



Getting Back to God's Design for the Godly Home

2005 Workshop Manual
With Articles and Reproducible Pages By:
Harold Rushton
Cindy Rushton
Matthew Rushton
Elisabeth Rushton

Come to Me, all you who labor and are heavy laden and overburdened, and I will cause you to rest, [I will ease and relieve and refresh your souls.] Take my yoke upon you and learn of me, for I am gentle (meek) and humble (lowly) in heart, and you will find rest (relief and ease and refreshment and recreation and blessed quiet) for your souls. For my yoke is wholesome (useful, good—not harsh, hard, sharp, or pressing, but comfortable, gracious, and pleasant), and My burden is light and easy to be borne."

Matthew 11: 28-30 (Amplified Bible)

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Welcome!



Hi! We welcome you to our NEW Workshop Manual for 2005! This Manual has been compiled as a companion to our workshops and *Time for Refreshment and Renewal* Retreat. During its preparation, we have been so excited behind the scenes! It has been much like preparing for Christmas Morning! Prayerfully, this manual will be a treat for you LIKE Christmas Morning—but, *all* year long—each and every year through your journey!! As you join us, let us introduce you to our speakers and the writers for all of the following articles...

Harold Rushton

HAROLD is CEO of Rushton Family Ministries and administrator of the entire ministry. He also owns his own construction and excavation company, Dependable Construction. Harold's interests are wide and varied. He enjoys aviation, motorcycling, restoring old automobiles and all kinds of other "guy things!" Author, in his own right, stay tuned in the very near future for his very first series of books which will be available very soon!

Matthew Rushton

MATTHEW, 17 year-old-son of Harold and Cindy, has always been homeschooled. Besides his commitments to his schoolwork, he has served Rushton Family Ministries in many positions as he assists his father in managing the vast inventory of books, bible studies, tapes, and homeschool packets that Rushton Family Ministries publishes and promotes. This busy teenager also serves many homeschool conventions as a keynote speaker and assists his father in their construction business. Matthew operates his own business-- Matthew's Cutting Edge--that he has operated since he was 12-years- old. Matthew will graduate from homeschooling just ONE WEEK before this retreat--you will want to pick his brain about homeschooling!

Elisabeth Rushton

ELISABETH (14 years old) has also been homeschooled all her life. She is that busy little bee in the background helping with just about everything! If that is not all, she is her mother's "right- hand" assisting her mother in day-to-day homemaking in the Rushton home to help all things run smoothly. You will find her reviews and product selections as she and Cindy introduce a new line of products that are sure to encourage all godly home-makers whether your need is for how-to's...encouragement...or even specialty products.

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Elisabeth is also the editor of an online e-zine, Time for Tea for Teens. Elisabeth also has her own business "Tootie's Treasures" with great products ranging from totes to puppy clothes! Keep an eye on her!

Cindy Rushton

CINDY...Christian wife, mother, writer, and speaker is on board here at Rushton Family Ministries. Cindy combines her passion for God with her gifts of encouragement and Biblical teaching to minister to mothers around the world. She has become a favorite of many as she has poured her gifts into her writing and workshops around the country. Cindy has written over 75 books that you can see at this conference. As you pour yourself a cup of tea and pour through the following pages, you will find a dear, dear friend to give you a great big hug, loving smile, and take you by the hand into a journey that will be best described as the EASY WAY! Get ready...you are definitely in for a treat!



"I will refresh the weary and
satisfy the faint."
Jeremiah 31: 25

What Is This???



Better than a program...perfect for review...a memento that you will want to keep FOREVER! We introduce you to our NEW Workshop Syllabus Workbook! Included in this syllabus is much, much more than mere space for note-taking! We are including a piece of our heart for you!



When I asked myself, "What would I want for YOU to take home with you from our Retreat???"

This syllabus became my answer! Not just articles and tips on what we speak about during the retreat...but, much, much more! We have articles sure to encourage and equip you for your calling by the Rushtons...shopping lists...tips...booklists...plus more!

Our prayer was for this workbook to refresh and renew your heart and soul! We have included help to get you started on your home-business...or on that re-organization project...or for your school day on Monday Morning...or even on your very next date with your sweetheart! We wanted for it to help you to prepare for your MONDAY Morning!

So, ready to dig in?

Oh, do so...but, don't forget your LATTE!

Lord, I Want to Know YOU!



"The Lord will guide you always; He will satisfy your needs
in a sun-scorched land and will strengthen your frame.
You will be like a well-watered garden, like a spring whose
waters never fail."
Isaiah 58:11

Time Out! To Fill YOUR Cup!

