BETHEL AFRICAN METHODIST EPISCOPAL CHURCH
Reverend Dennis E. Hughes, Pastor
Reverend Valerie V. Hughes, Advisor

W.O.K.E. Women NEWSLETTER

Wisdom-Obedience-Knowledge-Empowerment



Message from Rev. Val

Grace and Peace, My Sisters,

"Always giving thanks to God, the Father for everything, in the name of our Lord Jesus Christ. Ephesians 5:20

As we approach the final quarter of 2026 two words resonate in my spirit "THANK YOU". Gospel artists Kirk Franklin and Karen Clark Sheard has a song titled "Thank You For Everything." I encourage you to take the time and listen. No matter what you have gone through in 2026 or presently going through this song will minister to your spirit. The lyrics touch every area allowing us to be grateful for God's presence. We can be assured God has purpose for everything in your life.

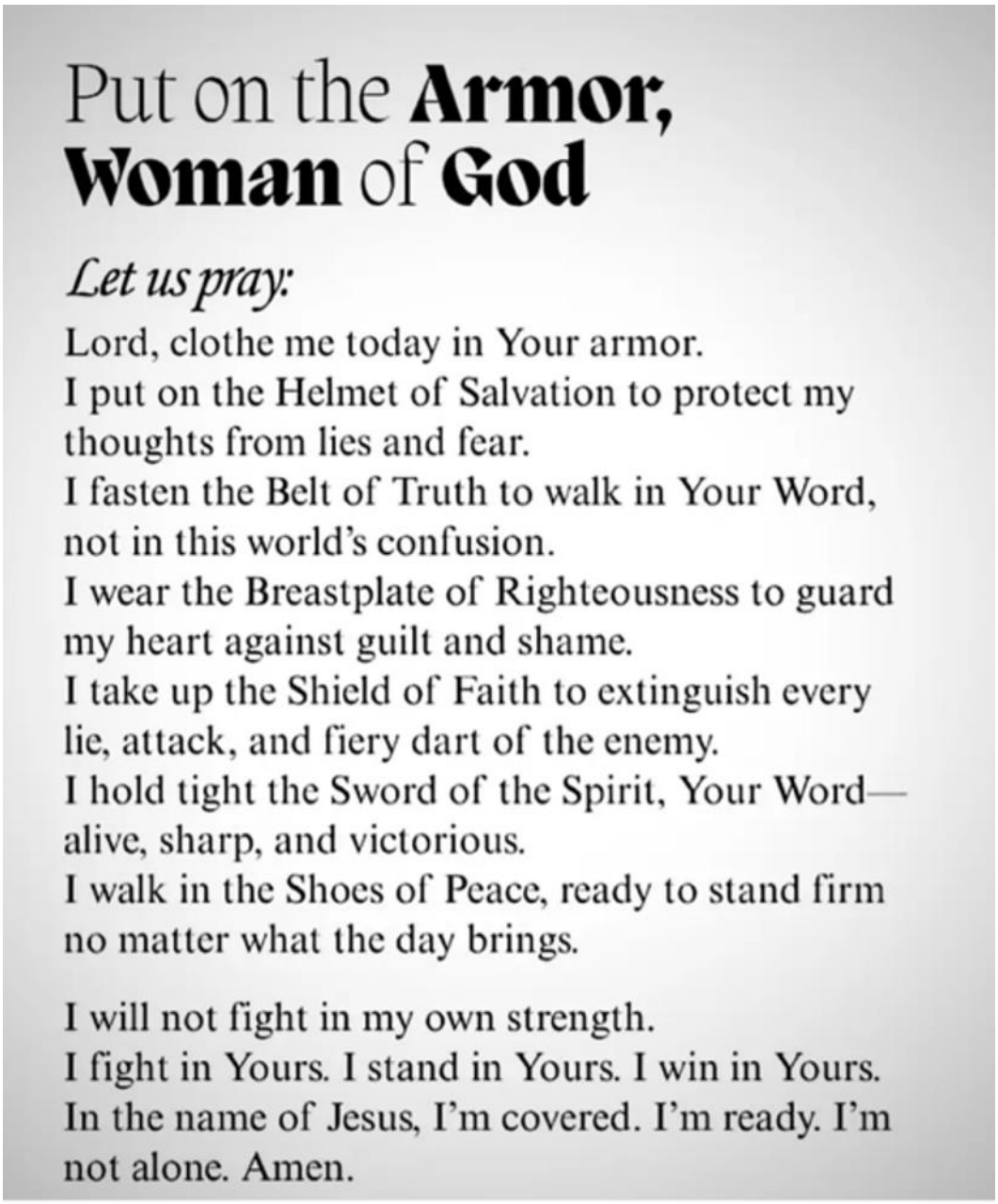
Thank you to everyone. Happy reading. Let us give thanks to the Holy One.
Thank You For Everything song link: https://tinyurl.com/4v553dsx

