

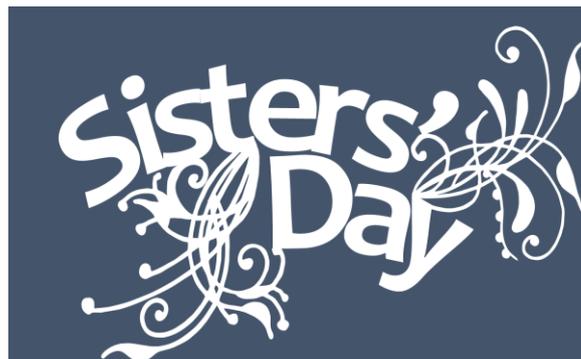
# Sisters' Day 2019



## The Power of Encouragement

*'Encourage one another and build each other up'*

*1 Thessalonians. 5:11*



## MORNING SESSION

10.30am	Register and refreshments	
10.55am	Please be in seats	
11.00am	Welcome and Announcements	Janet Priest
	Hymn: PTL 221 Lord the light of your love is shining	
	Prayer	Sue Collinge
	Introduction to the day	
	Reading: Psalm 46	Judith Room
	Hymn: PTL 12 Be still for the presence of the Lord	
	Talk: Encouragement - It's a gift!	Jan Smith
	Song: You raise me up	
	Poem: Encourage one another (Lance Priest)	Janet Priest
	Hymn: CHB 338 A new commandment I give unto you	
	Quiet time for Reflection	Judith Room
	Discussion – Encouragement	
	Song: The steadfast love of the Lord never ceases	
	Reading: If you dare believe (Henri Nouwen)	Yvonne Dube
	Hymn: PTL (16) 4 They will know us by our love	
	Announcements	Jackie Sprigg
	Prayer: Thanks for lunch	Kezia Reed
12.40pm	LUNCH – Enjoy!	
14.10pm	Please be back in seats	

## AFTERNOON SESSION

14.15pm Song The power of Your love

Collection Jackie Sprigg

Audience discussion feedback Janet Priest

Video The Lord's my shepherd

Talk: Proverbs 31 - A poem of celebration, even if you go to bed  
early and get up late Jo Kitchen

Hymn: PTL 232 My Jesus, my Saviour

Have you thought about? Sarah Follis

Poem: Always be kind Hannah Gaston

15.40pm Worship

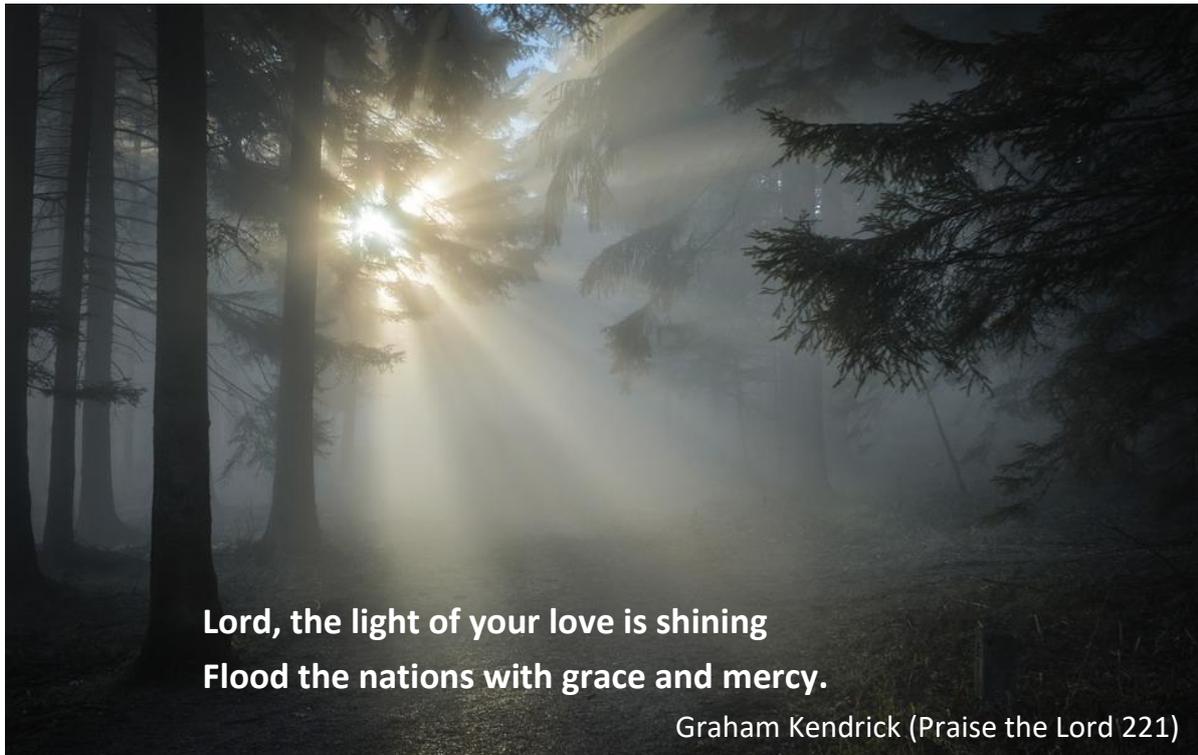
- CHB 159 O worship the Lord in the beauty of holiness
- PTL 80 My lips shall praise you
- PTL (16) 6 Come, now is the time to worship
- The steadfast love of the Lord never ceases
- PTL 272 Those who wait upon the Lord
- PTL (16) 19 Just let me say how much I love you
- PTL 121 What a friend we have in Jesus
- PTL 81 My peace I give to you
- CHB 388 We shall be like him
- PTL 118 We know that all things work together
- PTL (16) 30 There is a day

