

# HOME LEAGUE PROGRAMS

*MAY 2020*

The Salvation Army

Helena Corps

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## Home League Roster:

*Alphabetical by FIRST NAME (Updated 04/20/2020)*

## May 4 - Create in Me A Clean Heart

*Major Judy Tekantz – US Central Territory*

### Scripture Verse:

*Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.  
(1 Corinthians 6:19-20)*

### Prayer Stations:

#### **Station One – Untie the Knot**

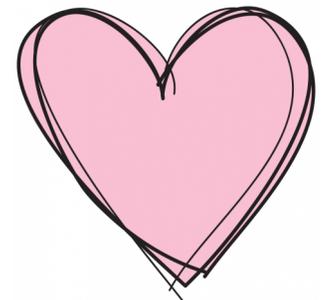
*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)*

**Activity:** Take the strand of twine and untie the knots in it. As you untie the knots, ask God to take a major worry from your mind and heart. Ask Him to help you with it and trust that He will do so. Untying the knots is a symbol of letting go!

#### **Station Two – Cleanse My Words**

*Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. (Ephesians 4:29)*

**Activity:** Open the packages of sweet candy and sour candy. Our words are powerful, either for good or evil. Eat a piece of sour candy. While eating it, think over the past 24-48 hours and ask God to forgive you for any negative things you may have spoken. Now eat a piece of the sweet candy. Let the sweet taste overcome the sour and ask God to help you be more encouraging in your speech.



## May 4 - Create in Me A Clean Heart

Major Judy Tekautz – US Central Territory

### **Station Three – Sanitize My Hands**

*Whatever you do, work at it with all your heart, as working for the Lord, not for human masters... (Colossians 3:23)*

**Activity:** Our motivation for the works that we do is an important part of keeping our temple clean. We are good at doing many things, but sometimes we do them for the wrong reasons. As you read *Col. 3:23*, use the sanitizer to cleanse your hands. As you do, ask God to reveal to you any selfish motives you have for the works you do for the church and for others. Confess to Him these motives and ask Him to help you in the future to do all works just for Him.

### **Closing Thoughts – A Clean Temple:**

Many of us grew up singing “O be careful little eyes what you see. For the Father up above is looking down in love.” I love that chorus and find it quite challenging to live out in my everyday life. It is a reminder that God knows all we do throughout our day. When we become children of God, we become His temple. First Corinthians 6:19-20, reminds us that we are His dwelling place. God can only dwell in a holy, clean temple. Today, as we went through our stations, we asked Him to untie, purify, cleanse and sanitize some important areas of our body, His temple.

As that children’s chorus said, there are even more areas we should consider: our eyes—what we watch and our feet, where we go. We should also consider our health; how we treat our bodies in the way we eat and exercise. Today may we be challenged to allow Him to deep clean our spiritual temples, just as we deep clean our homes during spring-cleaning – or during a pandemic! Cleaning our homes requires planning, persistence, power and follow through. ***Our spiritual spring-cleaning requires the same efforts.***

Close with a time of meditation and prayer.

## May 25 – National Skin Cancer Awareness Month

### **Devotional: The Skin You Are In (con’t):**

Nonetheless, it is a visual reminder to care for my overall health. When the psoriasis flairs up, it is a reminder for me to slow down, to take a step back and evaluate what my body is trying to tell me. In doing that, I sometimes see small signs of the beginning of a cold or flu, but more often than not, I see built up stress that is causing the problem. In those moments, I turn to the scripture we just read and pray that the Lord will



help me remember that I belong to Him. As a result, scripture comes alive: “*Then you will have healing for your body and strength for your bones*” (Prov. 3:8).

We don’t need to be “girly girls” in order to care for our skin and our bodies. As Christian women we need to learn to love the skin we are in and to care for it accordingly. After all, it did not come cheaply! Christ has paid the ultimate price for us and it is our responsibility to give it the value it deserves.

### ***Let us pray***

Lord we ask You to make us ever aware of Your love and sacrifice that paid the price for our sin. Teach us to love the skin we are in and to care for it in a way that will bring glory to Your name. Help us to care for the body You have given us, to the best of our abilities, so that we can serve You and others for as long as possible, for Your Kingdom’s sake. We love You and pray this in Jesus name, ***Amen.***

## May 25 – National Skin Cancer Awareness Month

### Devotional: The Skin You Are In

Being “at home in your own skin” is much more than feeling pretty. We take care of our homes by keeping them clean and in good working condition. The same should be true of our skin. Let’s look at our skin, not from a point of view of vanity, but as a home. A home ready for a very special visitor, the Holy Spirit.

Taking care of our skin may seem like a lot of work. And you may question why we should be so careful. The obvious goal is to prevent skin cancer. But, as the apostle Paul reminds us, we have another reason for protecting our skins. He tells us “*Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So, you must honor God with your body*” (1 Cor. 6:19, 20).

