available
on Amazon or our
Bookstore



Special Needs
Childcare available
when we meet in
person

TO CONNECT WITH OUR GROUP

Empowered Super Moms
Facebook Group

Message: Kristi, Laura, Liz,
Amy, Shara or Olga

Text 281-831-3481

Email: kristiwees@gmail.com

IF YOU HAVE ANY
NEEDS...

www.myvfc.info

UNEMPLOYMENT
RESOURCES

HELP YOUR
NEIGHBOR
COVID-19 Food Distribution

COVID-19 CARE
Get Help | Give Help

IF YOU HAVE ANY SPECIFIC PRAYER REQUESTS...

Type them in the chat box
and STAY ON THE LINE.

If you do not have a prayer
request, thank you for joining
us today and may you and
your family have a blessed
week!