By Cindy Rushton



Parched? Dry? Weary in your well doing? You are not alone! Studies overwhelmingly show that today's Christian woman is busier than ever balancing more demands than ever before! The typical Christian woman balances a wide variety of demands ranging from marriage to mothering to homemaking to homeschooling to home-business/career to ministry, in addition to somehow fitting in time to develop and deepen her relationship with the Lord.

If you are like me, you don't have to read a study to confirm your suspicion that you have a heavier load than ever before. You sure don't need to hear that we are busier than ever. You KNOW it! However, if you are like me, one thing that may need to be a constant reminder is that YOU need time out in the midst of your busy life so YOUR cup can stay full to overflowing! Well, just how do we do it?? And what can truly fill our cups back up? Well, let's go back in time and learn from our Master! Let's look at the life of Christ!

A Ministry That ROCKED the World!

You know, when I think about ministry or my life's impact after all is said and done, I really want to come to the end KNOWING that I have stepped up to the call and been faithful. But, I also want to know that what I did had purpose and meaning! This is how God has designed us!

Looking at the life of Christ, we see the ultimate example of a life that had purpose and meaning...a life that made a difference! Not only did Jesus Christ ROCK the world while He walked upon the earth, but He has impacted lives for eternity!

If we look at busy lives, we may think that today's Christian woman is busy, but I still do not know of anyone with a "daily planner" as packed as Jesus' daily planner was! Skeptics may think that I have lost my mind completely. But, we can take a glimpse into His jam-packed schedule, along with His priorities and insights, by looking into the pages of His "daytimer" that is in print to this day JUST FOR US! In fact, I love that each of us have a benefit of owning our VERY OWN personal copy of His "daytimer." Yep! We have the four gospels right at our fingertips!

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In the pages of our precious Bibles, we see "appointments" that Jesus had set...we see His "to-do's" that were to be accomplished...we see a record of His "life purpose" and goals that helped Him to meet His awesome life purpose...we see added "meetings" and "bookings" that He constantly added into His planner...we see a VERY BUSY MAN!

Christ lived His whole life for THE CALL. He lived out a world "rocking" ministry life-style! But how on earth did He have strength to do it all...to make it through the tough times—even death on the disgraceful cross? How did He keep His perspective? What were His secrets to keeping on in the face of adversity? What did He do to keep His cup filled up so He could minister to the whole world in the midst of heartache, grief, loss, persecution, pain, and even death? Glimpses into His "daytimer" show us the most life-changing ideas for keeping on, keeping on for the long-haul in spite of the demands of each day! So, let's go back in time and take a look at the Master!

KNOW the Call!

Yes! I love that in the life of Christ, we can see that even in the tough stuff, He KNEW His call, the purpose for His life, and He stuck to it EVEN when it hurt—even to death on the cruel cross!! Temptations did not sway Him. Loneliness did not sway Him. His flesh did not sway Him. He knew the call, counted the costs to fulfill the call, and stuck it out—to the point of death (the ultimate fulfillment of His life purpose!!)

Key #1 from the life of Christ: get to KNOW the call before you! If you have jumped into your daily life without giving consideration to WHO you are and WHY you are here, now is the time! Otherwise, it is so easy to get busy with life, live a complete lifetime and come to the end having done it all, but it really not counting!

So, first of all, take time to get to know YOUR CALL! What is it that YOU and ONLY YOU can do? Look at your gifts...talents...strengths...interests... Who are you? What DO you have to offer others? Live for it! What is your hold-up? Go for it! Yes, go for it with your WHOLE life! The rest just keeps you going, but this is the way to set forth on the path toward a life that counts! Know YOUR call!

Watch Out for Prayerlessness!

Look at the life of Christ! Go back and take a peek at His life just looking at His prayer life! It is astonishing! Want to know one of the greatest keys to His greatness? It was His commitment to living a life of prayer! Sound simple? Well, I find that this is one of the areas that tends to be my weakest link!

Oh, I really KNOW the power of prayer! I KNOW the strength in prayer! I KNOW the satisfaction in prayer! I KNOW the contentment that comes from a life commit-

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ted to prayer! I have watched prayer extinguish fiery darts and javelins that have come my way. I have watched God miraculously answer my deepest needs that were only a whimper through prayer! BUT! I still find that at my most parched moments—those moments that I am battle weary, frustrated, touchy, and ready to give it all up—that somewhere along the way I have lost that passion for prayer and moved into a state of prayerlessness! Talk about an easy defeat! My enemy doesn't have to do ANYTHING at that time, I EASILY throw in the towel! I take my own self out!

Relate? We ALL have a deep personal need for a deep personal walk with our Almighty God. This relationship does not sizzle without building a deep relationship! Just as our marriage could not survive without spending time together talking, listening to each other's hearts, seeking to know each other's heart-beats, and wanting to grow closer and closer; neither can our relationship with God grow and deepen without a passionate prayer life.

