

Women's Ministry



The Creative Box Page

www.creativebox.org

The following reading is taken from my blog, "[When Life Gives You Lemons](#)". I have shared this reading on my newsletter and now on this page. But, for this page, I wanted to also add some creative ideas you can share with your women's group.

WHEN LIFE GIVES YOU LEMONS

"When life gives you lemons, make lemonade" is a proverbial phrase used to encourage optimism and a can-do attitude in the face of adversity or misfortune. "Lemons" in this expression is used in the informal sense of the word, to indicate an unfortunate or inadequate situation, a meaning which probably stems from the sour and acidic taste of unsweetened lemon. "Lemonade" on the other hand, is a sweetened form of this same acerbic fruit, and so in the context of this expression, conveys the potential for pleasure and opportunity in seemingly bad situations." (Source: http://en.wikipedia.org/wiki/When_life_gives_you_lemons,_make_lemonade)

Way before this proverb was created, Jesus warned us that life would give us adversity, "In this world you will have trouble." ([John 16:33](#)) Then it should be no surprise to any one of us that life will give us "lemons". So, what do we do when life gives us "lemons"? As a [Success Coach](#), I am often asked this question. The following are some Biblical success principles to help answer this question:

- **L = Look** for the positive in each situation. He who created the heavens and the earth can certainly make your situation work out for good. ([Isaiah 40:26](#), [Romans 8:28](#))
- **E = Expect** unexpected resources and miracles. God has a thousand ways we know not of to help us in our situation(s). ([Isaiah 43:19](#), [Jeremiah 33:3](#))
- **M = Make** the best of each day and the opportunities it provides. As you wait for God's help, look for ways to be a blessing to others and grow as a person. ([Psalm 118:24](#), [Proverbs 11:25](#))
- **O = Overcome** negative thoughts. It is so easy to think the worse in a situation but it takes courage, discipline and determination to think positive thoughts. Pray and ask God to renew your mind (thinking). ([2 Timothy 1:7](#), [Matthew 14:27](#), [Ephesians 4:23](#))
- **N = Notice** all the blessings you have. Keep a journal of all the blessings you have received. Notice how good God has been and know that He will continue to care for you. ([Philippians 4:19](#))
- **S = Seek God** first (prayer/Bible Study). When faced with obstacles, seeking God first will bring to your life all that you need to overcome. ([Matthew 6:33](#))

Everyone deals with unfortunate events differently but I encourage you today to take your "lemons" and, as you

follow the success principles found in the *lemon* acronym above, your "lemonade" will turn out so good that you will want to share with others!

To learn more regarding the above success principles, please contact me, [Diana, The Success Coach](#), via email: info@dianajaworski.com.

The following are some ideas you can do with your women's group:

- The following link shows a simple recipe on [How To Make Lemonade](#) [[click here](#)]. Create a variety of different pitchers of lemonade with each having one missing ingredient. For example, one pitcher will have no sugar added, the other pitcher will have no lemons added, etc. On a separate drinking glass have the ladies taste a little lemonade from each of the pitchers prepared. Can they tell what is the missing ingredient? Discuss with the group: How can you tell when Jesus is missing from your daily activities?
- Pass out a sheet of paper with pictures of lemons on it. Have the ladies write on each picture of the lemon a Bible verse that gave them strength while dealing with a difficult situation. Discuss with the group: How did those Bible verses help make the difficult situation "sweeter"?
- Obtain a basket (or any decorative container) and fill with several lemons. Attach to the basket (or container) positive uses for lemons (ex., recipes containing lemons, medicinal properties of lemons, etc.). Feel free to make a copy of the above reading from my blog, "When Life Gives You Lemons" and attach to the basket (or container) as well. Don't forget to add your own Bible verses that give hope and strength when facing trying moments.