It has been said that the eyes are the windows into the soul, but our skin is just as efficient at revealing what is going on with us. A few years ago, I started seeing a dermatologist regularly when, after a lifetime of treating what I thought was eczema, I received a diagnosis of psoriasis, an autoimmune disease. What it basically means is that whenever something is going on with my body, like stress, allergies or simply fighting a virus, my skin produces more skin cells than it needs. It is not a pretty sight, and it very hard to hide.



## May 10 – Happy Mother’s Day!

### A Mother

A mother comes with all different names  
**Aunts** who love, worry and play  
**Teachers** who help you, guide you  
and set your aim  
**Sisters**, who listen, cry and put  
your worries at bay  
**Grandmas** with warm cookies, hugs and  
prayers so you'll never stray  
Yes, a **Mother** does come with  
*all kinds of names.*  
*Thank you to all women for being a mother  
to someone's child,  
But most importantly to her child.*

Written by  
Jenelle McBride



## May 11 – A Honey of a Day

*“More to be desired are they than gold, yea, than much fine gold: sweeter also than honey and the honeycomb.” Psalm 19:10*

### Facts About Honey and Honeybees:

1. *Honeybees must gather nectar from two million flowers to make one pound of honey.*
2. *One bee must fly about 90,000 miles – three times around the globe – to make one pound of honey.*
3. *The average bee will make only 1/12 th of a teaspoon of honey in its lifetime.*
4. *A honeybee visits 50 to 100 flowers during a collection trip.*
5. *A honeybee can fly for up to six miles, and as fast as 15 miles per hour.*
6. *The bee’s brain is oval in shape and about the size of a sesame seed, yet it has the remarkable capacity to learn and remember things. For example, it is able to make complex calculations on distance travelled and foraging efficiency.*
7. *Honeybees communicate with one another by dancing.*
8. *A colony of bees consists of 20,000-60,000 honeybees and one queen. Worker honeybees are female, live for about six weeks and do all the work.*
9. *The queen bee can live up to 5 years and is the only bee that lays eggs. She is the busiest in the summer months, when the hive needs to be at its maximum strength and lays up to 2500 eggs per day.*
10. *Larger than worker bees, the male honeybees (also called drones), have no stinger and do no work. All they do is mate.*
11. *Honey has always been highly regarded as a medicine. It is thought to help with everything from sore throats and digestive disorders to skin problems and hay fever.*
12. *Honeybees have been producing honey in the same way for 150 million years.*
13. *The honeybee is the only insect that produces food eaten by man.*
14. *Honey is incredibly healthy and includes enzymes, vitamins, minerals. It’s the only food that contains “pinocembrin,” an antioxidant associated with improved brain functioning.*

## May 25 – National Skin Cancer Awareness Month

*“This will bring health to your body and nourishment to your bones.” Proverbs 3:8*

May is [National Skin Cancer Awareness month](#), a great time for us to learn some preventative habits to protect our skin. According to the Skin Cancer Foundation, “1 in 5 Americans will develop skin cancer in the course of a lifetime” and “1 person dies of melanoma every hour.” Those numbers sound pretty scary, but ***fear not, today we will learn some of the many ways that you can save your own skin.***

### Be on the Know:

We all remember to be concerned about the sun when we out on a special occasion such as a picnic, a day at the beach or pool or a visit to the park or zoo. But are we doing everything we should in our day-to-lives?

#### ***Here are a few things you can do to keep your skin safe:***

- ♦ **Sunscreen:** daily use of SPF 15 or higher can reduce your chances of melanoma by 50%. The CDC recommends re-applying sunscreen every two hours and the Skin Cancer Foundation recommends using 1 ounce (2 tablespoons) for the whole body.
- ♦ **Shade:** If possible, try to stay in the shade, especially between 10 am and 4 pm.
- ♦ **Cover up:** Clothing, hats and sunglasses are a great way to protect your skin. Hats with a wide brim work best.
- ♦ **Don’t forget your lips:** Consider using a SPF lip balm.
- ♦ **Do NOT burn:** Don’t take chances. The risk of melanoma doubles if you have had more than five sunburns.
- ♦ **See your doctor:** see your physician for a skin exam once a year and examine your own skin every month, being careful to note any changes, such as new moles or stains.

## May 18 – National Stress Awareness Month

### Devotional: Be Still

*“Be still and know that I am God!” (Psalm 46:10)*

Women are the ultimate marathoners. From the time we wake up in the morning until the time we go to sleep, we are running. We are constantly concerned with not just our own needs, but also those of our spouses, children, grandchildren, parents and even friends. We may feel as if we carry the weight of the world on our shoulders. Amid the busyness and stress of our lives, how can we possibly find time to be still before God?

