



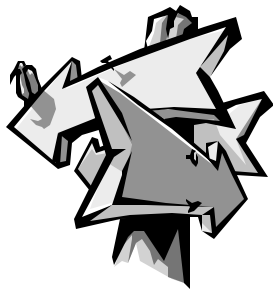
# THE WIDOW'S MIGHT

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## Widow's Might



Not long ago I was sitting with a family friend at lunch. My husband and I had

seen her come into the church we attended at the time and she sat with us. After services she hesitantly invited us to lunch. She had recently been widowed and we were glad to give her some much-needed company. When listening to her heart, I could hear such loss of purpose and sorrow that my soul was crying out to her. The Lord gave me some good words to comfort her and to help give her some redirection now that her husband was gone. He had suffered a long drawn out illness and her every thought while he was alive was for his care. Now he was gone and her purpose was unclear. She knew long before he died that he was dying, but widowhood had really taken her by surprise. By the time that lunch

was over, she had a new focus for her life and was ready to hit the road running once again. The next few times I saw her, her entire countenance was changed. She was smiling and knew that her life wasn't over. She had ministered to another widow friend and was like a new woman.

A couple of Sundays later she mentioned that there wasn't any ministry for widows in most churches. I agreed and told her that I'd added a special page for widows on my website. The more time I think about it, the more I want to help other women to take their place in spite of the fact that their husbands are gone. I don't plan on ever being a widow, but that doesn't exclude me from wanting to reach out and help someone else who may be in a position that I'm not in.

This newsletter is dedicated to all of you women who have sent husbands ahead into glory. They aren't sad up in

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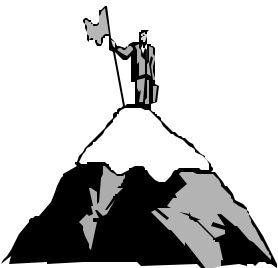
### Points of Interest:

- ♦ *G-d knew you'd be alone one day!*
- ♦ *Visit your page at [www.proverbialwoman.com](http://www.proverbialwoman.com)*
- ♦ *Find a prayer partner*
- ♦ *Tell a friend about us and we'll mail a newsletter to her*
- ♦ *Share the website with other women!*



heaven, so why should you be sad down here? G-d isn't through with you and knows right where you are. The body of Christ needs you, even if they don't know it. Your wisdom, your experience and your love are necessary commodities in the kingdom of heaven on earth. Please take a moment to let me know if this newsletter has touched you. You can either sit down and write me a letter and send it to: Proverbial Woman P. O. Box 662, Gardendale, TX 79758 or email me at cerise@proverbialwoman.com. I look forward to hearing from you.

### Does G-d Care?



Many of you feel like G-d has abandoned you and that he doesn't see your plight. That feeling couldn't be further from the truth. Here are just a few of the scriptures about widows and how G-d feels about them:

**Deuteronomy 10:17** For Yahweh your G-d, he is G-d of gods, and Lord of lords, the great G-d, the mighty, and the awesome, who doesn't regard persons, nor takes reward. **18** He does execute justice for the fatherless and widow, and loves the sojourner, in giving him food and clothing.

**Deuteronomy 14:28** At the end of every three years you shall bring forth all the tithe of your increase in the same year, and shall lay it up within your gates: **29** and the Levite, because he has no portion nor inheritance with you, and the sojourner, and the fatherless, and the

widow, who are within your gates, shall come, and shall eat and be satisfied; that Yahweh your G-d may bless you in all the work of your hand which you do.

**Deuteronomy 16:10** You shall keep the feast of weeks to Yahweh your G-d with a tribute of a freewill-offering of your hand, which you shall give, according as Yahweh your G-d blesses you: **11** and you shall rejoice before Yahweh your G-d, you, and your son, and your daughter, and your man-servant, and your maid-servant, and the Levite who is within your gates, and the sojourner, and the fatherless, and the widow, who are in the midst of you, in the place which Yahweh your G-d shall choose, to cause his name to dwell there.

**Deuteronomy 24:19** When you reap your harvest in your field, and have forgot a sheaf in the field, you shall not go again to get it: it shall be for the sojourner, for the fatherless, and for the widow; that Yahweh your G-d may bless you in all the work of your hands.