Closing Prayer Lesley Cowlshaw

Announcements Sue Collinge

16.30pm Hymn: PTL (2016) 9 Go Peaceful

*God's abundant blessings go with you*



**Lord, the light of your love is shining  
Flood the nations with grace and mercy.**

Graham Kendrick (Praise the Lord 221)

## Psalm 46

<sup>1</sup> God is our refuge and strength,  
an ever-present help in trouble.

<sup>2</sup> Therefore we will not fear...

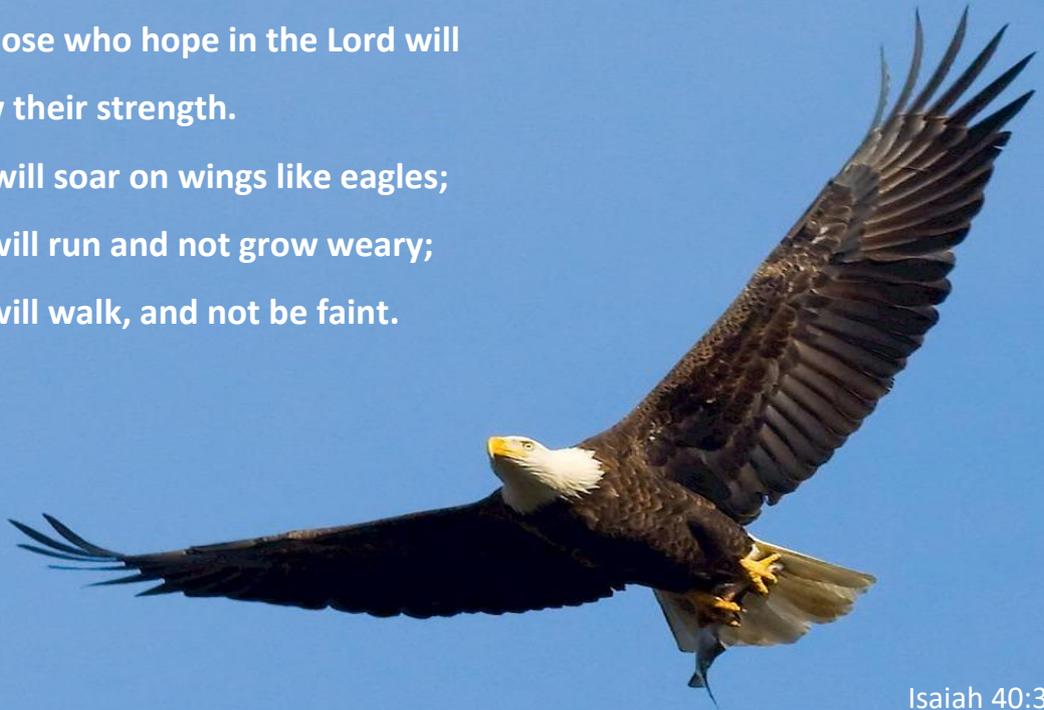
<sup>10</sup> He says, "Be still,  
and know that I am God..."