Much Love,
Rev Valerie

Mission

Our Women's Ministry *seeks to equip women to minister to others with the common goal of doing the will of God. We are committed to creating an atmosphere where women can experience spiritual maturity and fellowship. It is our desire to develop friendship, support, and resources to encourage women within our community and church by sharing God's love.*

Hope Filled Quiet Time Prayer



Put on the **Armor, Woman** of **God**

Let us pray:

Lord, clothe me today in Your armor.
I put on the Helmet of Salvation to protect my thoughts from lies and fear.
I fasten the Belt of Truth to walk in Your Word, not in this world's confusion.
I wear the Breastplate of Righteousness to guard my heart against guilt and shame.
I take up the Shield of Faith to extinguish every lie, attack, and fiery dart of the enemy.
I hold tight the Sword of the Spirit, Your Word—alive, sharp, and victorious.
I walk in the Shoes of Peace, ready to stand firm no matter what the day brings.

I will not fight in my own strength.
I fight in Yours. I stand in Yours. I win in Yours.
In the name of Jesus, I'm covered. I'm ready. I'm not alone. Amen.



In every season of life whether in joy, hardship, growth, or stillness, there is always a reason to give thanks and praise to God. The Bible calls us to “Give thanks in all circumstances; for this is the will of God in Christ Jesus for you” (1 Thessalonians 5:18). That’s why intentionally offering prayers of praise and thanksgiving not only glorifies God but also lifts our spirits and draws us into deeper relationship with Him

A prayer of gratitude is simply giving thanks to God in humility and love. We are called to love God by Christ Himself and this means gratitude of the heart for the mercy and grace of God! Thanksgiving isn't meant to be a single day of the year, but a life focused on being grateful.

When we focus on gratitude, our perspective changes. Instead of dwelling on problems, we remember how faithful God has been. Prayers of praise and thanksgiving bring peace, hope, and strength, aligning our hearts with God’s will.

