



WOMEN'S REFUGE OF VERO BEACH

Psalm 46:10 God is our refuge and strength



March 2023

Stepping out in faith

He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus. But when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." Jesus immediately reached out His hand and took hold of him, saying to him, "O you of little faith, why did you doubt?" And when they got into the boat, the wind ceased. Matthew 14: 29-32

Stepping out in faith is hard. When Jesus called Peter to step out of the boat, Peter stepped out in faith based on the call of Jesus and who He was. Peter knew he couldn't walk on water. But he had seen Jesus do many things and so he stepped out in faith. What Peter didn't take into consideration was the storm raging around him. Waves crashing, wind blowing, thunder, lightening, can you imagine it? I don't like storms even when I'm safely inside, I can't imagine how Peter must've felt when he looked around. I think Peter thought the storm would stop, that Jesus would calm the sea, that all would be peaceful.

Recently I've stepped out, trying to turn a hobby into an income making endeavor. I figured it would be easy, I mean I was already painting cards, why not sell some? Just a little research, how hard could it be? At first all went well. It was smooth sailing. Then I got bolder and signed up for a craft fair. The pressure is building. Like Peter, I'm wondering what in the world I'm doing on the water!

"But when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." Jesus immediately

reached out His hand and took hold of him, saying to him, "O you of little faith, why did you doubt?" And when they got into the boat, the wind ceased." Matthew 14:30-32

When a woman gets to a place where she is sinking under the waves, where she is afraid and can't take another step on the water, the Women's Refuge is there, holding out our hand in the name of Jesus, to come alongside and to be a safe place for healing and help. With the curriculum, biblical counseling and support groups, women are able to gain perspective into their own personal storms, to bring their fears and failures to God and to receive His peace. Over the years that I've been a part of the Women's Refuge I've seen countless women gain insight into their identity in Christ, break free of strongholds, and go home, able to walk in the truth of God's love for them.

What is your story? Has God set you free from the storm? Can you help pass that freedom to others? Consider passing this newsletter to others who might need some hope. Let your churches, businesses and organizations know about us. The Women's Refuge is here to support the wounded and weary.

And about this upcoming craft fair, I'm continuing to trust in the Hand that holds me. I'm stepping out in faith.

God Bless,

Judy Fitzgerald
House Manager



Prayer from our founder Donna Lee Robart

Dear Fellow Travelers,

This prayer was written by me 32 years ago, and six months before my first husband, Wayne, died of a heart attack at a North Carolina beach.

"Feb. 9, 1991.....Dear Lord, I've written many pages of praises and woes during the last 20 years. They were mostly prayers or pleas for help and understanding. Seeing my thoughts in print helped me focus on what reality is. Sometimes I wrote in the Spirit bypassing my grouchy selfish flesh, and this looked like someone else had written the words.

You are the All-Knowing Lord, the One who sees beyond the words and feelings. How amazing to think that You know my true motives, desires, and intentions better than I do! This is very secure for me. I so disappoint myself, as well as, others with my puny life. But You always love me and are always holding me up, nudging me forward and holding my hand. Let me really know this, Lord, so I may walk along someone else, too. I love You, Father, Son and Holy Spirit.

Amen and amen, Donna

Cindy's life is restored

God has saved my life. He has shown me that He is for me, not against me. I am not alone. God has brought me out of the ugliness that I laid in for nine months, while depressed. I was angry with God. I had chosen to go back to my old worldly coping mechanisms to deal with the suffering I was facing, but God had a plan and purpose for my life.



He brought me back to the Women's Refuge to restore my relationship with Him. God has put me on a new path starting at the Women's Refuge. When I entered the Refuge, I completely surrendered my independence and submitted myself to God's will. The Lord God is my master, and I am His servant. God has shown me that He is in the driver's seat, and I am the passenger in my life. I pick up my cross daily and follow Jesus. God has redirected my steps to serve others and to give back what was given to me. I am learning what God teaches in *James 1:19*, "You must all be quick to listen, slow to speak, and slow to get angry."

Exodus 14:14 "The Lord himself will fight for you. Just stay calm."

Psalms 46:10 "Be still and know that I am God!"

Message from a graduate

by Carol Lopez

If you're a believer in Jesus Christ, God's Spirit is at work in you whether you feel His presence or not. He's conforming Christians to the image of the Savior, and the evidence of this transformation is known as the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22-23).

We all want to exhibit the fruits of the Spirit but often-times that is easier said than done. As you wait, ask the Lord for His peace and patience. Then trust Him to *take care of any remaining needs in His perfect time.*

Lord, we know that we cannot develop the fruit of Your Holy Spirit through our own effort or will, but only as we rest in Christ. Help us to abide in You, we pray, Amen.

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