



# Welcome to the *Combined Edition* of **Women's Bible Study** A Ministry of Autumn Ridge Church

Wednesday, October 21, 2009

Today's lecture by Gretchen Steer from 2 Samuel 1 is titled:

## ***What's In The Heart: A Heart of Sorrow and Regret***

***As a courtesy to others, please turn off your cell phone as you enter Bible study.***

Dear Friends,

On October 7 we heard Lorie Dahlstrom speak on David's 'Teachable Heart', from 2<sup>nd</sup> Samuel 7. David was in a situation where he had provided protection to Nabal's harvesters, and expected some consideration in return. Instead, he was met with insult. David was angry; he could have retaliated with slaughter (since he was at the head of a group of warriors), but instead, he listened patiently to Abigail, Nabal's wife. He took her wise advice and refrained from revenge, while God brought about his own judgment on Nabal. Lorie asked the question, How do we react to insults or harsh treatment? Are we willing to take advice when we are angry?

The answers to those questions are important, because they may make the difference between having a peaceful life and having one where we constantly defend ourselves against slights and offenses. James writes, "Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires." (James 1:19-20)

This week the focus turns to our inner reactions of sorrow and regret. We should feel sorrow when we lose someone or something that we cherish. But regret can go beyond sorrow and make us wallow in questions like, "What if..." So we'll continue to look at what's in the heart, in hopes that Christ himself will take up residence there and help us live lives pleasing to him.

Warmly,

Gretchen Steer

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### PLEASE NOTE

- ❖ **Sunday, October 25, 6:00-7:00 PM:** You are invited to attend the culmination of our six week churchwide study of worship, **Holy Ground**. The worship ministry team from ARC will host an evening of worship, praise, prayer, confession, and communion in the sanctuary. Families are encouraged to attend together. Nursery will be provided for children under 3. If you would be willing to help in the nursery for this event only please contact Debbie Steele at [ms.debbie@att.net](mailto:ms.debbie@att.net).
- ❖ **Thursday Evening, November 12:** The ARC women's ministry team will be hosting **The Power of God, An Evening for Women**. Myrna Holmes will be teaching on the power of God and how it can become a reality in our lives. Musical entertainment, dessert, and a time for reconnecting with new or old friends is all included in the low cost of \$5. Registration is available online at [www.autumnridgechurch.org/women](http://www.autumnridgechurch.org/women) or questions may be directed to [women@autumnridgechurch.org](mailto:women@autumnridgechurch.org).
- ❖ **Saturday, November 14, 9 AM - 1 PM: Arise, Cry Out** a worldwide event by Moms in Touch will take place at two locations in Rochester – Rochester Assembly of God Church or Salem Road Covenant Church. Registration available at [www.MomsinTouch.org](http://www.MomsinTouch.org) – to celebrate 25 years of praying for children and schools
- ❖ **Please continue to pray** for protection and healing from the H1N1 flu affecting so many children and families in our community.



# Women's Bible Study Weekly Outline

*What's In The Heart: A Heart of Sorrow and Regret*

2 Samuel 1

Gretchen Steer

## I. Background: The deaths of Saul and Jonathan

The truth

The lie

The consequence

The bodies

## II. What is in David's heart?

Sorrow, not regret

Sincerity and love

## III. What is in our hearts when we lose what we love?

Regret or sorrow?

Regret says \_\_\_\_\_

Sorrow says \_\_\_\_\_

How to avoid regret

Show grace

Short accounts

Stop the cycle

### **Thoughts on Worship**

by Tara Maier

Evening Worship Leader

Have you ever wondered, "How am I changed when I worship with other believers? Is there something that happens when I hear, speak, and sing God's words? Do I really need to be a part of the service on either Saturday evening or Sunday morning? How is there a connection between my daily spiritual life and worship?" The connection lies in "who" this is all about... God! In Robert Webber's book *Ancient-Future Worship*, he states, "In both worship and spirituality we join God's story and find ourselves and the whole world under God's narrative. Neither worship nor spirituality has a life outside of God's narrative. God brings us into his story, his grace, his redeeming work in all of history. He does that in our worship. He does that in our spirituality." What a privilege we have to be a part of God's story. His story will change our lives forever! "To Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen." (Eph. 3:21)

**All of our weekly materials:** Announcement/outline page, discussion/study questions, and the printed lecture notes are available on our website listed on back. If you have questions during the week please Contact Michelle Johnson, ARC Women's Ministry Assistant and WBS Administrative Assistant, 288-8880 or [marthatoo@hotmail.com](mailto:marthatoo@hotmail.com) or e-mail us at: [wbs@autumnridgechurch.org](mailto:wbs@autumnridgechurch.org).

**Women's Bible Study is a ministry of AUTUMN RIDGE CHURCH**

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