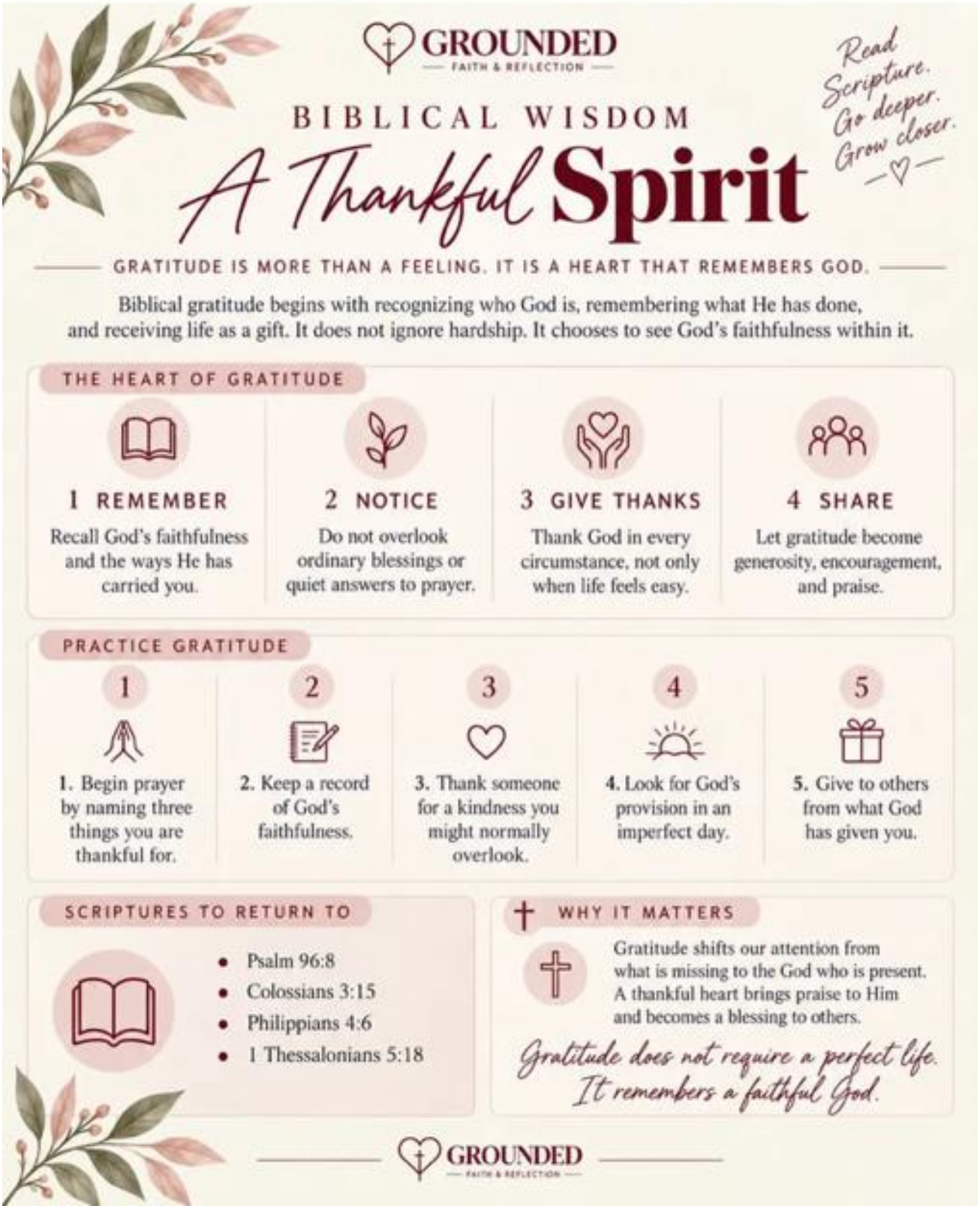
20 Prayers of Gratitude and Thanksgiving to Give Thanks to God

40 Powerful Prayers of Praise and Thanksgiving

Thankfulness is more than a moment—it’s a posture of the heart. In a world filled with distractions, challenges, and constant demands, taking time to pause and express gratitude to God recenters our faith and reminds us of His goodness. Whether you’re preparing for Thanksgiving Day, reflecting on God’s blessings throughout the year, or simply wanting to cultivate a lifestyle of gratitude, offering heartfelt prayers is a powerful way to draw closer to Him.

In this post, you’ll find 40 thanksgiving prayers and blessings that help you slow down, appreciate God’s faithfulness, and speak life-giving words of gratitude. These prayers will strengthen your spirit, uplift your heart, and help you recognize the countless ways God continues to provide, protect, and pour out His love.

https://psalmsandprayersdaily.com/thanksgiving-prayers-and-blessings/#google_vignette





Thanksgiving is a special time to be thankful, reflect, and celebrate. It's a moment to show our appreciation for the good things we've experienced throughout the year.

Whether you're with family and friends or taking a quiet moment alone, it's the perfect time to say Thanksgiving prayers and show gratitude for what you have.

This year, as we gather to celebrate Thanksgiving, let's remember to celebrate the greatest gift of all — salvation through the Lord Jesus Christ.

Here are 17 Bible verses to help you reflect on the abundant blessings of God

Please note that all Bible verses are from the NIV unless otherwise noted.

1 Thessalonians 5:16-18

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

Psalm 103:1-4

Praise the LORD, my soul; all my inmost being, praise His holy name. Praise the LORD, my soul, and forget not all His benefits — who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion.