It is through prayer that we can share with God those things that come up in our daily walk—excitement, problems, passions, fears, praises, needs. It is through prayer that God can wrap His caring arms around us to care for us, comfort us, restore us, affirm us, instruct us, and whisper into our spirits! Prayer is KEY! It does not involve a daily ritual—in fact, true time out with God requires that we be willing to get BEYOND the ritual and really learn to commune with Him! It does not involve a set place—in fact, true communion, or relationship (less religious word!), does not even happen at a set place and in a set way but rather ALL ALONG THE WAY!

In Hosea 2:16, we see our broken-hearted God wanting much, much more than this STUFF that we so commonly offer Him as a relationship. He wants to walk with us and talk with us and show us HIS heart while we walk with Him and talk with Him and show Him our heart! He wants to be our very first love! He wants to be our soul satisfaction! Nothing or no one else satisfies! Nothing or no one else brings contentment! No other relationship is able to compare! Tired and weary? Cast ALL of your cares at His feet! Pour your WHOLE cup out! Then...wait upon the Lord and soon your cup will be overflowing!

Get ALONE with God Regularly!

Relationship is MORE than just communication and our relationship with God is TOO! There is just something about getting into the presence of God and just basking there!

As we look back at the life of Jesus, we see that He made this a priority in His life too. Jesus made time in His busy schedule for God as His first priority! We see that

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as He began His earthly ministry, He began by entering into a time of solitude in the desert. His time alone with God did not end there. In Mark 1:35, we see that "in the morning, long before daylight, He got up and went out to a deserted place, and there He prayed. (Mark 1:35)." Also, Luke 6:12 says, "Now in those days it occurred that He went up into a mountain to pray, and spent the whole night in prayer to God." Just Jesus ALONE with God!

Oh, but Jesus did not get alone with God just in the lull of things. Rather, He knew how vital ALONE time with God was. We see in His life time-after-time that He consistently pulled back in the thick of demands! Luke 5:16 comes in the midst of His growing fame and growing crowds and in turn, growing ministry needs. We see in Luke 5:16 that Jesus withdrew to the wilderness/desert and prayed.

Even during the most difficult and painful situation of all—the crucifixion—we see that He prefaced the toughest of times by pulling aside to be alone with God! There is just something about solitude to equip and sustain the man and woman of God perfectly for their call! This is MORE than just a snippet of prayer, Bible Study, and quiet time! It is DEFINITELY more than just that weekly (or yearly!) visit to church. This is a time of retreat to get alone with God!

Some of the best advice that I have been given by those pouring into my life and ministry has been the counsel to set aside REGULAR times to pull back, pull away, and snuggle up to the Lord for a season of refreshment, renewal, and refueling! I laugh, but I don't just get this "counsel" occasionally when I am tired and weary. I am delighted that so many people care about me enough to constantly remind me to make it a *regular thing*, not an exception! Sure, at the point of exhaustion, mighty warriors need MORE time alone with God, possibly a whole season, but I am talking about the need for something more preventive in our journey: *REGULAR time alone with God!*

Now, I can almost imagine the response here, "OH, this is not FOR ME, I am not in ministry..." "OH! I have a quiet time..." Beloved, this is not just a ministry tip! This is a necessary way of life!

Right here in the pages of Jesus' "daily planner," we see the priority that He gave to solitude. We see that He did not let the other "to-do's" steal the time from Him. In fact, it seems from these passages if you will take a closer look, as though the busier He was the MORE He pulled back, pulled aside, and snuggled up close the Father! Here in Scripture, we also see that He did not let His environment influence whether or not He pulled back into solitude. Rather, it seems that His environment brought about a greater need to get alone in the presence of God! So, whether we are needing

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to prepare for our call as so many of the great men and women throughout time (which happened to also pull aside for a season in solitude) OR we are needing more strength for our daily walk, follow the example of Jesus and take time out to get completely alone with God!

Time to Learn!

Looking back to the life of Jesus, we see that although being completely God incarnate, Jesus was also completely human! Does it excite you as much as it does me when you read of how Jesus kept learning and how Jesus kept teaching the greatest truths through things He did in His everyday life? Even as a child until His death, we see that Jesus never stopped learning and growing.

While not written on this topic, Romans 2:21 still gets me back to the basics! It says, "Well then, you who teach others, do you not teach yourself?" This little verse brings me SO much conviction! My ministry began from my TOTAL addiction to the Word of God! It is funny when I think back to my childhood and remember one of my greatest delights of watching my Daddy. I remember his total delight in Scripture. Those verses that God gave JUST to Daddy would FIRE him up! I loved that!

