

## Thoughts on Prayer

Thoughts from Rhonda Jackson, Co-Editor

After another spate of senseless shootings, I saw several disturbing messages and memes on social media to the effect that people ought to keep their thoughts and prayers – for the victims and their families – to themselves, for all the good they did. Apparently, we live in an age where prayers are not only unappreciated but also undesired.

I'm guessing that most people who consider prayer ineffective are either unbelievers (who ironically need our prayers the most) or those who gave up on prayer when whatever they'd been praying for failed to materialize. Even lifelong Christians unwilling to blame God might see a prayer "fail" as their own fault (*I hadn't prayed enough, I prayed the wrong words, I fell asleep praying, I said I'd pray but forgot*)

The first and final words about prayer can be found by simply opening the Scriptures. The Bible contains 367 references to *pray* and 154 for *prayer*. In the New Testament alone, Christ teaches us *how* to pray – *Our Father in heaven, hallowed be your name*– *how not* to pray – *do not pray like the hypocrites...to be seen by others* – *who* to pray for – *those who persecute you* – and *why* to pray – *all things are possible for one who believes*. Most importantly, our Lord set a living example!

*Very early in the morning, while it was still dark, Jesus got up,  
left the house and went off to a solitary place, where he prayed. ~ Mark 1:35*

*It was at this time that He went off to the mountain to pray,  
and He spent the whole night in prayer to God. ~ Luke 6:12*

*But Jesus often withdrew to lonely places and prayed. ~ Luke 5:16*

We call ourselves Christians not only in faith but also in an effort to emulate our Teacher. And so, we pray for one another - and we receive prayer - gratefully and reverently.



## Celebrating Molly Caroline Johnson

Charlotte Eliopoulos, Co-Editor

*Princess TEA is a program within the ministry for girls ages 5 to 11. In addition to helping them understand the meaning of Scripture in their lives and engaging them in crafts and other activities, it provides a safe place in which the girls can openly share issues in their lives. The girls pray for one another and offer support to each other.*

*Molly has been one of the girls participating in Princess TEA who has emerged as a leader. Her commitment and example have definitely blessed the group.*

*Below is a description in her own words of what the ministry has meant to her.*

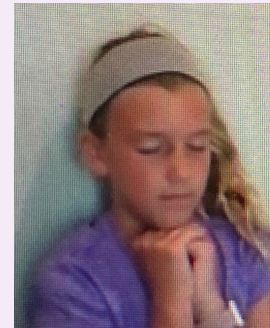
Hi this is Molly. Thank you so much for thinking of me to do this. I am so excited! So, I am 12 years old and from Niceville, Florida. I have a little sister named Grace who is 7. I play soccer for my school team and a club team. I also play tennis.

How I became involved in Princess TEA is I have known Mrs. Kim for a very long time and she introduced me to it! The activities that I do in the meeting are the pledge, the prayer, and the crowning! What Princess TEA has done for me is has strengthen my relationship with God. It has opened my eyes to what incredible things He has done for us! Not only have I grown close with God but I also made a lot of friends and relationships with the girls!

Mrs. Kim has impressed me by helping me really understand the scriptures on a deeper level! She is also a great role model for us girls. She has taught me and all the other girls so much about not only God but just life! And what I would tell other girls about Princess TEA is it is a safe place to talk about what you are feeling, and it also shows you so much about God! You make so many friends and everyone is so understanding and will not judge about anything. That's what I love so much about the group!

## A Comment from Kim...

I've had the privilege to know and love Molly Caroline all of her life, even praying for her with her parents before she was born. Her dad, Jarret, was one of the first people I met when we moved to Baltimore, when my ears perked up at his Southern accent among the hundreds of voices around us in the airport! He soon introduced us to beautiful, gentle Anna who became his wife. I mention Jarret and Anna because you see, Molly Caroline, is an AMAZING girl who loves Jesus so very much...and it was her parents who gave her that foundation. She is kind and thoughtful, full of energy and fun, always eager to pray and to learn more about scripture. Now a beautiful preteen, Molly Caroline is a leader in our Princess TEA group, and it is a joy to see her praying and encouraging the other girls that Jesus is always there for us. I love each of our Princesses...and I am so very proud of our Molly Caroline!



## What's Happening!

### September 16

Evening of Hope in Baltimore, MD  
Come alone or bring a friend, your husband,  
your neighbor...

**Hurry! Just a few tickets available!**

### September 22

FRIENDS OF FAITH event in Nantucket, MA

### September 27

Our fall study "Life in the Faith Lane" kicks off!  
Morning and Evening zooms are available.  
Home groups and church groups are welcome.  
Kim's recorded teachings will be available to  
groups one week behind the live teaching.