<sup>11</sup> The LORD Almighty is with us;  
the God of Jacob is our fortress.



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.



Isaiah 40:31

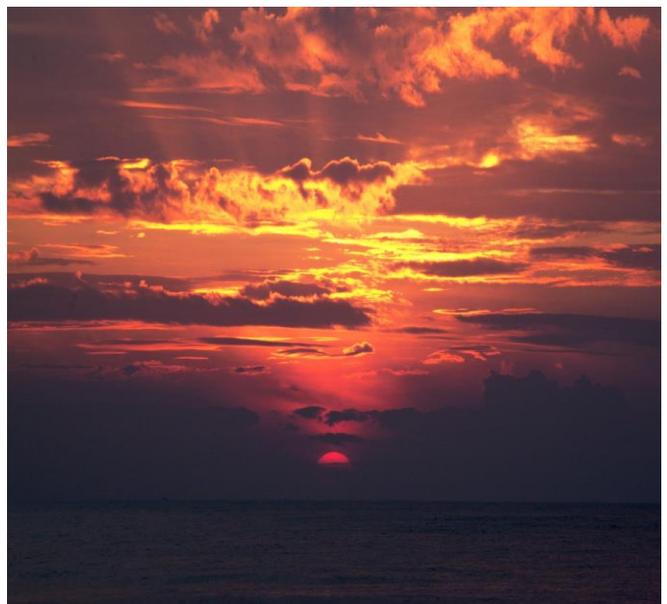
...Be strong and courageous.

Do not be afraid; do not be discouraged,  
for the Lord your God will be with you wherever you go.

Joshua 1:9

The steadfast love of the  
LORD never ceases;  
His mercies never come to an end;  
they are new every morning; great  
is your faithfulness.

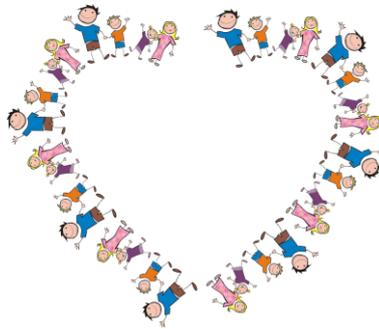
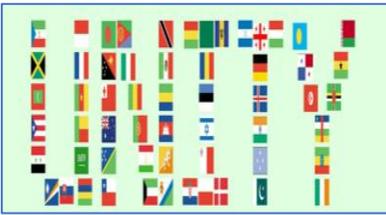
Lamentations 3:22-23 (ESV)



## Encourage One Another

Make encouragement your banner  
in the year that lies ahead.

In word and deed and manner  
by encouragement be led.



Encourage one another.

Live in unity and love.

Let each be to the other  
a blessing from above.

Encourage, build up and unify  
as our Saviour's day draws near,  
that Christ each need may satisfy  
through all who serve him here.

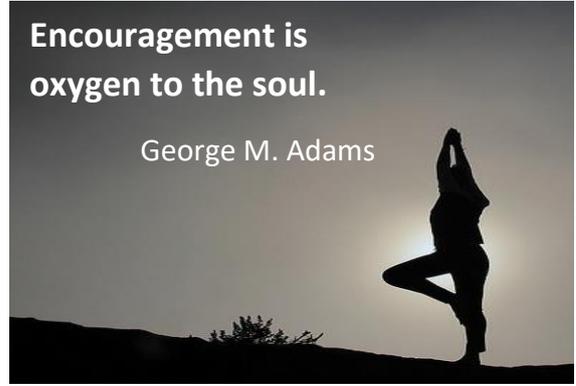
Encourage one another.

The Lord is by our side  
when we reach out to each other  
and our arms are open wide.

Lance Priest

Encouragement is  
oxygen to the soul.

George M. Adams



## If you dare to believe

If you dare to believe that you are beloved before you were born,  
you may suddenly realize that your life is very, very special.

You become conscious that you were sent here  
for just a short time, for twenty, forty, or eighty years,  
to discover and believe, that you are a beloved child of God.



The length of time doesn't matter.