As I grew up and began my own family life, one of the things that God began to do for ME was to take His Word and not just make it a thing for my parents...or my pastor... or for missionaries. He made it mine! I began to know verse-by-verse that awesome delight that Daddy had in Scripture! Then, came ministry—simply sharing those delights with others!

What is YOUR story? Well, let me share the warning...

Yep! The warning is that it is so very easy to get so busy teaching our children... writing our Bible Studies... teaching our workshops/Bible Studies... that we forget our first love and get stale in our relationship! Then, you know what happens next! We try to keep on in our own strength. We try to pour out what is not inside. We get more and more malnourished. Eventually, we fall back or drop out! Even among those that are "learning," probably there is a greater need than realized since "learning" is probably just more like "preparing" for the next lesson! Even those that have a regular time set aside, it may just be that you are probably already "learning" but just need to make the most of each and every moment!

This is not what our precious Lord wants! It is not what WE want! So, as we follow the footsteps of Jesus, we need to take TIME OUT to learn!

How? Bible Study and Bible Reading needs to get beyond boredom! Actually, we need to keep on reading until we get our FOOD for the day! Prayer needs to become more—

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sitting there and not getting up until we have poured our whole heart out and soaked in the heart of God! Worship needs to get beyond the rules and regulations...the preferences and quirks...we need to get into the presence of God! We do not ever need to stop growing and learning! We constantly need to keep feeding our minds!

Our minds are no different from our children's minds. We are created as hungry beings that must be nourished each and every day. One of the reasons that our children are not learning in schools today is that the diet that is served up in their lessons is simply disgusting! Their young minds need great ideas to feed and nourish their souls and help them to continue to grow healthy!

Likewise, we are no different than our precious children! Talking to moms, so many of us almost feel that taking time to ourselves even to have a quiet time is an indulgence, much less to keep learning and growing—that becomes...well, SIN! (Ha! Just in OUR eyes, not in God's eyes!!)

Actually, what happens as we keep our hearts and souls malnourished on a diet of fast-mind and spirit food, we actually get into silly sins and miss God's best for our lives.

Time alone with God is critical to our spiritual preservation! Knowing our life purpose is essential if we are to step up to our call. But, we must keep on learning and growing in order to stick it out for the long-haul!

Time OUT!

It is time for us to take some TIME OUT! We need to kick back and really search out what God has called us to do! We need to live a life ON purpose for our purpose! We need to make a commitment for a deeper relationship with God than ever before! As we regularly withdraw to be alone with God in prayer, we are strengthened by God, Himself!

Ever feel weak and weary? Ever feel too feeble to do great things for God? Draw strength from the Master! Learn of Christ! Cut it all back to the MAIN thing! Try withdrawing from your life for a little while each day...try to set aside regular time to get alone with God...keep on learning and growing! I guarantee that you will come away not only with strength, but also the inspiration to do the work that God has set aside for you alone!

Withdrawal to your time away will have another benefit. You will mature much quicker because you will have that renewed mind that God promises! You will understand the things of God. This will help you to turn away from the "busyness" of daily life so you can get an eternal perspective on a daily basis! Withdrawing to God will comfort you

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in the tough times, give you the security of an intimacy with God in times of loneliness, and give you a passion for Him that will turn our culture upside down!

Sound easy...but, you KNOW it is difficult! I know! There is a battle waged from our enemy to keep us OFF of our knees, too busy to spend time with God, and too focused on the urgent to get around to the eternal! So...ready for some time out? Go for it and let your Heavenly Father FILL YOUR CUP!



I Think I Am Solar-Powered.... I NEED The Son!!!

by Elisabeth Rushton
April-5-2005



I have always loved being outside and in the sun! I do not know exactly why, but I do!!

Hot weather. No prob! "The hotter the better" is always my mind-set!

Now getting a sun tan isn't just about "ME" though. When I am suntanning, I usually do my quiet time, work on articles, read through and do my school work and copywork. I love that time to just have time to meditate on God's Word and pray (talk) to Him!!

Something about that time takes my focus off of the busyness, the pressures, and everything else that life can bring my way...and turns my complete focus upon Jesus.

I have been reading a book called "Wait for Me" by one of my favorite singer/writers, Rebecca St. James. She also expresses this in her book...

