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## Release Women Email - June 2020

Hello Friend

### **An attitude of gratitude!**

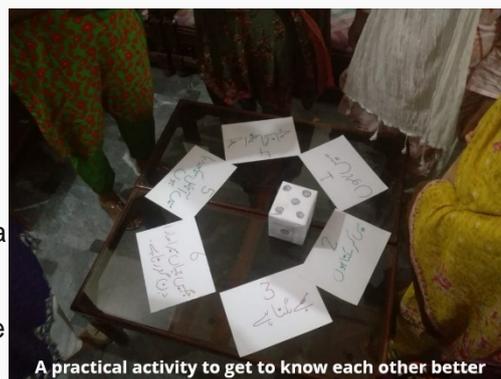
Throughout this period of partial lockdown in the UK, and as restrictions are lifting, we have continued to keep in touch with our international partners to learn how they too are coping with the Covid-19 restrictions they face in their daily lives.

We were delighted to hear from our partner with the Strength to Stand (S2S) groups in Pakistan, that the facilitators have been able to meet together in preparation for the groups starting again. We all know what it is like when we start to do something again after a long break; we can be a bit rusty and need help and encouragement. It was especially pleasing to hear that our partner recognised that the facilitators may be feeling just like that and so organised two days of 'refresher training' for them.

The first day began with a word of encouragement from Genesis 1 and 2, reflecting on their calling from God to be facilitators; to work hard and faithfully for Him. The group was led in an interactive session about getting to know themselves, and each other, even better. Questions were used as discussion prompts: I am...? I can...? I believe...? I spend most of the time...? I am learning...?

Further sessions and activities followed to help them to develop their self-worth and to think about three keys aspects of their lives: personal, professional and spiritual.

During the first day the women also spent time preparing a 'life map' of all the positive and encouraging things that had happened in their lives. Sharing these details with one another helped to strengthen the bond between them as a



team. They also received some training about community development and practical advice about time management. Targets were then agreed for the coming year.

The second day started with further encouragement to be thankful to God for all His blessings. This is truly humbling when we understand how little some of these women have materially and the difficulties they each face in living for Christ as part of a minority group. Next, our partner emphasised the power of prayer and everyone wrote down one prayer request. These were distributed randomly to the women who were challenged to pray for the request in their own personal prayer times for the following month. They are looking forward to sharing some amazing testimonies of answered prayer next time they meet! The day continued with further sessions about communication skills, cluster groups and strategic planning for the year ahead.

It is wonderful to receive this insight into the role of a S2S facilitator, and to see how the spiritual dimension underpins their training and everything they do. The women in the S2S groups may face daily oppression and poverty, and sometimes blatant persecution for their faith, but in all things they are being encouraged to have an 'attitude of gratitude' and to give thanks in all circumstances. Let's give thanks and praise for every facilitator, and every woman, family and community impacted by the groups. Please pray that they will continue to grow in their love for the Lord and their relationship with Him.

*Rejoice always, pray continually, give thanks in all circumstances;  
for this is God's will for you in Christ Jesus.' 1 Thessalonians 5:16-18*

Blessings,

Release Women Team

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Please CLICK on the red button if you prayed.

[I prayed!](#)

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