

Slide #13 He shares everything with me and I with him.



Slide #14 Being an encourager to him...



What about mending broken friendships or crying over busted relationships?

You are trying to be the one that does everything, all things, ties up all the loose ends and smiles pretending everything is just “hunky dorey?”



Hey I am tired...

Slide #17



Can we just go take a nap or something?

Slide #18

I think I am hopes, tasks



safe to say we are all tired. If we aren't so very careful our dreams. and life can outright take all of our joy.

Slide # 19

We need to keep things in balance!!



I feel so small in this big wide world. I can't do it all. Furthermore, I know I can't do it all, but I have noticed that I do have some abilities that with Christ's strength....

I CAN BE A SUPERWOMAN! A SUPER WOMAN OF GOD!!!!

With SUPER BREATH:

Can you picture Superwoman blowing that cold front in to save a planet or the world in some way...maybe she's freezing a nuclear bomb, extinguishing a major forest fire or something but I too have the ability to have SUPER BREATH. Look what it says in Proverbs 31:26

“she speaks with wisdom and faithful instruction is on her tongue”NIV

KINDNESS..I have the capability to show that wonderful beautiful thing.

Slide #20



Slide #21

Kindness can “freeze” things in a good way. It has volatile situations, soothe, encourage and motivate.



the ability, the power, to diffuse

Slide#22

I have got to remember that I possess the ability, the power to be kind and it is always, always, available. I need to use the power of kindness (not wimpiness). I need to use Super Breath!!

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up; according to their needs, that it may benefit those who listen”
-Ephesians 4:29

SUPER SIGHT: I am talking about FAITH

Superwoman can see from one city to the next but look how far we can see when we have faith... WOW, now there's a SUPER word. Faith is seeing the impossible. Let's look at Abraham...

“By FAITH Abraham, when called to go to a place he would later receive s his inheritance, obeyed and went, even though he did not know where he was going”

-Hebrews 11:8

Faith is seeing BEYOND what we are experiencing, facing, emotionally, physically and emotionally... trust me I have been there and I used the power of having SUPER SIGHT with faith in Jesus Christ!! Super sight...looking with eyes of faith is so important because it gives us the power to be more focussed . It enables us to grow and move forward in our lives!

SUPER SPEED



Slide #23

I don't know about you but I have

I don't jog, skip, hop for obvious reasons because you can relate, right?



slowed down over the years... speed wise.

reasons at age 63 LOL..and you laugh only

We may not be able to fly, like Superwoman around the world in a few seconds (sure we would save on air fare and vacationing costs, right?) but look how fast we can accomplish things through prayer:

“And this the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us...whatever we ask—we know that we have what we asked of him”

- I John 5:14,15

How many times have we gone digging and crawling for Jesus and we can't even find one iota of our best Friend in our lives because our joy has been “lost” for lack of a better description....

and we sigh because we remember we left Him out. I've done this ...I've even done this “in His Name”, You know, ministry in the name of Jesus, except Jesus was never asked or invited in the first place.

Super Speed can only be accomplished through prayer. Without us kneeling, standing or falling on

our faces, in prayer before our Heavenly can we move forward in victory!

You and I will not be able to go ahead with peace, joy, victory unless we are faithful in spending time in prayer waiting to hear from HIM ...not to hear what we want to hear, but to HEAR HIM guiding us...otherwise we are doing it in our own strength and not with His strength and wisdom!

The Lord knows our past and future...The Lord knows what we need before we ask but we need to go and ask. **As Christians we all have the ability to pray. We can have SUPER SPEED !!**

We are able to fly across the universe up to the heavens and instantly be in contact with our CREATOR/MAKER. How many of us use that Super ability like we should?

SUPER STRENGTH

I don't know about you but I run out of strength quickly when I do all on my own... without my immediate family, my church family and most importantly the Lord's strength. When we go in the Lord's strength we are way more powerful than a locomotive. I sometimes feel just totally worn out. I am too weak to do anything on my own strength...like I am going to collapse.

Each time God uses life's burdens and curve balls to draw me closer to Him, I come out the other side stronger and ...weaker. That probably makes no sense to some but for me, life this side of heaven constantly reminds me just how weak and worthless I am without God's love and mercy.

No matter how brutal life's blows can get, I never regret the opportunity to reconnect with my weakness .Weakness reminds me of what's REALLY important. It reminds me that I should stop placing my hope and trust in earthy stuff. Weakness reminds me to stick to what I know...TO REDISCOVER THE TRUTH...AND "SELL IT NOT.!"

Slide #24

While there are moments have .like when you going on in the feel like you're



moments in this "season" that I'm a complete wreck, most of my been gently wrapped in "His Grace bubble".. know you should be freaking out about all the "crisis type" things lives of those you love (including your own life) and yet you somehow able to fly with super "wings of grace".

I am not talking about denial or self deception—thinking everything is OK, when it is clearly

not—ignoring the “real” issues.

NO. I’m talking about the Super Power lift that allows you to “soar on wings of eagles”

This is when I need SUPER STRENGTH!...God’s strength, your strength, my family’s strength and my friend’s strength. I know I sure wouldn’t get very far on my own.