"On days off, from time to time, I visit a bed-and-breakfast. it is a wonderful time to be still, play, rest, sometimes fast, and just be...with God. I have had some amazingly memorable times when I'm there. One trip in particular stands out in my mind. I was sitting on the front porch of the house, watching the sunset. It was that time of day when you can face the sun without being blinded by its usual brightness. I had been gazing intently at the sky in the direction of the sun when a bird caught my attention in a nearby tree. I shifted my eyes to look at it, and all of the sudden, my vision blacked out for a moment. I had to blink my eyes a few times to restore vision enough to see the bird. I realized that my eyes had so adjusted to the brightness of the western sky that the things around me had faded into the background and could not be seen as long as my eyes stayed focused toward the sun. I felt God speak to my spirit with a spiritual parallel to this picture. When we focus our eyes on the Son, Jesus, then the things of this world, its temptations, fears, and hurts pale in significance. They fade into the background." Excerpted from **Wait for Me** by Rebecca St. James

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What if we were to get an intense focus on the Son of God? What if we were to let all of the distractions fade away? What if we let go of trying to be the "godliest"... the "prettiest"... the "homeliest" person around? What if we stopped the competition between each other to just focus on God? What if we could look past the pain of our mistakes and focus on Jesus instead?

I have seen way too many people be way too uptight, as we all can be from time-to-time! We have such a tendency to get so caught up in the contest of life that we forget to look at Jesus, the only One with all the answers to everything--diets, true beauty, healing, love, happiness, EVERYTHING!

So, just for today. Why not join me to bask in the SON? Why not take a little time just to look at how Jesus spent His time? Why not slow down and just talk your heart out to Him--and let HIM talk to you? Why not take just bit of your day to look up at the Son and marvel at His beauty and light? Why not soak up His power? Oh, why not GO OUT TODAY AND GET YOURSELF AN AWESOME SUNTAN...or SON-TAN! Or... just do both!!

Jesus loves you so very much!!!

Luv ya tons,
Elisabeth Rushton



Time for Tea for Teens???

Got a friend who needs a BIG DOSE of encouragement? Share us with them! We would also LOVE to have them on our ezine! Check it out here: TIME FOR TEA

FOR TEENS homepage can be found here:

http://welovegod.org/groups/time_for_tea_for_teens

Or subscribe by sending an email to:

time_for_tea_for_teens-subscribe@welovegod.org

Your teen will LOVE this fun list!

Daily Manna

By Cindy Rushton

Excerpted from Time for Tea Magazine Volume 4



Now it came to pass, as they went, that He entered into a certain village: and a certain woman named Martha received Him into her house. And she had a sister called Mary, which also sat at Jesus' feet, and heard His Word. But Martha was cumbered about (distracted with) much serving, and came to Him, and said, Lord, dost Thou not care that my sister hath left me to serve alone? Bid her therefore that she help me. And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things: But one thing is needful; and Mary hath chosen that good part, which shall not be taken away from her. Luke 10: 38-42

Does this passage remind you of the typical mother? Open to the Lord. Right in touch with Jesus. In the home busy serving. Going to Jesus with the struggles that inevitably come with complete devotion to the call of womanhood.

Of all of the many wonderful things we may do in life, there is no greater call than that call of serving God in our homes. I do not struggle with temptations to go my own way...be my own person...have riches or fame...or get away from the "drudgery" of womanhood for that illusive life out in the world. No. My struggles seem to mount as I try to serve those so dear to me with all that I have—my whole heart, soul, and mind.

My problem arises not out of selfishness of my heart, but often from the selflessness of wanting from the very depths of my heart to be completely sold out to God. The funny thing is that in this passage, I find Martha to be kindred. Her error was one that I make over and over and OVER again. Yes, bound in the plans...preparations...serving. Bound and anxious. Bound and troubled. Bound and empty in the midst of the demands.

Oh, it is not that I do not desire those precious moments sitting at the feet of my blessed Saviour. It is not that I do not snatch every single moment available all along the way. Nor is it that I do not know the sustenance for my very soul that is quenched as I draw closer to my dear Lord. It is just that as a wife and mother there are so many things vying for the attention, priority, and commitment that much too often I find my days full of Martha "things." Often, I find my very soul hungry and

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parched...in deep need of the one thing that is needful. That good part. That which shall not be taken away. My daily manna!

Daily Manna is not an option. We find in the book of Exodus that God provided His people with a daily provision intended to quench their hunger. They were not any different from Martha...OR us! When they found themselves in the midst of their journey, they murmured and complained at the apparent lack of provision and care of God. In the midst of their anxiety and complaints, we find that God's answer was the same—that timeless answer for the hunger of the soul...daily manna!

Our days are going to be filled with the constant demands of serving others. Our journey will be long as we lead our little grumblers on into God's land of promise. Our lives will be full of the Martha things. Yet, we must draw near to the Lord right in the midst of the flurry all around us. Our ministry as godly women is too important to neglect this feeding of our soul...this drawing forth of our Lord's strength and power...this step-by-step guidance through His perfect plan for our lives. Yes, we have a call to sit at the feet of Jesus to take time for what is needful--the good part--that which cannot be taken away.