Colossians 2:6-7 (NKJV)

As you therefore have received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving.

Isaiah 12:4-5 (NASB)

And on that day you will say, "Give thanks to the LORD, call on His name. Make known His deeds among the peoples; make them remember that His name is exalted." Praise the LORD in song, for He has done glorious things; let this be known throughout the earth.

James 1:17

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

1 Chronicles 16:34 (ESV)

Oh give thanks to the LORD, for He is good; for His steadfast love endures forever!

Hebrews 12:28

Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, for our "God is a consuming fire."

Psalm 95:1-5 (NKJV)

Oh come, let us sing to the LORD! Let us shout joyfully to the Rock of our salvation. Let us come before His presence with thanksgiving; let us shout joyfully to Him with psalms. For the LORD is the great God, and the great King above all gods. In His hand are the deep places of the earth' the heights of the hills are His also. The sea is His, for He made it; and His hands formed the dry land.

Philippians 4:4-7

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Psalm 118:24 (ESV)

This is the day that the LORD has made; let us rejoice and be glad in it.

Colossians 3:15-17

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.

1 Chronicles 29:13 (NKJV)

"Now therefore, our God, we thank You and praise Your glorious name."

Ephesians 5:18-20 (NASB)

… but be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your hearts to the Lord; always giving thanks for all things in the name of our Lord Jesus Christ to our God and Father.

Psalm 107:1-3 (ESV)

Oh give thanks to the LORD, for He is good, for His steadfast love endures forever! Let the redeemed of the LORD say so, whom He has redeemed from trouble and gathered in from the lands, from the east and from the west, from the north and from the south.

Hebrews 13:15

Through Jesus, therefore, let us continually offer to God a sacrifice of praise — the fruit of lips that openly profess His name.

Psalm 119:1-8

Blessed are those whose ways are blameless, who walk according to the law of the LORD.

Blessed are those who keep His statutes and seek Him with all their heart — they do no wrong but follow His ways.

You have laid down precepts that are to be fully obeyed. Oh, that my ways were steadfast in obeying your decrees! Then I would not be put to shame when I consider all your commands.

I will praise you with an upright heart as I learn your righteous laws. I will obey your decrees; do not utterly forsake me.

2 Corinthians 9:15

Thanks be to God for His indescribable gift!


30 DAYS OF
THANKSGIVING
SCRIPTURE CHALLENGE
Each day, read the scripture and take a moment to thank God for something in your life.
LIFE'S LITTLE SECRETS
Day 1: Psalm 107:1 ..... Give thanks to the Lord.
Day 2: 1 Thessalonians 5:18 ..... Be thankful in all circumstances.
Day 3: Psalm 100:4 ..... Enter His gates with thanksgiving.
Day 4: Colossians 3:15 ..... Let thankfulness fill your heart.
Day 5: James 1:17 ..... Every good gift comes from God.
Day 6: Philippians 4:6 ..... Pray with thanksgiving.
Day 7: Psalm 118:24 ..... Rejoice in the day God made.
Day 8: Colossians 3:17 ..... Give thanks in everything you do.
Day 9: Psalm 136:1 ..... God's love endures forever.
Day 10: Ephesians 5:20 ..... Always give thanks to God.
Day 11: Psalm 9:1 ..... Thank God with your whole heart.
Day 12: 2 Corinthians 9:15 ..... Thank God for His wonderful gift.
Day 13: Psalm 28:7 ..... Praise Him with a thankful heart.
Day 14: Hebrews 12:28 ..... Worship God with gratitude.
Day 15: Psalm 95:2 ..... Come before Him with thanksgiving.
Day 16: Colossians 4:2 ..... Stay faithful in thankful prayer.
Day 17: Psalm 103:2 ..... Remember God's blessings.
Day 18: 1 Chronicles 16:34 ..... Thank God for His goodness.
Day 19: Philippians 4:11 ..... Learn to be content.
Day 20: Psalm 69:30 ..... Praise God with thanksgiving.
Day 21: 2 Corinthians 4:15 ..... Let gratitude overflow.
Day 22: Psalm 34:1 ..... Praise the Lord at all times.
Day 23: Colossians 2:7 ..... Overflow with thankfulness.
Day 24: Psalm 30:12 ..... Give thanks forever.
Day 25: Lamentations 3:22-23 ..... Be thankful for new mercies.
Day 26: Psalm 116:12 ..... Remember what God has done.
Day 27: 1 Timothy 4:4 ..... Receive God's gifts with thanks.
Day 28: Psalm 92:1 ..... It is good to give thanks.
Day 29: Luke 17:15-16 ..... Remember to thank Jesus.
Day 30: Psalm 150:6 ..... Let everything praise the Lord.