### October 5

Burdens to Blessings eight-week zoom begins.  
Wednesdays Evenings. Home groups and  
church groups are welcome. Registration will  
be available later this month. (Course subject to  
an adequate number of registrants.)

### November 5

FRIENDS OF FAITH event in Waxahachie, TX  
Registration opens soon!

Visit [kimcrabill.org](http://kimcrabill.org)  
for registration and  
more information.

## We'd love to have your input!

**What would you like to see in our newsletter?**

**Contact our editors, Charlotte and Rhonda, at**

**[newsletter@kimcrabill.org](mailto:newsletter@kimcrabill.org)**

## A Note from Kim



**Have you seen our new 10-part series  
now airing on INSPIRATION TV -  
"Confront and Conquer" - the men's  
version of Burdens to Blessings!**

Friends, for over a year, we had prayed for a  
way to film the teachings for the men's series.  
Our men's group had helped me to shape the  
men's study and they were already using the

teaching concepts of "Confront and Conquer." But we could find no way to film the series  
professionally. BUT GOD had a plan...

Enter Inspiration TV...asking me to film some teachings for their *Strengthen Your Walk*™ series. Within a few days, we agreed that "Confront and Conquer" would be the perfect fit for what they wanted. When we found ourselves with no solutions, God gave us more than we asked for, more than we had imagined (Ephesians 3:20).

Men, ever wonder what your purpose is in this crazy world? God has chosen you to be His warrior. Are you soul weary and weighed down from trying to carry your burdens alone? Jesus promises to give us rest if we just come to Him and lay our burdens at His feet. "Confront and Conquer" will show you how the power of God in your life can break negative, generational cycles and turn you into a warrior for Christ!  
<https://play.inspirationtv.com/.../confront-and-conquer/...>

And check out the new Confront and Conquer ZOOM men's group beginning in late September, led by Sean Keenan, Casey Gomes, and a Confront and Conquer men's team! Email [admin@kimcrabill.org](mailto:admin@kimcrabill.org) for information.

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## Become a Partner for Healing and Hope!

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## Sitting Can Be Hazardous to Your Health

**Healthy Living Tips from Dr. Charlotte Eliopoulos, Co-Editor**

Perhaps you're conscientious about exercising—going to the gym, walking a few miles each day, lifting weights—but if you spend more than 8 hours daily sitting, you're minimizing the benefits. You may think that there is no way you spend that much time on your butt, but when you consider the time spent at your desk, driving, watching TV, or sitting on the porch enjoying the outdoors it isn't hard to rack up that much time. In fact, more than half of all Americans spend half of their waking hours sedentary.

Unfortunately, regular exercise, while helpful, won't reduce the negative effects of excess sitting. So, what can you do? Here are some tips:

- For every half hour you are sitting, stand and walk around for a few minutes.
- Suggest to friends who you are meeting that instead of sitting for coffee or a meal, you take a walk.
- While talking on the phone, stand and walk around.
- Schedule several short sessions of high-intensity exercise during the day. Research has shown that if each hour during an 8-hour period you pedal a bike or aggressively sprint for 4 seconds, rest for 45 seconds, and then repeat the exercise for 4 seconds you'll obtain greater benefits than if you had long workouts at the gym several times each week.

Bottom line, move as much and as often as you can!

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## Cook's Corner

*with Nancy Spicer*

### Nancy's Chicken UNchiladas

So I was in the mood for chicken enchiladas but I did not have any tortilla wraps on hand. I thought why not try making the filling but just not wrapping them??? *Light bulb flash in my head!*

As I was pulling out my recipe for Chicken Enchiladas, I came across a Cream Cheese Chicken Chili Recipe that also is yummy. What is a cook to do? I couldn't decide which would be





better so I combined the two recipes into one and here is what I came up with. Hubby and I loved it!

Mix together:

3 cups chopped cooked chicken (I throw a chicken in the crockpot on high for 3 hours)  
1 can black beans  
2 cups shredded cheddar or Monterey Jack (Plus extra to put on top)  
1 – 1 ½ cups sour cream  
1 ½ cups corn  
1 can Rotel  
1 pkg Ranch Dressing Mix  
1 ½ t cumin  
1 ½ t onion powder  
1 T chili powder

Mix all ingredients well. Pour mixture into a 13X9 pan. Sprinkle 1 – 2 extra handfuls of cheese over the top.

Bake at 350 degrees for about 35 minutes until cheese is brown and bubbly. Serve with Tostito's chips and sour cream.

*ENJOY!!!*



**Charlotte Eliopoulos**  
Co-Editor

If you have feedback, or an  
idea for a story, tell us  
at [newsletter@kimcrabill.org](mailto:newsletter@kimcrabill.org)

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ministry, please visit  
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