So how do we do it? Is there a 3-step plan? I am afraid that it is just not that simple. Or maybe it is. Going back to Exodus, God gives His rules for manna. Let's look at them quickly to get some ideas for preparing for the greatest of priorities...our daily manna from God!

How to's for MANNA...

If the Israelites were to receive their daily provision, they had to trust God for the amount they needed every single day. This required faith! This required a continual dependence upon the Lord. This required a daily time of gathering from His abundant provision.

Manna is to be 1st gathered for self THEN the number of persons in YOUR tent! I love this picture. For one thing, this is the very opposite of our natural inclinations. We would naturally gather for the world...then of course for those near and dear to us if we had a little extra (reminds me of times I have baked goodies for others only to let my family eat the cookies or muffins that broke or looked funny!)...then we would take the last bit, if there were any left over. This is the typical pattern that we see modeled by so many Christians. Instead, here in Scripture, we see a picture of how God sustained His people. This picture offers us a picture of the correct order of service and evangelism.

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First, we take care of our own relationship with the Lord. No one will want that which we do not KNOW firsthand. However, the passion that comes from moments sitting at the feet of Jesus is contagious. Those within our home will KNOW it. Just as we find in 1 Peter 3 that the way to "win" our men is through our manner of life. So, this is the key to leading all of those in our tent to the Lord. Our holiness will first change OUR life...then those closest to us...then the world around us!

Manna is to be gathered and used EACH Day! We cannot live off of our manna from yesterday OR save it for another day! Manna is a perfect picture of our need to go to God for His daily feeding of our soul. The provision was given to all of God's children every single day. They were free to take all they desired. The problems developed as some tried to store away for another day. I have been JUST like this in my spiritual walk. Let's face it. There are days that God's Word is so very special to us. You know, those mountain top experiences where God's Word is truly the fulfilling manna that our soul craves? We want to cleave to those experiences and live off of that feeding for days or years, rather than go out and gather from the new daily provision. The unique thing is that God knows our tendency. He has set forth guidelines that offer true fulfillment. It only takes coming into His presence each and every day for His provision for our soul.

Finally, since manna melts in the heat, we must gather more when we find ourselves in the heat of trials! Have you noticed how parched and hungry you are in the midst of extreme heat? In the midst of our spiritual trials, we find the temperature climbing and with that rise in temperature, we find the need for more of God's Word. It is His Word that sustains the battle weary soldier. In the heat of the battle, the greatest need is MORE of the Word because His Words provide all the weary soul needs.

Mary OR Martha???

So, how about you? Do you find yourself to be more like Martha or Mary? Do you buckle under the pressures or are you already sitting at the feet of Jesus? Take time each and every day to lift your heart before the Lord. Make your time with God a priority...planned into each and every day...NOT set at your first free or quiet moment! Look at your day...be creative...make your quiet time fit into your day! Stay faithful.

Be reasonable with your expectations. If you are a busy mom with little ones, expect hindrances and obstacles because you have an enemy who wants to defeat you. What better way to render you ineffective than to keep you so busy with

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preparations...so preoccupied with serving that you cannot sit at the feet of Jesus? This need not happen. Recognize the value of feeding your soul. If there is one thing that will make you a better mother, it is taking the time necessary to feed your soul. This can be in the very midst of your little ones running and playing around you. This can be seized all throughout the day. The value to your home is incalculable!

My dear friend, one thing is needful. What will be said of your choice? Is it the good part? That which shall not be taken away? My prayer is that your choice will be that daily manna!

Our All Time Favorite Bible Study Resources...

Compiled by The Rushton Family



The Message Bible (YOU GOTTA GET ONE!)

The Amplified Bible (My favorite Bible Study Tool!)

For Instruction in Righteousness by Doorposts

Wise Up! Experience the Proverbs: A Bible Study for Girls Becoming Women by Rebecca Powell

Greenleaf Press Old Testament Guide by Greenleaf Press

Read and Grow Picture Bible

The Children's Story Bible By Catherine Vos

Plants Grown Up by Doorpost

The Early Reader's Bible

The Bible Reader's Companion By Richards

The Children's Illustrated Bible By Dorling Kindersley

The International Children's Bible Dictionary By Lynn Waller

The International Children's Bible Handbook By Larry Richards

The Narrated Bible

The One-year Bible

Step By Step Through Daniel By Cindy Rushton

Stepping Stones for Bigger Faith for Little People By Joyce Herzog

A Child's Book of Character Building (2 Volumes) By Coriel

Character Sketches (3 volumes from Institute in Basic Life Principles...use also for Nature Studies!)