Sunday, November 29, 2026 - Thursday, December 24, 2026

The season of Advent is a time of expectation, when we prepare our home and our hearts to celebrate the birth of Jesus on Christmas Day. The word Advent is derived from the Latin word adventus, which means “coming”.

Advent is a season of hope, a time to nurture peace and experience joy in anticipation for the love that is made incarnate with the birth of Jesus**.**

AN ADVENT GUIDE

The traditional Advent season invites participants into four weeks of deep reflection on the advent, or arrival, of God in Jesus of Nazareth, as well as on his promised return. From focused prayer and Scripture reading, to candled wreaths and embellished calendars, Advent celebrations vary widely. But all Advent practices share a heightened anticipation for God’s arrival. More than a countdown to Christmas, Advent embraces the way of Jesus and encourages hopeful waiting, courageous peace-making, resilient joy, and self-giving love in our still-suffering world.

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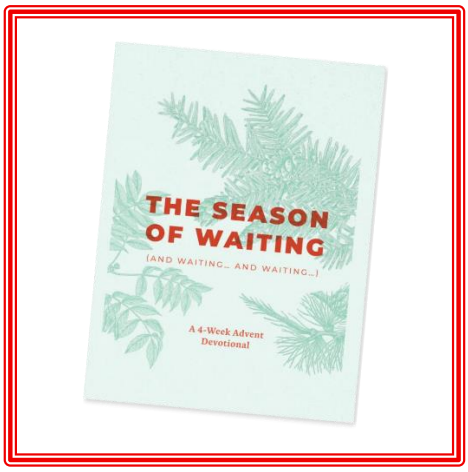
- The Meaning and Significance of Advent
- The Four Weeks of Advent

- Hope
- Peace
- Joy
- Love
- Embracing the Season: Modern Advent Traditions

ADVENT 2026 CALENDAR

The word “advent” comes from the Latin adventus, meaning “coming” or “arrival.” During the Advent season, we remember the first arrival of Jesus in history and look forward to his return when he will renew all of creation. Advent shapes communities to pray, give, and worship while they learn to wait with expectation. This season teaches us to lament the world’s fractures, to practice generous love, and to live as people formed by God’s future. We light candles, read Scripture, and set our hearts on the story of God coming to dwell with humanity. Journey with us through this Advent season with these daily Scripture readings and reflection questions.

Advent 2026 Calendar (Download)



The Season of Waiting:

A 4-Week Advent Devotional

Inside this free 4-week Advent Devotional, you’ll find daily entries that walk you through Advent and Christmastide. There are daily short reflections, scripture to

mull over, and discussion questions to ask around the dinner table. Use this guide on your own, with your family, or grab a few friends or small group.

