

# Women's Ministry



## *The Creative Box Page*

Sharing Creativity and Encouragement

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### GET OUT OF YOUR SHELL

Born on an island, I love the ocean. I love to observe and learn valuable life lessons from the creatures that live there. One of these creatures is the Hermit Crab. As a Hermit Crab grows, it will need to change shells when they outgrow the old ones. I find this so fascinating and what beautiful lessons I have learned from this. One of those lessons is that in order to grow spiritually (and personally), we need to get out of our shell, comfort-zone. It is not easy to step out of our shell and do things that are unfamiliar or new for us. This takes courage. And through the years in ministry, I have learned that in order to have the courage to do what God wants us to do is to daily walk with Jesus. We read in Acts 4:13, *"When they saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus."* (NIV)

The key to obtaining the courage to come out of our shell, comfort-zone, is to daily walk with Jesus. When we daily spend time with Jesus in prayer and Bible study, while asking to be filled with the power of the Holy Spirit, we will go out with courage to spread the Good News of salvation.

Now, how can you help the ladies within your group come out of their own shell? Share with them the following:

- **S** - Spend time with God in prayer and Bible study. This sounds simple but have the ladies keep a log as to how much time they do spend daily in prayer and Bible study. Have the goal of spending one hour each day in this manner. What changes can be made in their lives to be able to accomplish

this goal?

- **H** - Help others. It is by practice that we begin to come out of our shell. As each of your ladies begin to spend time with God, their spiritual life will grow. Just as the Hermit Crab outgrows its shell and needs to find a new one, they too will find themselves changing and becoming more Christ-like. They will want to help others by using their God-given gifts/talents to bring hope and encouragement. Have the ladies discover their gifts/talents and make a list of ways they can be a blessing to others.
- **E** - Expect wonderful results when helping others. As one grows out of their shell, their faith in God will also grow and with this comes courage. We will begin to have the courage to ask greater things from Him in order to help others because He has told us we could ask in His Name. Make a list of the Bible verses that describe the greatness of God. What reasons do we have for not trusting Him to do what He has promised?
- **L** - Learn as we grow. The growing process is not an easy one for many due to the fact that many are comfortable where they are at in life. They may feel no need to change. God's Word tells us that we need to be new creations in Jesus and this is a daily process. Have the ladies make a list of areas they need to grow in. What obstacles stand in the way of their growth? How can these obstacles be overcome?
- **L** - Let God work in and through each of the ladies. This is the ultimate test in getting out of their shell. This takes faith in giving up their will so they can do God's will. This takes courage to have God work in them and through them without knowing what He will do next or what the results will be. This is trusting in a mighty God that knows all things and will do what is best in each situation for He sees beyond our limited capacity. It is like the Hermit Crab leaving his old shell behind to move in to the next shell. Does he think to himself, "Is this shell worth the move in the long run?" Of course not, he moves in and goes about his day ... being a Hermit Crab.

The following is an idea you can incorporate with the above when sharing with your group:

Pass out shells to each of the ladies or a sheet of paper with a picture of shell on it. Have each of the ladies write their name on the shell or on the sheet of paper. Place the shells or the pieces of paper in a bag and have each of the ladies choose a shell or piece of paper. (Make sure each lady does not have their own name). Each of the ladies is to pray for the name chosen and ask God to give her courage to come out of her shell in order to be bold for Jesus.