Christian Manhood By Gary Maldaner

Christian Character By Gary Maldaner

Christian Leadership By Gary Maldaner

Line Upon Line: Genesis and Line Upon Line: John By Precept Ministries

Bible Study Guide for All Ages

God's Priceless Woman By Wanda Sanseri (Great for your young ladies!!)

Christ in Easter: A Family Celebration of Holy Week By Chuck Swindoll, Billy Graham, Max Lucado, and Joni Eareckson Tada

Preparing for Easter By James L. Evans

Family Celebrations at Easter By Ann Hibbard

Getting Back To God's Design for the Godly Home

Family Celebrations at Christmas By Ann Hibbard

Let's Make a Jesse Tree By Darcy James (PERFECT for your daily Christmas devotions!)

The Advent Foretold By Wanda Sanseri (A great study during Christmas!)

Christ in Christmas: A Family Advent Celebration By James Dobson, Chuck Swindoll, James Montgomery Boice, and R.C. Sproul



50+ Secrets for Surviving Your Struggles!

By Cindy Rushton



Struggling? Going through a tough time? Storm raging all around you? Beloved friend, my heart goes out to you! Tough times are pure exhausting! But! Here are some secrets that I pray will help you to survive—well, MORE than survive—stand STRONG and very COURAGEOUS in your struggles! I hope that here you will find a way to fill your cup and minister to your heart! Here goes:

- ♥ Laugh! Just sit there right now...laugh! Start small...just a little giggle! Then...laugh about laughing! Roll on the floor laughing! Feel better?
- ♥ Begin a new Bible Study! Either find a Bible Study guide...or dig out Words to study on your own! For Word Studies, I LOVE my Strong's Concordance. It helps to find all of the references of a certain word of interest. I also love my Vine's Dictionary. I use it to look up the meanings of the words AND it also has other references for uses in Scripture. Another great help for Word Studies is my good old faithful Webster's 1828 Dictionary. I LOVE it as a reference to deepen the studies. Usually it helps me to also find OTHER great studies to dig into also! Dig into the Word! It will feed your heart and soul during this tough time!
- ♥ Go for a drive around the city—look at the lights!
- ♥ Look at photo albums! Remember the silly stories!
- ♥ Watch the sunrise! Or, not an early bird? Watch the sunset!
- ♥ Collect jokes and funnies! Barb Johnson...Chonda Pierce...Becky Freeman are just a few of my PERSONAL favorites!
- ♥ Chocolate! Chocolate Candy...Chocolate Bars...Chocolate Shakes...Chocolate Latte's...CHOCOLATE! REALLY! Chocolate helps to release endorphins in the brain—plus! It tastes great to boot!
- ♥ Watch an old movie! Curl up under a great big quilt—even if you have to turn the air down COLD! Don't forget to turn down the lights and turn off the phone!
- ♥ Look at your old school albums! Your HAIR! Ha!
- ♥ Got a grassy hill nearby? Go to the top and just roll down it! Like a child! (Snowy? Get a sled! And SLIDE!)

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- ♥ Take the kids to the park—just WATCH them! They are adorable!
- ♥ Begin a "Quote Book!" Collect quotes that encourage you to keep on, keeping on! Keep them in a special journal dedicated only to keeping the quotes! Memorize your favorite Psalm! Try out Psalm 91...or Psalm 61...or Psalm 35... or Psalm 37...Oh! Enjoy!
- ♥ Begin a Tea Ministry! Doing for others ALWAYS lifts even the heaviest spirit! Get a tea basket to keep your goodies in...visit a shut-in...bless them! Then! Watch the blessing boomerang! You won't be able to leave without a blessing!
- ♥ Take the kids to a candy store—sample the Jelly Bellies...or Sweet Tarts... or Sour Gummy Worms!
- ♥ Fly a kite!
- ♥ Take a ride in the country! Turn up your praise music...roll the windows down...sing to the top of your lungs!
- ♥ Watch a funny video! Chonda Pierce is one of my picks! My children LOVE old comedy shows like I Love Lucy or The Three Stooges. Oh, you may want to watch anything! Just find something that will make you laugh hard
- ♥ Scrapbook! Pick photos that you MUST tell the story behind! Kick up your favorite music...spread out your goodies...and Scrap till you drop!
- ♥ Read a biography of a GIANT in the faith! My favorites are Corrie ten Boom...Hudson Taylor...George Mueller...Amy Carmichael...Jim and Elisabeth Elliott...etc!
- ♥ Get today's newspaper and read the comics!
- ♥ Get a yo-yo! PLAY!
- ♥ Make Chocolate Chip Cookies with the kids! On a diet? Take them to someone who blesses you! Include a note of thanks and encouragement for all they do to bless you!
- ♥ Go out and sit on your boat—watch the stars! (Oh, watch the sunset or sunrise, if you can too!)
- ♥ Dig into the Bible and study what God says about trials...suffering...faith... death...depression...oppression...warfare...battle...
- ♥ Read a new book! Normally read non-fiction/how-to's? Get a fiction book for a change! Normally read fiction? Get a humorous book! Renew your weary heart and mind!
- ♥ Take a break and go for a long ride on a motorcycle! Don't forget your headset and praise music!
- ♥ Take a hike! Really! Find a nice nature trail OR go for the tough stuff!!
- ♥ Go to the mall with your teenager! ENJOY!
- ♥ Buy a walkman and some great praise music—turn it up! My favorites are Michael W. Smith's Worship CD's AND Hillsong's Praise and Worship! The

