



## Thanksgiving, a Healing Balm to the Soul

by Kaylee Leaman

"Oh come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation! Let us come into His presence with thanksgiving; let us make a joyful noise to Him with songs of praise! For the Lord is a great God, and a great King above all gods." Psalm 95:1-3"

At the heart of all praise is thanksgiving." This line from John MacArthur's book *Lord, Teach me to Pray*, gave me pause as I contemplated the state of my prayer life. Many times throughout my life I have felt convicted about the posture of my heart in prayer. When I pray, do I remember to thank the Lord at all let alone start my prayer with that? We are called to enter into His presence with thanksgiving, yet I find that more often than not, I am completely focused on my needs and wants. When we take the time to thank God for who He is and what He has done for us, over time it will change the posture of our hearts to one of contentment. The action of praising God with a heart of thanksgiving is a healing balm to the soul. When we are overwhelmed and in need of spiritual and emotional healing, often the remedy is gratitude to our Lord and Savior. Gratitude shifts our focus from the self to the greatness of our God. Meditating on the character of God and all He has blessed us with can take us from a heart of despair to one full of joy.

In 1 Thessalonians 5:16-18 we read, "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." Our following of these commandments primarily brings God glory, but we should also note the verse says that this is the will of God for you! We are commanded to give praise not because God needs to hear about His own character, but He knows this will strengthen our spiritual health. It is important that I clarify, giving thanks with the goal of making ourselves feel good should not be our focus. Our focus should always be fixed on Jesus. So when we see in scripture that something is for us, it is simply another blessing the Lord gives to us that we should be praising and thanking Him for!

*Lord, thank You for Your infallible word that gives us guidance as we walk on the narrow road that is our Christian life. We want to honor You with our lips, so remind us often to thank You. Give us the courage to praise You and express our thankfulness audibly and in the presence of others, that they might be made more aware of Your holiness and Your goodness to us. Amen.*

The action of praising God with a heart of thanksgiving is a healing balm to the soul.

## November 2024 |



WOMEN'S MINISTRY MISSION STATEMENT: Encouraging women to connect in deeper, genuine relationships both with each other and with Jesus Christ.



# Making Connections

Meet **Gayle Bencsik**.

My name is Gayle Bencsik. My parents are Phyllis and Curtis Landes. Both have gone home to be with the Lord. I grew up in the town of Franconia and have attended Franconia Church my whole life. I have 2 brothers and 1 sister. We all live locally.

I am married to Chris Bencsik. We have been married for 43 years. We are very blessed to have 2 daughters, Chelsie married to Joel Varga and Morgan married to Shane Landis. Chelsie & Joel live in Canadensis, PA (across from Spruce Lake Retreat) and have 4 children, Olivia, Luke, Eve and their foster son Damien. Morgan & Shane live in Harleysville and have one son, Blake. They are anticipating the birth of their 2<sup>nd</sup> child in January. My greatest desire as a mother was for my children to grow to love the Lord. And now as a grandmother, for my grandchildren to learn to love the Lord. My oldest granddaughter Olivia was baptized this summer! What a blessing!

I work for Derstine's Inc/EZ3PL Warehouse in Sellersville. I have been there for 39 years. I always thought I would stop working outside the home when I had children. I had the privilege of working part time and taking my babies to work with me. I was able to raise my girls while working outside the home. The business was in a house at that time, and we had our own room to work and play in. Thank you, Jan & Earl! After my girls were older, I started working full time.

One of the hardest times in my life was when I struggled with infertility. We had one daughter but were unable to carry a second child. The Lord taught me through this that I am not in charge of my life. It was a very hard few years. I needed to give up my desires and tell the Lord that whatever he wanted for me I would accept. A few months later I found myself pregnant with our second daughter. Our daughters are 6 years apart.



I enjoy walking, cooking, baking, gardening and most of all, time with my family. Spruce Lake is a very special place for our family. I enjoy spending time there with my grandchildren and exploring the woods together.

Through my infertility struggle, the Lord has taught me to be content. Matthew 6:25-26 speaks to my heart... "Therefore I tell you, do not worry about your life, what you will eat or drink or about your body, what you will wear. Is not life more important than food and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns and yet your heavenly Father feeds them. Are you not much more valuable than they?"





Get Involved!



Join us for a Ladies' Bingo Night  
All Ages Welcome  
Thursday, November 7, 7:00 PM  
In the Upper Fellowship Hall



Ladies'  
Christmas Social  
Saturday, December 7,  
9:00 AM  
food, fellowship, etc.

Other Upcoming Activities

**Sewing Circle**  
Tuesday, Nov. 12  
8 AM – 4 PM

**Prayer Shawl Ministry**  
Tuesday, Nov. 12 at 7 PM



**CONTACT US: [franconiawomen@gmail.com](mailto:franconiawomen@gmail.com)**

Women's Ministry Co-Chairs: Gail Reinford & Sydney Leaman  
Team Members: Janet Derstine, Julie Stitt, Charity Veltre, & Heidi Yoder,