https://katebowler.com/seasonal_devotional/advent2022/


LIFE'S LITTLE SECRETS
25 DAYS OF CHRISTMAS
WITH JESUS
SCRIPTURE CHALLENGE
Each day, read the scripture and take a moment to celebrate the true meaning of Christmas!
Day 1: Isaiah 9:6 ..... Jesus is the promised Savior.
Day 2: Luke 1:26-28 ..... An angel brings good news.
Day 3: Luke 1:30-33 ..... Jesus will be the Son of God.
Day 4: Luke 1:38 ..... Mary said, "I am the Lord's servant."
Day 5: Matthew 1:18-20 ..... An angel speaks to Joseph.
Day 6: Matthew 1:21 ..... He will be called Jesus.
Day 7: Luke 2:1-5 ..... Mary and Joseph travel to Bethlehem.
Day 8: Luke 2:6-7 ..... Jesus is born in a simple place.
Day 9: Luke 2:8-10 ..... Angels tell the good news to shepherds.
Day 10: Luke 2:11 ..... A Savior has been born!
Day 11: Luke 2:12 ..... You will find a baby wrapped in clothes.
Day 12: Luke 2:13-14 ..... A multitude of angels rejoice.
Day 13: Luke 2:15-16 ..... The shepherds go to see Jesus.
Day 14: Luke 2:17-20 ..... They tell others what they saw.
Day 15: Matthew 2:1-2 ..... Wise men see His star.
Day 16: Matthew 2:9-11 ..... They worship Jesus and give gifts.
Day 17: Matthew 2:12 ..... They go home another way.
Day 18: Luke 2:25-26 ..... Simeon sees Jesus, the promised One.
Day 19: Luke 2:27-32 ..... Jesus is a light for all people.
Day 20: Luke 2:33-35 ..... Jesus brings hope and redemption.
Day 21: Matthew 2:13-15 ..... God protects Jesus.
Day 22: Hosea 11:1 ..... Jesus fulfills the prophecy.
Day 23: Matthew 2:19-23 ..... They return to Nazareth.
Day 24: John 1:14 ..... The Word became flesh and lived among us.
Day 25: John 3:16 ..... God gave His Son because He loves us.





8 Important Ways for Christians to Care for Their Mental Health

As Christians, it is crucial to understand that mental health is just as important as physical and spiritual health. Too often, the topic of mental health is overlooked or minimized within the church, but it is time to change that narrative. God, who created us in His image, is deeply concerned with every aspect of our well-being. Our minds are powerful, and when they are not nurtured, they can quickly spiral into a state of dysfunction. This can be seen as anxiety, depression, stress, or even spiritual dryness. Caring for our mental health is not a sign of weakness but an act of stewardship over the life that God has entrusted to us.

1. Acknowledge the Importance of Mental Health
2. Renew Your Mind with God's Word
3. Lean into Prayer and the Presence of God
4. Seek Support from the Body of Christ
5. Rest and Take Care of Your Physical Body
6. Practice Gratitude
7. Address Mental Health Struggles with Professional Help
8. Set Boundaries and Prioritize Self-Care

Caring for your mental health is not a one-time task but an ongoing process. It involves spiritual, emotional, and physical well-being. As Christians, we have access to the ultimate source of peace and healing—Jesus Christ. By renewing our minds with His Word, seeking His presence, engaging in community, caring for our bodies, and being open to professional help when needed, we can experience the mental health that God desires for us. In 3 John 1:2 (NKJV), the apostle John writes,

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."

God desires for us to be whole in every aspect of our lives—spirit, soul, and body. Let us take the necessary steps to care for our mental health, knowing that we are honoring God when we do so. But I thought there were only 8? The reality is that caring for your mental health involves more than just the simple, easy steps. It's an ongoing, multifaceted journey that calls for holistic care—mind, body, and spirit. Sometimes, it's easy to think that if we just pray, read the Word, or focus on one thing, everything will fall into place. But the truth is, our mental well-being is complex, and there is no one-size-fits-all approach. These eight steps are just a starting point—a guide to give us direction as we walk in the fullness of God's peace. It's not about perfection but progress and trusting that with God's help, we can continually grow stronger in every area of our lives. Let us take the necessary steps to care for our mental health, knowing that we are honoring God when we do so.

