

# Coffee Talk

Summer Series 2017

~ Encourage ~

~ Strengthen ~

~ Share ~

You'll be *encouraged* as you hear each story of trial and growth, faith and grace, love and healing.

You'll be *strengthened* as you complete our simple and uplifting Bible study.

You'll *share* your growing joy and faith with others!

It's *contagious!*

~♡~

- Faith & Fellowship Women's Ministry of La Mirada Christian Church -



## *Welcome to Coffee Talk!*

Coffee Talk at La Mirada Christian Church is a place where you will find hope and encouragement in the message of hope shared each week.

Have you ever felt like you were the only one going through a particular struggle? Like, if anyone around you ever knew what you were really going through, they'd be shocked?

Maybe you or a loved one has struggled with depression, anxiety, hopelessness. Perhaps you have gone through a difficult loss, a heartbreak, or diagnosis...whatever your challenge has been, we are here together to offer a haven of rest and a message of hope.

God uses difficult seasons to teach us patience and bring us into a more mature faith. But waiting on God, trusting in God, or hoping that "God will..." can often feel out of reach.

That's where Faith and Fellowship Women's Ministries comes in. We have a heart to come alongside women who want more...more hope, more faith, more truth. During the summer, we host the Coffee Talk series for women and by women who are willing to share honestly about where they've been and how they've found strength, peace, hope and more in following Jesus Christ.

Join us every Monday night at 6:30pm or Tuesday morning at 9:30am. You'll hear from women, like you, who are looking for real relationships and a deeper faith.

I look forward to connecting with you this summer!

In Christ,

*Jennifer Richmond*

Women's Pastor, La Mirada Christian Church

# June – August 2011

Mondays 6:30pm or Tuesdays 9:30am

## June

- 12/13 Jennifer Richmond “Unexpected Hope”  
– *Special Kick-Off Dinner with the men \$5 for Tom’s Tailgate Tacos*  
6pm
- 19/20\* Bible study - “Our True Source of Hope”
- 20\*/26 Rachel Barsha – “Finding Joy in God’s Plan”

## July

- 3/4 Happy 4th of July! No Meetings
- 10/11 Cathy Wells (10th) – “Saved by Grace”  
Monica Chavez (11th) - “My First Talk with God”
- 17/18 Bible study - “What Prayer Can Do”
- 24/25 Rebekah Cañamar – “Lost in Christ, Forever Found”
- 31 Bible study – “Walking in Faith”

## August

- 1 Bible study - “Walking in Faith”
- 7/8 Teresa Mestas - “God’s Faithfulness”
- 14/15 Bible study - “Sharing Your Story”

*\*Rachel will be sharing on Tuesday, June 20 & Monday, June 26 due to VBS on the 27<sup>th</sup>*



*Would you like to support Women’s Ministries at LMCC?  
You can make a donation at any time and mark it for “Women’s Ministries.”  
Donations support not only ministry to the women of LMCC,  
but to needy families and women in our community.*

*Thank you! ♥*

# - Coffee Talk -

Faith and Fellowship Women's Ministries  
at La Mirada Christian Church

## Who we are...

...real women in every stage of life who have found that only in Jesus Christ can we have true hope.

## What we do...

...encourage one another to seek God for wisdom and hope

...strengthen and support each other in all of life's challenges and blessing

...share our strengths and weaknesses so we can point others to the truth of God's Word and the blessing of a mature relationship with Him.

## Why Coffee Talk?

To provide a haven of hope and encouragement, fun and friendship, and real answers based on the truths of God's Word.

## What to expect...

Some yummy food and coffee too...casual and encouraging atmosphere...place to make friends and deepen friendships...Bible-based teaching...real and honest stories from women like you who have found lasting hope and peace in Jesus...faith-building Bible study



*Coffee Talk meets every week - Mondays at 6:30pm or Tuesdays at 9:30am - from June 12-August 15. In between each Coffee Talk, you'll get a Bible study that will be written to encourage and strengthen you in your faith. Each week's Bible study will help you read the Bible, think about spiritual things, grow deeper in your faith, and most importantly - point you to God as the only true source of hope.*

### ***Missed a talk? Want to join the daily Bible study? Our summer book club?***

It's all available at on our Dwelling Richly podcast:

1. Download "PodBean" app on your phone.
2. Search "Dwelling Richly" and follow the podcast to get updates.

You can also join Jennifer live on our Facebook page: "LMCC Women" or catch the replay on Facebook or the Dwelling Richly podcast:

Live Bible Study: 7am, **daily** on Facebook starting June 14

You'll need a Bible & the Coffee Talk Summer Study

Live Book Club: 8am, **Saturdays** on Facebook starting June 24

You'll need: "Seasons of Waiting" by Betsy Childs Howard

# Discussion Questions

June 12/13, 2017

*Let's get to know one another...*

- What's your name and one of the following...
  - a. Favorite candy bar...Yum
  - b. Dream vacation...oooooh, fun!
  - c. Unusual skill you have!...unless you're a spy. Shhhhh.... 😊
  
- What would you do if you were invited for dinner and they served your least favorite food – not something you're allergic to or can't eat – but just something you reeeeeeaallllly, really hate?
  
