"The remedy for discouragement is the Word of God. When you feed your heart and mind with its truth, you regain your perspective and find renewed strength." - Warren Wiersbe

I’ve found the recipe for being happy whether full or hungry, hands full or hands empty. Whatever I have, wherever I am, I can make it through anything in the One who makes me who I am.

Philippians 4:13
Courage

Rev. Dr. Gordon Marchant

International Women’s Day - do you recall the date? It is celebrated every year on March 8th.

I was downstairs with our Reseda Church Food Panty team members this past March 8, 2017. To be honest, I’m not even certain that I remembered that it was International Women’s Day.

A woman from our neighborhood came into the room. She began by excitedly showing to Dennis Coyle and me a photo of her son. She is so proud. He is a local high school basketball player and an honor student.

The woman then began to share the rest of her story! She was born in Iran and married to an older man when she was 15 years old. As a girl, she had already expressed to her family that she disagreed with the revolutionary’s oppressive demands.

Her older sister and other university students were

5. When do congregations ‘strip the Lord’s Table?’?
   a) At conclusion of Ash Wednesday worship
   b) At conclusion of Maundy Thursday worship
   c) At conclusion of Good Friday worship
   d) At conclusion of Holy Saturday worship

6. What does INRI mean on a crucifix?
   a) Pontius Pilate, Prefect of Rome
   b) Nazareth, Kingdom of Jerusalem
   c) Sign of the Cross
   d) Jesus the Nazarene, King of the Jews

7. Why are eggs associated with Easter?
   a) Eggs symbolize new life
   b) Eggs have a shell around the body inside, just as the tomb was around Jesus’ body and then was cracked open
   c) Eggs can be dyed pretty colors to represent joy, just as we have joy that Jesus has risen
   d) All of the above
   e) None of the above

8. Why do some churches hold Easter sunrise services?
   a) Jesus called himself the light of the world
   b) The women came to the tomb early in the morning
   c) Easter prayer vigils were often ended as sun rose
   d) All of the above
   e) None of the above

Source: “Lent & Easter Quiz” - umc.org
1. What does the term ‘Lent,’ which comes from ‘lencten,’ mean?
   a) Time
   b) Length
   c) Sacrifice
   d) Spring

2. How did the early church observe Lent?
   a) Remembered the mercy and forgiveness of Christ
   b) Reconciled relationships among church members
   c) Prepared converts for baptism
   d) All of the above

3. What do some United Methodists not sing at Lent?
   a) “Alleluia”
   b) Doxologies
   c) “In the Garden”
   d) The communion liturgy

4. Many people fast during Lent. How often did John Wesley fast??
   a) Twice a week
   b) Twice a month
   c) Twice a year
   d) Rarely

Imprisoned for four years. Without warning, they had suddenly be taken while in their classroom. She told us how her husband had been unfaithful and when she divorced him, how her two daughters had been taken from her. She remarried and had a son. Yet, that husband also abandoned the family.

Oh yes - there was the incredible story of how she became a Christian while still in Iran. She was secretly discipled by another Christian female believer. By God’s grace, she escaped through Turkey and as a refugee, this Reseda woman and her son came to the United States of America only a few years ago.

She has professional skills, yet has been unable to secure a permanent job. She enrolled at Pierce College taking English language classes. She is not giving up!

**Courage. Unimaginable courage.** Hope in God has sustained her from the days of her youth!

The LORD is my light and my salvation—whom shall I fear? The LORD is the stronghold of my life—of whom shall I be afraid?

Psalm 27:1 NIV
20 Best Bible Verses on Courage

Instructions: Take your Bible and look up each of these Bible passages. Write down what you learn.

**John 14:27**  
Psalm 27:1

1 Chronicles 28:20  
Deuteronomy 31:3-6  
Isaiah 54:4  
Psalm 56:3-4

Ephesians 6:10  
2 Timothy 1:7

**Joshua 1:6**  
Psalm 31:24

1 Corinthians 15:58  
Psalm 31:9

Isaiah 41:10-13  
**Joshua 1:9**

Mark 5:36  
1 Corinthians 16:13

Psalm 27:14  
Proverbs 3:5-6

Philippians 1:28  
Psalm 112:7

Psalm 23

Source: www.biblestudytools.com

Bible Devotional magazines are available free of charge to our Reseda church members. The literature is located in the narthex and upstairs in our church office.