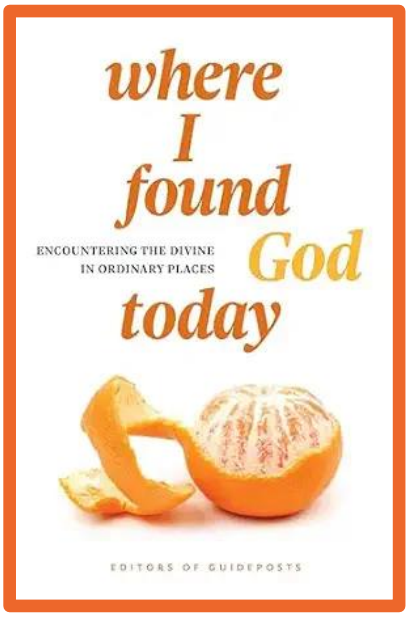
Entire Ariticle:

https://www.christianity.com/wiki/mental-health/8-important-ways-for-christians-to-care-for-their-mental-health.html



- God may delay or deny our request, but He will never disappoint our trust.
- The heart of worship is worship from the heart.
- Praise is the voice of faith.
- Spending time with God puts everthing else in perspective.
- We worship a God who is greater than any of our greatest problems.
- God's presence with us is one of His greatest presents to us.

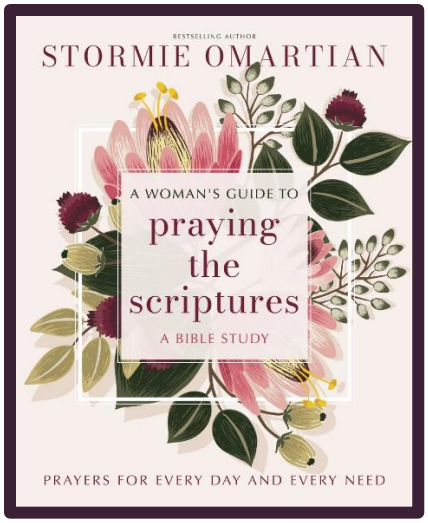
BOOK CORNER



What if you could find God not only in grand spiritual experiences but also in the ordinary moments of life? Where I Found God Today invites you on a heartfelt journey through more than 100 devotions that reveal how everyday events—opening a jar of salsa, walking down the supermarket dairy aisle, or placing a sign in a window—can spark extraordinary connections with the divine.

Twenty-seven authors share deeply personal stories of encountering God in unexpected ways. Some devotions are quick, bite-sized reads, perfect for busy days, while others delve deeper, taking you on a more profound journey. Each devotion begins with scripture for reflection and ends with an action step to help you discover God's presence in your own life.

This collection of devotions will help you see the extraordinary presence of God in life's ordinary moments. All it takes is a moment to pause, open your heart, and let Him in.



Do your prayers feel vague, scattered, or stuck in a monotonous cycle? In a world shaped by instant answers and constant noise, many women long for a deeper prayer life but aren't sure how to begin—or how to keep going when answers seem delayed.

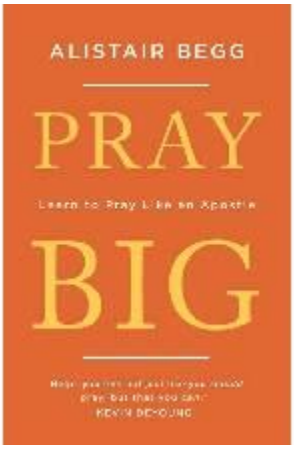
A Woman's Guide to Praying the Scriptures helps you return to the place where confident prayer begins. With warmth, biblical wisdom, and the steady guidance that has made her a trusted voice to millions, Stormie helps you bring every need, worry, and hope to God—anchored in the truth of His Word.

Through 40 Carefully Curated Prayers You Will:

- Learn how to pray the Scriptures for everyday needs and difficult seasons
- Gain greater confidence that your prayers align with God's Word
- Deepen your relationship with God through a more focused, meaningful prayer life
- Find biblical guidance for specific struggles, questions, and concerns
- Build a lasting habit of prayer rooted in truth, not emotion or circumstance

Some seasons leave you unsure of what to say. This Bible study gives you the words. Each prayer is rooted directly in Scripture, so you can pray knowing your heart is aligned with God's will. Instead of relying on emotion alone, you will learn to lean on the unchanging promises of His Word—a steady foundation for whatever life brings.

INTERNET RESOURCE



So many of us struggle with prayer. Many books have been written on the subject and there's a reason for that. Prayer comes hard to most of us, in most seasons. And when we do pray, we often don't know what to say. What is it that my Father loves to hear about? What are the best things I could pray for my family, my church, and myself?