These are just a few of the commandments G-d set forth to care for the godly widow. If we were to sneak a peek into an Orthodox Jewish community, you would see that these commandments are in force. So what about the Christian widow? Paul in his letter to Timothy writes:

**1 Timothy 5:3** Honor widows who are widows indeed. **4** But if any widow has children or grandchildren, let them learn first to show piety towards their own family, and to repay their parents, for this is acceptable in the sight of G-d. **5**



Now she who is a widow indeed, and desolate, has her hope set on G-d, and continues in petitions and prayers night and day. **6** But she who gives herself to pleasure is dead while she lives. **7** Also command these things that they may be without reproach. **8** But if anyone doesn't provide for his own, and specially his own household, he has denied the faith, and is worse than an unbeliever. **9** Let none be enrolled as a widow under sixty years old, having been the wife of one man, **10** well reported of for good works; if she has brought up children, if she has used hospitality to strangers, if she has washed the saints' feet, if she has relieved the afflicted, if she has diligently followed every good work.

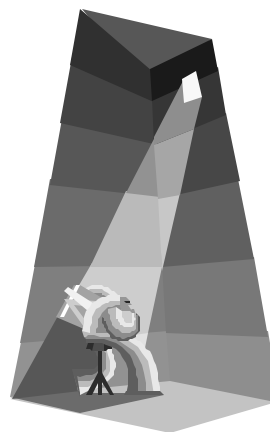
It's clear what is supposed to happen, so why isn't it happening? First of all there may be congregations that have made provision for widows, I'm just not aware of any. If you are, why not tell me how they help out widows in your community? Second, how many widows are believing G-d for this sort of provision? We're told we have not because we ask not. So it's time for you as a widow to ask for G-d's divine provision.

We're told in Mark 11 that "when we pray, we are to believe we receive", so I will write a prayer and after you've prayed it for your congregation, believe it's yours.

Dear Heavenly Father,

I know you will never leave me or forsake me. I know that you are watching over me everyday and comforting me by your Holy Spirit. You tell me that if I pray according to your will I know you hear me and if you hear me then I have the petition that I have requested of you. I ask you to create a ministry in my church for widows. Help me find my place in that ministry, and bring in others who will join in and minister to the many needs of godly widows. Thank you for your many provisions and for having such a big place in your heart for widows. I consider this thing done because you're on the case. Thank you Father. In Yeshua's name I pray. Amen

## Pity Parties



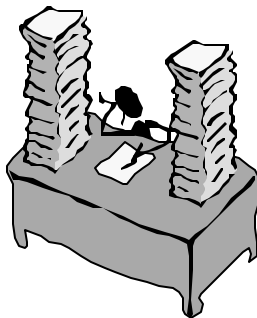
I've been to a few pity parties in my day and I must admit that they aren't much fun. One of the most deadly things a widow can do is sit alone in a corner and grieve her life away. It's an easy trap to fall in. Christian folks even say it's acceptable for a while after the death of a loved

one to pine away, but I dare say that G-d wouldn't agree. If you take time to do a study of the word pity in the bible, you will never see it being acceptable to G-d for us to pity ourselves. We are to pity the poor, we can have pity for Zion, and G-d even has pity on his rebellious children, but nowhere are we to pity ourselves. **Matthew 16:25** "For whoever desires to save his life will lose it, and whoever will lose his life for my sake will find it". If we're about worrying about ourselves, we have a promise that we're going to lose our lives. We don't want to open the door to the adversary, he's just sitting around looking for someone to devour.

So what are you to do? First instead of thinking about yourself, replace those thoughts of self with thoughts of someone else in a worse situation. Think of ways to be a blessing to someone else. If you can't do that then think about something that is of a good report, something lovely, something based on truth. Take authority over depression by speaking to it like you would a disobedient dog. Tell those thoughts to go and replace them with pure thoughts or lovely thoughts. We're told, "Submit to G-d, resist the devil and he will flee." Get out beyond yourself; it's the best therapy I know of.

### Busy For You

I joke in one of my clubs about being the "little red hen", and it's true I do



most of the work there. I delight in it and when it gets too much, my friends are more than willing to jump in and take the burden. The Widow's Might is another labor of love born out of necessity. I've been busy looking for resources for widows and am listing what I find on my Proverbial Woman website. Those of you who have downloaded this from my website know where to look, but those of you who are reading the hard copy version can find my website at: <http://www.proverbialwoman.com>.