- Tonight, Jennifer will be sharing her story entitled, "Unexpected Hope." When have you been surprised by something in your life?
  
- What's is the best advice you ever got about how to deal with disappointment?

# “Unexpected Hope”

with Jennifer Richmond



Jennifer has been with LMCC family since 2001 and active on staff since 2010. She's a published author of two and illustrator of six books and has produced two albums of original Scripture-based worship music. Since 1988, she has been an educator in the community teaching elementary ages and directing summer day camps for kids. She is active in educating in the homeschool community and is the director of Eureka Educational Ministries - a ministry and academic program for homeschool families.

As a pastor at LMCC, Jennifer's heart is that women would be firm in their Christian faith by having a passion for God's Word and in growing closer to the Lord. Jennifer speaks nationally at women's events, churches, and retreats bringing a message of hope and wellness – spiritually, physically, emotionally - and pointing women to Jesus as their Savior and only true hope. Jennifer's heart is to see women become committed and knowledgeable followers of Christ who are grounded in the Word of God and know why they believe.

Jennifer loves to cook, read, and go on road trips in search of great food! She and her husband Glen have been married since 1988 and are the proud parents of their grown son, Jonathan. They're enjoying this empty nest season and love their ministry at La Mirada.

- Notes -





# Coffee Talk Summer Study

## Week One – June 12-18

This study is designed to offer daily time in the Word of God for the purpose of understanding better who God is and in so doing knowing ourselves and our purpose better.

We'll read, think, pray, write, consider, and apply the truths and concepts we find in the Word of God. Use any version of the Bible you're comfortable with. I recommend the English Standard Version (ESV) Bible. You can also use a smartphone app, but getting the Bible into your hands will elevate your experience, so I strongly advise you use a good ol' fashioned Bible. Be willing to write and highlight and take notes in your Bible. Set aside time every day, and grow in the discipline of actual study. Amazing rewards await those who take the time to read and study God's Word.

### ~ This Week's Focus ~

*When our focus is on God and His truth, we can have true peace and direction in our lives.*

### Day One

1. **Read Psalm 139** – This Psalm was written by David, the 2<sup>nd</sup> king over Israel. He wrote over half of the Psalms in this book of the Bible and is regarded by Christians, Jews, and Muslims and others to be one of the greatest authors of all time. His words are honest and powerful, but more importantly, they are the inspired Words of God given to David and to all who read them. God had a heart for David and David, as the Bible says was “a man after God’s own heart.” In spite of this lofty title, David was a frail and failing human who lived a dynamic yet often tortured life. He committed murder and adultery. Suffered the loss of a newborn child, the rebellion and attempted murder of his own son, the tragic death of his best friend, and the bitter attacks of his one-time mentor and former king of Israel. We can learn a lot not only from his life but from the words he shared in his many writings.

2. What truths do you read about the nature of God? List the verses and the truth you find in each one:

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3. Consider what type of life event or experience could have prompted David to write this Psalm. Share your thoughts here:

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4. Write a verse or verses from this chapter that especially spoke to you:

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# Day Three

1. Write Psalm 139:7-12

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2. What are some of the opposites that David describes when it comes to God's presence?

v. 8 \_\_\_\_\_ and \_\_\_\_\_  
*("Sheol" is the grave or abode of the dead)*

v. 9 \_\_\_\_\_ and \_\_\_\_\_  
*Keep in mind that David is writing from Jerusalem. Considering its geographical location, where would David be looking if he was looking at the sea? \_\_\_\_\_*

v. 11-12 \_\_\_\_\_ and \_\_\_\_\_

3. In verse 10, David considers God's hand and more specifically, His "right hand." What do you think is the importance of God's right hand and why David zeroed in on the right hand? Consider Jewish culture. Consider also Psalm 16:8 and Ephesians 1:19-21.

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4. David is very clear about His sense of God's presence. Do you think he is comforted or concerned about it? Why?

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*The concept of God being everywhere is summed up in the term: omnipresence*

## Day Four

1. Write Psalm 139:13-18

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2. What is David's understanding of when life and God's hand in his life begins? (v13-14)  
Life begins \_\_\_\_\_

God's part in the forming of life:

3. Think about what Psalm 139:13-18 says about the beginning and ending of one's life. What does this say to you about God's plan for our lives?