This short book by renowned Bible teacher Alistair Begg combines warmth, clarity, humor, and practicality as he examines Paul's prayers for his friends in the church in Ephesus.

Paul clearly enjoyed prayer and was excited about it. He expected his Father in heaven to hear what he said, and to act in other people's lives accordingly. The truths that underpin and shape his prayers will motivate us to pray and set us an example.

So be inspired by the Apostle Paul to pray bigger and better prayers as we look to our heavenly Father to do more than all we ask or imagine!

CLICK ON IMAGE TO ACCESS A PDF OF BOOK

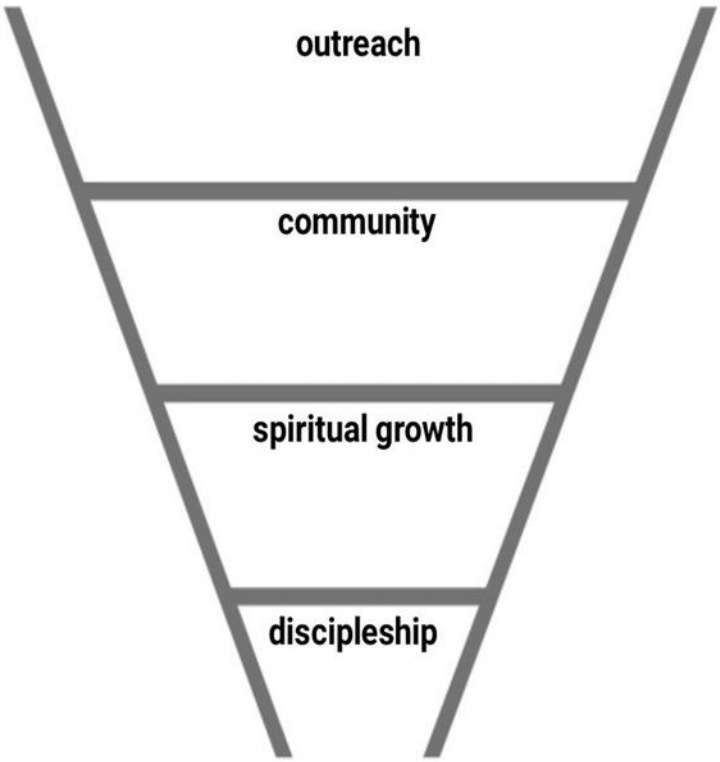


Thursday's 6:30PM (dial in 408-638-0968) zoom 753-846-6233 #



THE FUNNEL

GUIDING PRINCIPLES



Error!Take a few quiet moments today June 30th to review the first half of the year:

- Gratitude: What are three unexpected blessings or answered prayers from the last six months?

- Growth: How have I grown spiritually, mentally, or emotionally since January?

- Release: What disappointment, mistake, or bitterness from the first half of the year do I need to leave behind today?

- Vision: What is one area of my life where I want to seek God's guidance and focus on more deeply during the next six months?

 Faith Declarations for the Second Half of the Year.

Speak these powerful truths over your life to step into the rest of the year with joyful anticipation of even better days ahead.

- On Faithfulness: "I declare that my God who carried me through the first half of this year will faithfully lead me through the second half in victory."

- On Peace: "I declare that God's peace and serenity rule my heart, and I cast away all old concerns, regrets, or doubts. Love, kindness, and mercy inhabit my soul. My slate is washed clean for July and the balance of the year."

- On Favor: "I declare that the next six months will be filled with open doors, divine connections, triumphs, and unexpected breakthroughs."

- On Purpose: "I declare that my steps are ordered by the Lord, and I will walk confidently into the plans He has prepared for me."

Let us pray: Thank You Lord for the measure of grace bestowed upon us and our loved ones. May we always honor You with our thoughts and our actions. Guide us through this each moment of our lives with

wisdom and discernment. May we have more gratitude than regrets for the time we spend on earth in solemn



preparation to inevitably enter Your Great and Glorious Kingdom.

THE FUNNEL

GUIDING PRINCIPLES

