

Capstone Essay
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My personal goal is to have a ministry one day in the future. I would name it Tamar's House Ministries, a Woman's place is in her Father's House. It would be within the church and focus on women that have survived sexual abuse and never healed from their traumatic past. This is important to me because for years I was in that same position. Through this course, I've realized that healing has many aspects and I will be highlighting them in the following paragraphs.

Module One

Beth Moore's lecture "A Woman and Her God" took my walk with God to Psalm 63 she reminded me and encouraged me to listen to my soul. Through that, I recognized that what I'm searching for is more than what the world could offer me. The emptiness, the loneliness, and the yearning that I was feeling could only be filled with worship in my soul. Our souls need that intimacy that man and God had in the beginning. When mankind wasn't just physically naked but also spiritually and walked freely with God, unashamed that he was exposed to his Creator. This is something that many women feel, and I would use this to bring women closer to God. For example, if an older lady was to come to Tamar's House and tell me even though she's active in the church she never feels good enough. She confesses she feels far from God and unworthy of praying or having a relationship with Him. I'd invite her to sit and visit Psalms 63 with me. We'd take each verse and study it. I'd tell her she was created to have a relationship with God and in fact, her soul craves it. That God's perfect love is all hers. Every time we meet we will read the Psalm. I'll start her off on a worship journal where she writes things she is grateful for. We then are able to talk about her past because she has a true intimacy with God and will be able to face anything and finally heal.

Module Two

Dr. Freda Crews "Seasons of a Woman's Life" reminds women that no matter what their age, social-economic background or marital status we all have one thing in common: we will all travel through different seasons of life. Some seasons might be longer than others or some more enjoyable, however, we need to experience them. How we navigate through them and what we learn is the key to our relationship with God and others. To every season under the sun, there is a purpose. Spring invites you to dream and to start again. Summer invites you to activate your dreams. Falls invites you to reflect on what you need to accomplish. It slows you down reminding you what have you put away for winter. We need to invest time in preparing for the winter months in our lives while we are enjoying our happy easy-going seasons. Dr. Crews describes three types of grief: Chronic grief-ongoing - a year or longer that seems like it has no end Acute grief-unanticipated- the sudden death of a loved one, the loss of a job, or an unexpected divorce. Anticipatory Grief - even though unwelcome you knew it was coming. Grief is life-changing. The key is to remember winter will not last forever Ecclesiastes 3:1 To every thing there is a season and a time to every purpose under the heaven. Truth is winter is the season of growth is where we learn to persevere and where we learn to dress in the Armor of God Ephesians 6:10-18. This can be applied to this hypothetical situation: Mary comes to a meeting at Tamar's house and she tells one of the leaders that she is overwhelmed handling the bills and taking care of the children since her husband was deportation four months ago. She explains to the leader that she was prepared for this and had made a plan for everything before her husband left, but lately, she just can't find it in herself to go on. The leader explains to Mary that she is going through anticipatory grief. She explains to Mary that it's normal to feel this way and in no way is she failing. The leader then explains to her the seasons we all go through in life and encourages her to fully dress in the armor of God. She encourages Mary to look beyond this season and rejoice when her winter becomes her spring.

Module Three

Dr. Diane Lannberg's "On The Threshold of Hope" offers an insight into a hidden problem in society and even in our churches. At any time, hidden within our churches, we find women or men hiding within themselves a secret that keeps them bounded and broken. Dr. Lannberg's concept is simple: It's not your fault, no one asks to be a victim, overcoming is not easy, and it is our responsibility to help the abused go from victim to victorious. Hebrew 13:16 And do not forget to do good and to share with others, for with such sacrifices God is pleased. In this hypothetical situation: seventeen-year-old Lucy was brought to Tamar's house by her grandmother. A year ago Lucy had opened up to a teacher that a family member had been sexually assaulting her when her parent was at work. The police were called and the perpetrator was in jail. The family thought Lucy would be okay and hid the secret, but lately, Lucy is acting up at home and school. She also keeps threatening suicide and asking why did God allow this to happen to her. She also blames herself for the hurt she and her family are going through. The leader at Tamar's house talks to the family and encourages them to seek a perfectional counselor. Because Lucy is a believer, they will also see Lucy and show her through the bible that God is not to blame. The leader will use Dr.Lannber's five points "The spiritual impact of childhood sexual abuse" to help Lucy.

Module Four

In Julie Clinton "Spiritual intimacy: Embracing the heart of God in Marriage" her concept is very profound. In order for a marriage to be successful, both spouses must have an intimate relationship with God. Her Mission Statement found in John 3:30 Amp. He must increase [in prominence], but I must decrease. God must stand out in a marriage in order for there to be spiritual intimacy in a marriage if God is prominence in a women's life then she would be able to intercede for her spouse not try to change him or ask to change him. In this hypothetical situation: Jen and her husband, though greatly in love and a Christian couple, can't see eye to eye in everyday things. This has put a strain on their marriage when her husband heard Jen on the phone with a friend telling her she wishes she could find a way to change the way he is. Jen's friend tells her maybe it is you that needs to change. Try seeing your husband as Christ see him at the foot of the cross. She encourages Jen to spend more time seeking God in prayer and present her husband as the head of the house to God in prayer. She also encourages Jen to ask her husband if she could join him in prayer and let him lead. Finally, she reminds her that the closer Jen and her husband are to God the closer they will become as a couple.

Module five

Mary Hunt's "A Woman's Finances" teaches women through her own experiences the dangers of living beyond their means. She explains to women four principles of debt-proof living and the blessing that comes when women realize God is the source of our income and we learn to manage it. We will find his favor in our finances. "His master said to him, 'Well done, good and faithful slave! You were faithful over a few things; I will put you in charge of many things. Share your master's joy!' – Matthew 25:21 In this hypothetical situation: Beth is a single woman just out on her own though she has a college degree and her dream job she finds herself in more debt every day. She seeks advice from Tamar's house leader, the leader asks her to track her spending for thirty days. After thirty days they sit down and review her spending habits. Beth realizes two things right away, one being that she shops without needing to out of boredom and second, Beth realizes she wasn't her tithing in order to make ends meet, because she was spending more then she was bringing home. After studying on tithing with her leader she realizes she needs to make changes that will benefit her in the long run.