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4. Which of the verses in this passage might come to mind if someone told you they felt unloved, unvalued, insignificant? Why?

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5. Do you think it's possible to ever fully grasp the nature of God? Why or why not?

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## *From my heart to yours...*

In 2004, two weeks before Christmas, I discovered that my husband had been emotionally and sexually unfaithful with a woman for nearly a year. I cannot bear to relive the moments of anguish I went through that evening when I found the truth. The pain was crushing like a physical weight on my soul, sapping the breath and life from me. I wept bitter broken tears. The ache was horrendous. I wouldn't wish it upon anyone. Over the next hours I screamed at God not in anger towards Him, but in desperation to release the betrayal my body was absorbing. I shuddered at the images that invaded my mind. I cringed at the months I had lived under the same roof with a man who had broken the most sacred of vows. I trembled under the physical and emotional shock in my body.

Alone at home, as the days went forward, I spent hours on my knees in prayer. Where do I go? Who will deliver me from this pain? Can I ever move on? What next? Where? Help me, Oh, God. I wanted to die. I wanted to vanish. I wanted the pain to end. Christmas day was coming and I had no desire to celebrate.

*I sat and stared.  
(What next?)  
The anger had seethed into  
desperate hurt.*

The tree was already up and decorated, presents had already been wrapped and placed, holiday plans made and now. . . what? On Christmas Eve, after kissing my son goodnight, I went back downstairs and sat on the sofa next to the tree. Alone with my thoughts in a dark, empty home. The only lights on in the house were the white lights of the tree. I just sat and stared and thought. What next? The shocked and anger had seethed into desperate hurt. I wept and stared some more.

Looking at the tree, I saw the ornaments from each of our Christmases together. Our first Christmas as an engaged couple – skis from Mammoth – Our first Christmas as a married couple – a little house – Our first Christmas with a baby – a little baby in a manger...every ornament hanging on that tree represented a year of our life and I felt that I wanted to crush every one of them, throw them all in the fireplace and burn them up.

Thoughts of my sweet eight-year-old son sleeping upstairs and looking forward to Christmas morning kept me from doing something rash. Instead I clutched the sofa and screamed out a silent scream lifting my head and wailing to God, "I'm so afraid! I'm so hurt! What do you want me to do?" I heaved and hiccupped through the tears and when I could breathe again I heard a whisper in my heart, "Forgive him."

I wanted the pain and fear to end.

I wanted the one who had caused the pain to pay.

I wanted to be free and whole and done and healed...but in no way was I ready to forgive.

Too soon.

Too much pain.

But I had clearly asked God what to do. And He had clearly spoken.

Forgive.

Sister, I have no earthly explanation for what took place in my spirit in the next hours, but I do know this...I had presented my request to God, "What do I do?" and He had answered. When I released the tension in my shoulders. When I unclenched my fists from the edge of the sofa. When I breathed out and breathed in again, a tranquility came over me that defies understanding. These Words of God became more real to me in that moment than ever in my life, "Do not be anxious about anything, but in

everything by prayer...present your requests to God. And the peace of God which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4)

*But I had clearly asked God  
what to do. And He had  
clearly spoken.  
Forgive.*

My heart felt the protective guard of His peace. I could breathe. I didn't know how I could forgive, but I could breathe and I could trust God to show me how to forgive sometime eventually at least. And so, I called my husband and told him to come for Christmas morning. The season of healing and repair to our marriage that began that night continued on Christmas morning when I told Glen that I forgave him. He wept and we held strong for our young son and let him have a beautiful and memorable Christmas morning. The Gospel, brought by the angels means, "good news or good tidings." The angel that greeted the shepherds and announced the beautiful

truth of the birth of the promised Messiah said, "Fear not, I bring you good news of great joy..." This very Jesus spoke good tidings into my fearful, aching heart the night before. The fear and anguish in my heart gave way to healing and hope.

Do you see it? After reading and studying through Psalm 139 are you beginning to see the power of the truth of God? God's truth is the firm foundation I stood on during these times. God's truth, not the ache, not the pain, not the brokenness and sense of total loss...God knew me, loved me, had a plan for me...and all these truths were true for my husband as well.

It was this truth that saved me. This truth will save you too. Get to know the God of the Bible. Read it daily. Pray and continue to grow in your faith and understanding of God. It's the only reliable source of truth and hope you have.

*It was this truth that saved me.  
This truth will save you too.*

You are loved and prayed for,

*Jennifer Richmond*

p.s. My heart is to connect with women and point them to the saving truth of Jesus. Please don't hesitate to call or email me if you would like to talk...or go out for lunch! I'd really enjoy that.

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*You are loved and  
prayed for.*