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moment you enter into worship, you will enter into the very presence of God—so, turn it up and devour the presence of our precious Lord!

- ♥ Pull out that old sewing machine and make some of those goodies that you have been wanting— new purse/tote...outfit...home decorations...doll clothes...etc!
- ♥ Buy a "whoopee" Cushion...or "Bubba" teeth... At least your family will laugh!
- ♥ Write out the funny family stories! Reminsce! Enjoy!
- ♥ Go skating!
- ♥ Try an afternoon of "Laser-Tag" with your teens! Get um!
- ♥ Make Homemade Bread—KNEAD yourself!
- ♥ Get a pet! My bird, Harley, has ministered to my heart MORE than I could remember! He is just SO funny! HE had the idea to "boogie" for Jesus! I had not danced for years! AND it is decent! Elisabeth's new puppy, Tooty, is a TOTAL delight! I say all the time that she is JOY in fur! Struggling? Get a pet just for YOU...see that puppy in the window??
- ♥ Take the day to go for a flight! Look at the whole world from a different perspective!
- ♥ Dance! Turn up your favorite music and dance! Dance your heaviness away! Dance till you laugh! Dance in worship to the Lord! Jump! Lift your hands in praise and worship!
- ♥ Clean out your house (only if this is NOT your struggle! Ha!). Attack those closets...cabinets...dusty bookshelves...paper piles!
- ♥ Go out for a cup of coffee...tea...or a good old Coca-Cola! Meet your sweet-heart! Or...take your Bible and make it a special time with the Lord! Find some silly-putty or slime—PLAY!
- ♥ Get up earlier (or take regular breaks throughout the day!) for your quiet time! You may feel SO weak that you can barely concentrate—if so, just turn on praise music and lift up your arms in praise and adoration. Watch what happens! Make a list of your heartaches—lift them to the Father (then, hide them in your Prayer Journal—later they will be a praise record!).
- ♥ Dig into the Word for comfort...perspective...and hope for tomorrow! Really tough days? Well, when the Israelites had very HOT days, they had to gather MORE manna—in the heat of your battles and toughest trials gather a surplus! It will help you survive your struggle!
- ♥ Make a quilt! You can EVEN cheat by making it on the sewing machine! ENJOY!
- ♥ Take an afternoon to go to the movies! Get a big bucket of popcorn...a super-HUGE Coke...sour Gummy Worms (unless you are due a BIG DOSE OF CHOCOLATE!). Take your sweetheart...or a friend if you want to share! Pick a movie that will make you laugh like crazy...OR CRY your eyes out! ENJOY!

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- ♥ Ride three-wheelers! Get MUDDY!
- ♥ Treat yourself to a leisurely afternoon (or a bunch of afternoons!) at the pool...park...or creek!
- ♥ Try your hand at BOWLING! Take some friends!
- ♥ Take time for tea—each day!
- ♥ Exercise! Swim...walk...jog...hike...go skating...aerobics! Relieves stress AND boosts your health to boot!
- ♥ Learn a new hobby! What have you been putting off that you have ALWAYS wanted to know? Pottery? Quilting? Flight Training? Smocking? Scrapbook-ing? Jewelry Making? Sewing? Crochet? Horse-back riding? Go for it! Now is the PERFECT time!
- ♥ Treat yourself to a nice loooooonnnnnngggg Bubble Bath! Don't forget to set up your favorite music to play during your Bubble Bath! Also...be sure to fix a nice cup of tea (or a Latté!) or a nice big Coke that will last till the water gets cold! ENJOY!
- ♥ Go to the park and just swing—HIGH!
- ♥ Go get an ice-cream cone—with a double dip!
- ♥ Do a "Promise" hunt in Scripture! Keep in a "Promise Notebook" of your very own! KNOW they are yours!
- ♥ Snuggle up for the afternoon to read a great book!
- ♥ Don't let this limit you! Let your brain GO!