Slide #25



Slide #26

I love that passage in **Isaiah 40:28-31**

***“Do you not know? Have you not heard?
The Lord is the everlasting God, the Creator of the ends of the earth.
He will not grow tired or weary and his understanding none can fathom.
He gives strength to the weary; and increases the power of the weak,
Even youth grows tired and weary and young men stumble and fall.
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”***

AND I love what Paul says, which by the way is my favourite verse, in **Philippians 4:13,**

“I CAN DO ALL THINGS THROUGH CHRIST WHICH STRENGTHENS ME”

Paul inspires me about God’s strength. He knew what it was to struggle and fight and face crisis after crisis, but he did not give up. He moved forward with SUPER STRENGTH!!!!

He knew that when he faced infirmities, reproaches, necessities of life, persecutions, distresses that

“when he was weak, then he was strong” in Christ_
(2 Cor. 12:10)

Superwoman doesn’t look good on me and I am going to be presumptuous and say it doesn’t

look good on you either. (Have you seen blue shiny leggings on anyone? Yeah, blue metallic leggings are probably not our best look if you are over the age of 50 and have lived any kind of life. I personally am going to advise against them)

Relying on the Lord's strength is what enables us to have power AND bring out that SUPER STRENGTH!

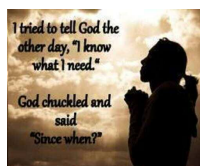
I may not be "Superwoman" but with Christ I have the SUPER POWER abilities that are beyond what I would without Him. Thank the Lord, no tights involved. We are to be clothed in righteousness and holiness,

"And to put on the new self, created to be like God in true righteousness and holiness"

- Ephesians 4:24

It's not the things that we think we want or what other women strive for or even achieve that I should or you should be focussed on...

Slide #27



It's holiness that we should be striving to attain. Other things will fall into place or even fall away if they need to, if I am keeping my life holy. Holy living is not spoken about much these days, but it is one of the ways others know we obtain access to Super Power, which is Christ.

Slide #28



THERE IS NO POWER without plugging into Christ!!

It's nice to endeavour to be all we can be. That's what that the passage in Proverbs 31 is all about. It's great to strive to be and do all those "beautiful" things. It's nice to be well rounded (like me LOL) and have various interests and skills as women **I just think sometimes we need to slow down and get POWERED" back up to live in a holy way.**

Superwoman is so recognizable in her suit but we are to be suited up with holiness. My life will

scream

that I'm one of Christ's Super Kids when I am wearing holiness just like that big "S" on Superwoman tells us who she is.

You know, we do "kryptonite". You

that it sin, disobeying God and

weakens us until we are no longer able to bend "steel", it slows us down. It weakens our faith, crippling us. It gets our lives in a tangled mess. It hurts us. It can lay us out long, low and desolate.



have our own probably guessed knowingly His Word. This

Ladies, let face it, "ain't nobody that I know needing shiny leggings hanging in their closet! Your kids, and your family may think so...

Slide # 29

Keep walking,



Superwoman! Keep trusting in the one and only true God!

Keep falling

forward into His never ending grace. And when you feel like hope is gone go back to Truth. And don't sell it for anything. Always remember, for every "yucky" "blah" thing you will endure, God is!

I know I need to spend more time in God's Word

Seriously, remember that old quote:

Slide #30 This book will keep you from sin or sin will keep you from this book"

More time in prayer



Slides #31

Make decisive choices so that my abilities are sharpened. I need to work on areas of my life to avoid “kryptonite” (bitterness, not being kind, lack of faith,) destroying me”,

I want my faith to help me to keep leaping over those tall buildings, mountains, obstacles with a single bound. I want to go further, I want to soar like an eagle, and last longer with more SUPER power.

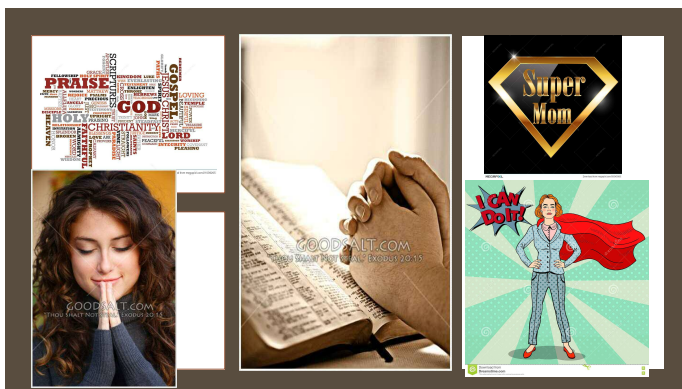
I can only do that by relying on the GREATEST SUPER POWER OF THE UNIVERSE’S strength...

AND THAT IS THROUGH JESUS CHRIST THE LORD and making sure that I am living my life in a holy powerful way!

Be a Super Mom, be the SUPER YOU
with the strength and power of God!!!

Slide#32

*Be empowered just like Ephesians 6:10 says...
“...Be strong in the Lord,
and His mighty power!”*



**AFTER SERVICE SONG:
EVERLASTING GOD**