



# Inspire

## Welcome Home

### Education

### Benefits of Being in the Sunshine

With most of us having spent a lot more time in our homes than usual (thanks to COVID-19) June is the perfect time to enjoy the outdoor space of your home—whether it is your yard, patio, or simply outside your front door. There are quite a few health benefits that come from the sunshine (but be sure to wear sunscreen because too much sun isn't good for us). ***This is not medical advice, but general information. If you have any questions or concerns please consult with your doctor.***

#### Vitamin D

When natural sunlight hits the skin it triggers the body's production of vitamin D—"the sunshine vitamin." Vitamin D protects against inflammation, lowers high blood pressure, helps muscles, improves brain function. 15 minutes, three times a week in the sunshine is enough to get adequate levels of vitamin D.

#### Mood Booster

Exposure to sunlight is thought to increase the brain's release of a hormone called serotonin, which is associated with boosting mood and helping a person feel calm and focused.

#### Illness Blocker

Being outside, breathing fresh air, lowers your risk of contracting a contagious illness.

#### Sleep Inducer

Sunlight exposure impacts how much melatonin your brain produces, which is what tells your brain when it is time to sleep.

#### Weight Loss

Sunshine promotes weight loss. Many people arrive at a healthier weight during the summer months. Natural weight loss happens because it's easier to exercise when the weather is nicer. In addition, low-calorie, highly-nutritious fruits and vegetables are readily available so people tend to eat fresher, healthier foods.

What are you going to do outside in the sunshine today?

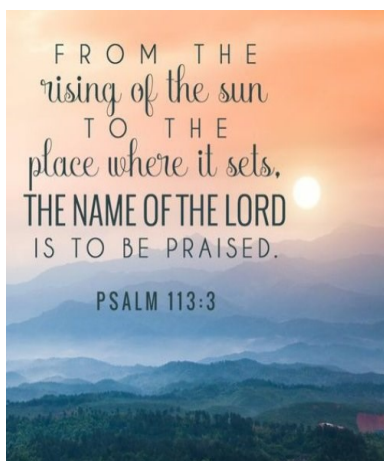
### Go on a Nature Walk

Take some time and enjoy the beauty of outside—whether it is just in your backyard, a walk around the block, or if parks or gardens are open in your area, enjoy walking around admiring the beauty God created as well as getting some much needed Vitamin D.

As you take your walk, perhaps go on a scavenger hunt and look for the following things:

- Trees
- Flowers
- Birds
- Insects
- Other living creatures
- Other living creatures
- Don't forget to look up—what clouds do you see?
- What colors do you see?
- What inspires you?
- What is the prettiest thing you see?
- What is the most unusual thing you see?
- What do you hear? Take a moment to just listen. Can you identify where the sound is coming from?
- What do you smell? Take the time to stop and smell the roses literally.
- What do you feel? Spend some time touching the bark of a tree, or feeling the smoothness of the leaves.

As you are walking, enjoying the beauty around you, spend time praising God for His creativity.



Commissioner Jolene K. Hodder—Territorial President of Women's Ministries

Colonel Colleen R. Riley—Territorial Secretary for Women's Ministries

Major Beth Desplancke—Territorial Women's Ministries Program Secretary

Be sure to check out our website for more resources: <https://usw-womensministries.org/>

## Worship

# Celebrating God our Creator

The first name of God we are introduced to in the Bible is God our Creator (Genesis 1:1), Elohim. Elohim means God, the one true God. El is referring to “mighty one, strength.” This name for God stresses His might, power, and majesty. Elohim means He is the strong, Creator God. In Isaiah 40:12-31, we get a glimpse of our great and mighty Creator.

### **I. Our Creator is Enormous, v. 12.**

The largest seas and oceans in the world are nothing but a handful of water in God’s hands. The average man can only hold 3 teaspoons of water in his hand. It is estimated that the earth has 139 million square miles of water, three miles deep, but God measured it all in the palm of His hand. God also measures the diameter of the vast universe with the span of His fingers. God can even count all the dust on earth. God is bigger than anything we will ever face.

### **II. Our Creator is Omniscient, v. 13-14.**

Omniscient means God has all the knowledge. God’s IQ is infinite. We can’t even begin to comprehend his infinite mind with our finite mind. He knows everything about everything. However deep your problems, however deep your challenges, however deep your issues, there is something – someone – that is deeper. God’s knowledge is so deep that you can’t get to the bottom of it all. It is immeasurable.

### **III. Our Creator is Governor, v. 15, 17, 21-24.**

God is the governor of all nations. He is ruler over all! God is on the throne no matter what happens in this world. Nothing can knock Him off his throne.

### **IV. Our Creator alone is Worthy of worship, v. 16, 18-20.**

Lebanon used to be known for its cedars and good timbers. It was also known in the ancient world for its pasture and cattle. That is why the Scriptures used it as an example. All these trees and cattle are inadequate in worshiping God. Even if we cut all the trees of the rain forest to make a burnt offering, it still won’t be enough to show how great God is.

### **V. Our Creator is Preserver/Sustainer, v. 25-27.**

God not only creates, but He maintains or preserves His creation. God holds all of creation together. The universe is so big. It has more than 200 billion galaxies. And each galaxy has around 200 billion stars. Yet God knows each by name. If God is so detailed and so meticulous knowing the names of all those billions and billions of stars, and if one disappears, He knows it also, then how can we ever think that He is so far away and so far removed from us that in our littleness we are beyond His concern, v. 27.

### **VI. Our Creator is Eternal, v. 28a.**

God has always been and will always be. We need not fear, that one day God won’t be there, because He is eternal. If He weren’t eternal, we would need to panic, because without God this world would be in chaos. He is the one who controls the seas, and causes the sun to rise and set. Without Him preserving and sustaining creation, the world would fall apart.

### **VII. Our Creator is Omnipotent, v. 28b-31.**

God is all-powerful. God is not overcome by the fainting and weariness known to mortals. He never tires from neglect to take food. He doesn’t get tired of His work. The young children who seem to have boundless energy will soon fall exhausted. But our Creator God will never grow weary or tired.

As you think about God’s creation: the heavens and the earth, the process of life and nature, and every living thing, what most fills you with awe for your Creator? Corrie ten Boom said, *“Look around and be distressed. Look inside and be depressed. Look at God’s Name and be at rest.”* When we look to God’s name that He is Elohim, our Creator, and all that it entails, we need not worry about anything, fear anything, or be concerned about anything.

## Service

Make sure the “yard” of the corps building looks inviting. Pick up any garbage that is lying around the outside of the building, weed any planters, cut off any dead flowers, etc.



## Education



<https://rufflesandrainboots.com/clay-pot-gnome/>



For this month’s bonus idea check out our website for a guide using Scripture and Song to worship God in nature:

<https://usw-womensministries.org/june-2020-inspire-newsletter/>