

PINE VALLEY

Bible Conference Center

April 2011



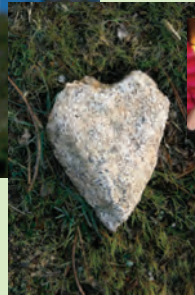
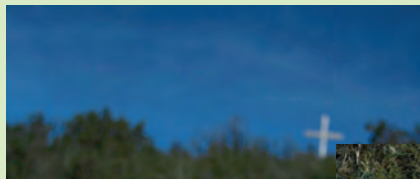
Women's Ministry

The 2011 Pine Valley Women's Conference was truly a mountaintop experience!

We can't stay on the mountaintop forever, though. We must take the lessons God teaches us on the mountaintop and apply them to the situations we encounter in everyday life. Here are some reminders of the wisdom gained from this year's conference.

You are what you think. God designed us this way. We all talk to ourselves. The point is not whether or not we do it, but what we say to ourselves when we do. The most dominant thought wins, and those dominant thoughts drive our emotions.

Identify the lies we believe. What lies are behind the negative emotions we persistently feel? Whatever those are ("I'm fat", "I can't do anything right", "No one likes me or loves me", etc.), replace the lies with truth.



Set our minds on things above. God's in charge of everything. That's His job, not ours. Our job is to walk in His light and obey all that He reveals to us. (Oswald Chambers, *My Utmost For His Highest*).

Remember, practice makes permanent. The more we tell ourselves the truth, the harder it is to hear those lies from the enemy. God's love is true. His words are true. His promises are true. Remind yourself daily.

TRUTHS THAT SET YOU FREE

God is good. Give thanks to the Lord, for He is good. Psalm 136:1

God accepts me through Christ. He chose us in Him before the foundation of the world. Ephesians 1:4

God doesn't make mistakes. As for God, His way is perfect." Psalm 18:30 • The Lord will fulfill His purpose for me; Your steadfast love, O Lord, endures forever. Psalm 138:8

It's not about me; it's about Him. For from Him and through Him and to Him are all things. Romans 11:36

from Lies Young Women Believe website (www.liesyoungwomenbelieve.com)



High Ropes Course



Stay "hooked in" to the truth.

God is in control and loves us. It may not feel like it sometimes, but He is & He does.



Be guided by the truth.

God's Word gives us directions on how to live successfully. His plan is perfect & good.