### Dealing With Depression



Loss is a fact of life, no matter how old you are you will experience loss of one sort or another. With the loss of a loved one, especially by death of a spouse there are natural stages that one must go through. Some stages take longer and each one of us is an individual and therefore will experience these stages in differing levels. Mourning the loss of a spouse is normal and can take time, but grief will slip in disguised as the normal mourning of a widow. Grief, however, is a demonic spirit and can literally cripple a person. Along with grief usually comes another spirit, depression or heaviness. These two are demonic power twins that will come in and take the life force away from the one who has experienced loss. What can you do? The same thing I do in every situation, get in the word and get the word in

you.

We're told in Isaiah 61:1-3 "The Spirit of the Lord Yahweh is on me; because Yahweh has anointed me to preach good news to the humble; he has sent me to bind up the broken-hearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound; to proclaim the year of Yahweh's favor, and the day of vengeance of our G-d; to comfort all who mourn; to appoint to those who mourn in Zion, to give to them a garland for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of Yahweh, that he may be glorified". Yeshua also spoke these words in Luke 4 when he began his earthly ministry. You have the right to do as he did and use the word against the enemy. You have weaponry that will always defeat the tricks and traps of satan. We are to put on the garment of praise for the spirit of heaviness.

When thoughts of sorrow or loss come, we can always fill ourselves with the Holy Spirit by singing to ourselves with Psalms, and hymns and spiritual songs, making melody in our hearts. (Ephesians 5:19) This may sound silly, but it works. If we're full of the Holy Spirit, the adversary can't harass us. Because there's no room for him!

Another way to deal with depression and grief is to find someone else in your shoes and partner up with her. No one understands widowhood like another widow. You can pray together,

but no commiserating. You can join forces in the spirit and rather than dealing blows "one can take a thousand" you as a partnership can "send ten thousand".

Again, I want to stand with you for success as you walk. Please feel free to call, write or email me with your needs. We need to unite to stand against the adversary as a body and you indeed are part of the body.

## We Need Third Wheels!



I mentioned in an earlier article how my friend hesitantly invited us out to lunch. I shared that to share this, "WE NEED THIRD WHEELS". How many times have you had a flat tire and really could have used a spare? Even a threadbare tire is better than no tire. Many of you feel like third wheels because your spouse is gone. You spend all your time with widows or alone. Having friends is good, but being amongst younger couples is better. You have things to share and you're told as the elder women to teach the younger. If you avoid married couples, whom will you share your knowledge with? I know it will be a challenge for you to break through some really old traditions, but Yeshua told us, "The traditions of man make the word of G-d of no effect". When you're invited by a couple to go eat or fellowship with them, don't hesitate just go. A spare tire is a really good thing!

**If you'd like to contact me I'd like to remind you my mailing address is: Proverbial Woman, P. O. Box 662, Gardendale, TX 79758 or email me at: [cerise@proverbialwoman.com](mailto:cerise@proverbialwoman.com)**

## **G-d Is Watching You**

I'm not a widow and wouldn't pretend to know all the issues you deal with. What I do know is that the answers for all of us lie within the pages of the bible. G-d knows the end from the beginning and has been attentive to your needs since before the foundations of time. He knew the day you would marry and he knew the day you would be a widow. He knows what it is to yearn for the love of a lost loved one and has a plan for you even though you are missing half of yourself. He's there to fill the lonely hours and to fill the gap of your spouse. He's not hard to be entreated but is easily touched by the feelings of your infirmities. He has miracles for you and if you will attend to his word, he will attend to your needs. Why not take some time and get even closer to him than you already are? Why not dedicate yourself to really exploring his word and praying in the spirit just a little longer than you did the day before? He's there for you and wants an intimate walk with you. Just take the time to get to know him like you knew your husband, he'll remove the reproach of your widowhood!

## **Feedback**

One of the most important things I need as someone ministering to the needs of people is feedback. I can fill reams of paper with a million words and never accomplish or touch a single person. If I've shared something that has touched you or help you, please consider writing! You are important to me and more importantly, you're important to G-d.

Also, if you have questions or areas of need that you wouldn't mind sharing (anonymously of course) why not write them down and send them to the mailing address below?

I count it a pleasure to help or just to lend a listening ear and a ready shoulder. I love to get letters and am looking for older godly women to share their wisdom and experiences with me.

I look forward to hearing from you.

Love,

Cerise Welter

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