

Laundry Theme – Wrinkle Free Woman

DEVOTIONAL/LESSON STARTERS & WORKSHOP IDEAS

Add in your own points, illustrations, explanations, and relating Bible verses.

Living Clean

- Holy living is clean living.
- Galatians 5:16
- Romans 8:13

Wrinkle Free Woman

- Not only do wrinkles get in our clothes but also on our faces.
- They come in the form of furrows, lines, and creases.
- They say the top three reasons are age, worry, and fatigue or not enough sleep.
 - We can age the wrong way spiritually too. When we are growing and learning to love like Christ, we age gracefully.
 - And what about those worries? We don't have to let them bear down on us and wrinkle us and cause those furrows. Give those worries over to the Lord.
 - And what about that rest? How about resting in God's promises? And in His peace?

Spinning Out of Control in the Spin Cycle

- Filling our lives with too many things.
- Not focusing in on the important such as God, family, and children.
- Make an effort to simplify.
- God hasn't forgotten you.
- Lamentations 3:31-33
- Romans 8:28

- God is still in control and holds us while we are spinning round and round.

Maintaining Your Temperature Setting

- Cold Cycle - Living far from Christ
- Hot Cycle - On fire for the Lord
- Warm Cycle - Staying the same. Not growing in Christ. Being stagnant.

Enjoying the Ride in the Cycle of Life

- Soak - Enjoying the ride. Soaking in the Word of God.
- Rinse - Shaking off the world (in the world not "of" it).
- Delicate - Spreading Kindness around in a harsh world. (Now that's what we call "hard water"!))

Surviving the Mundane of Every Day Life

- Getting encouragement each day from the Word
- Praying every day
- Relying on God's promises
- Relying on others for Christian fellowship
- Focusing in on your blessings

Hanging it all Out on the Line

- Bringing everything before the Lord and surrendering all.
- You know how there is always that extra laundry to be done. You know, it needs pre-treated, dry-cleaned, or you are afraid to wash it with anything else? It gets left in the hamper.
- Do it all....give everything over to the Lord, even that "hidden laundry" that you want to hold back from Him such as bad habits, bad attitudes about people or things, etc.

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