You are sent into this world to believe  
in yourself as God's chosen one  
and then to help your brothers and sisters  
know that they also are beloved sons and  
daughters of God who belong together.

You're sent into this world to be a people of reconciliation.

You are sent to heal, to break down the walls  
between you and your neighbours, locally, nationally, and globally.

Before all the distinctions, the separations,  
and the walls built on foundations of fear,  
there was unity in the mind and heart of God.

Out of that unity, you are sent into the world  
for a little while to claim that you and every  
other human being belongs to the same God  
of love who lives from eternity to eternity.



Henri Nouwen

## The Lord's my shepherd (Psalm 23)



Stuart Townend <https://www.youtube.com/watch?v=pN4tPkX0MG0>

Too often we underestimate the power of a touch, a  
smile, a kind word, a listening ear,  
an honest compliment,  
or the smallest act of caring,  
all of which have the potential to turn a life around.

Leo Buscaglia



We can't help everyone but everyone can help someone.

Ronald Reagan



**There is no exercise better for the heart than reaching down and lifting people up.**

John Holmes

Not all of us can do great things,  
but we can do small things,  
with great love.

Mother Teresa





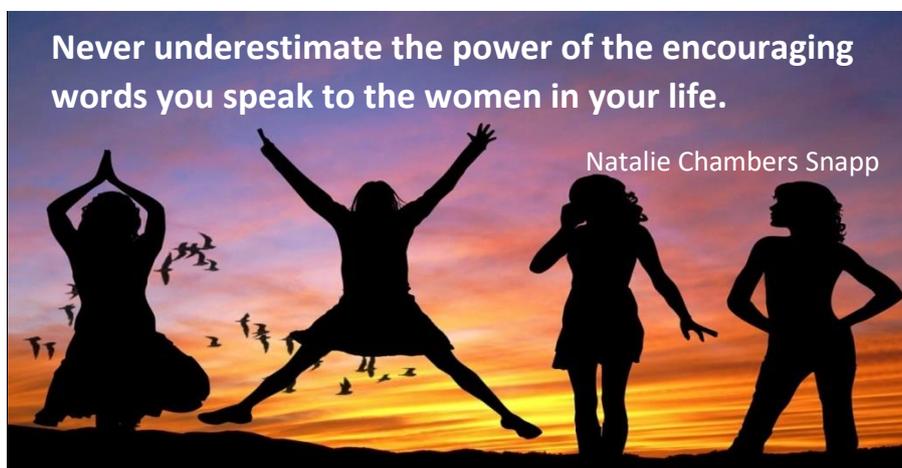
I've learned that people will forget what you said,  
people will forget what you did, but people will  
never forget how you made them feel. Maya Angelou



You never know when or how God will use you  
to change the course of someone else's day.

You never know when He will use you to be His  
voice.

You never know just how important  
your words of encouragement may be.



Never underestimate the power of the encouraging  
words you speak to the women in your life.

Natalie Chambers Snapp

Kindness is a gift of love from one human being to another.  
It flows from the heart of God, a soul connection deeper than words.



If someone listens,  
or stretches out a hand,  
or whispers a kind word of encouragement,  
or attempts to understand, extraordinary things begin to happen.

Loretta Girzortis

Who doesn't want to know that we notice them and value them?

And who might respond to us better  
when they feel that they matter?

It probably cannot be overstated – it matters...that people matter.

Steve Goodier



Butterflies don't know the colour of their wings  
but human eyes know how beautiful they are.  
Likewise, you don't see how good you are, but others can see  
that you are special.

Anonymous



Today will never come again.  
Be a blessing  
Be a friend.  
Encourage someone.  
Take time to care.

Anonymous

Try to be a rainbow  
in someone's cloud.

Maya Angelou



## Romans 8

<sup>18</sup> I consider that our present sufferings are not worth comparing  
with the glory that will be revealed in us.

<sup>37</sup> No, in all these things we are more than conquerors  
through him who loved us.

<sup>38</sup> For I am convinced that neither death nor life,  
neither angels nor demons, neither the present nor the future,  
nor any powers, <sup>39</sup> neither height nor depth,  
nor anything else in all creation,  
will be able to separate us from the love of God  
that is in Christ Jesus our Lord.

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## Notes

## Notes



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Helpline & Prayerline  
[0800 9545 099](tel:08009545099)

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