I used to imagine a perfect time and place where I could have my perfect quiet time with God. I found myself frustrated because that fantasy was not reality; my perfect time and place were interrupted by work obligations, other people’s personal crises and my own family’s needs. I found myself again asking, “How can I be still amid the chaos of my everyday life?”

We can learn a lot from the familiar story of Martha and Mary. When Jesus came to their house Martha was busy with all the preparations and work to do for the visit. Mary, on the other hand, sat at Jesus feet, listening intently. Martha, frustrated with her sister said, “Lord, tell her to help me.” Jesus said to her, “There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her” (Luke 10:42).

There is no perfect time or perfect place for our perfect quiet time with God. The work will never end, but we can choose what is best. Despite the chaos, we can choose to sit at Jesus’ feet. We can choose to spend time with the Lord first. Then the dinner will get cooked, the bills will get paid and the house will get cleaned. The perfect time is now. The perfect place is here. Be still and know that He is God!



## May 11 – A Honey of a Day

Please *enjoy a cup of green tea with a bit of honey* as you read the following devotional:

### Devotional – Sweeter Than Honey

Hopefully, today you’ve learned something new about honey and honeybees! Certainly, we’ve seen the importance of honey – and the great taste. In our “Facts about Honey,” we learned that honey can be used as a medicinal aid. It was believed to cure diseases, ward off infection and promote overall health. Even today, homeopathic practitioners use honey and bee pollen to treat patients. It’s said that eating a teaspoon of local honey will prevent allergies in adults. Honey is a good for healing and bringing relief to people.

It also tastes delicious! You enjoyed some green tea with a bit of honey today. I hope it was sweet and delightful.

Scripture tells us about honey in *Psalm 19: 7-10*. Here we find that God’s Word is better than honey!

***7 The law of the LORD is perfect, refreshing the soul.***

***The statutes of the LORD are trustworthy,  
making wise the simple.***

***8 The precepts of the LORD are right,  
giving joy to the heart.***

***The commands of the LORD are radiant,  
giving light to the eyes.***

***9 The fear of the LORD is pure,  
enduring forever.***

***The decrees of the LORD are firm,  
and all of them are righteous.***

***10 They are more precious than gold,  
than much pure gold; they are  
sweeter than honey,  
than honey from the honeycomb.***



## May 11 – A Honey of a Day

### Devotional – Sweeter Than Honey (con't):

God's Word is sweeter and more useful than even honey from the honeycomb. His Word is something that we should enjoy daily – and share with others. When we allow the Word of God to permeate our lives and change our hearts, our words and actions become sweet as well.

*“Kind words are like honey—enjoyable and healthful.” Proverbs 16:24*

As we've considered honey today, I would ask that you consider the sweetness of God's Word – it's better than honey! And consider the words that you share with others – are they enjoyable and healthful? Are they sweet to those you greet? We close today with the end of the Psalm we looked at earlier – Psalm 19 – which helps us consider the sweetness of God's Word – and the words we use:



*May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer.*

*Psalm 19:14*

## May 18 – National Stress Awareness Month

*Lt. Allison Bethel - US Eastern Territory*

April was National Stress Awareness month, which began in 1992 to draw attention to the health risks associated with stress and strategies for coping with it. Think of all the roles that women play in an average day. We are mothers, daughters, wives, friends, cooks, maids, chauffeurs, doctors and negotiators. No matter where we turn—home, the job, church—there is work to be done. As busy, multi-tasking women, our lives can be filled with stress. ***And certainly, during this pandemic we are under even more stress as we worry about the unknown, the future, and being stuck at home!***

- ◆ Stress affects one's body, emotions and behavior.
- ◆ Physical signs of stress include headache, muscle tension, chest pain, tiredness, digestive issues and insomnia. If stress continues for a long period of time, it can lead to high blood pressure, heart disease and diabetes.
- ◆ Emotional signs of stress include anxiety, irritability, feeling overwhelmed, a lack of motivation and depression.
- ◆ Behavioral signs of stress include over or under-eating, responding to situations rashly, withdrawing from friends and family and a decrease in activity level.

### ***Here are ways to reduce stress in your life:***

- ◆ Get healthy: A healthy diet, regular exercise and a good night's sleep prepare your body for stress and help reduce it. *1 Corinthians 6:19, 20.*
- ◆ Live in the present: Don't dwell on the past or fret about the future. Focus on the present. *Matthew 6:34.*
- ◆ Stay connected to God: Throughout the day, whether you're doing dishes, folding laundry, handling a crisis at work, or leading children's church, keep your heart and mind focused on God. *Colossians 3:17.*
- ◆ Take some time out: Take a few minutes each day to meditate on the Lord and listen to Him. Take some time each week to do something you enjoy. *Psalm 46:10.*