

# SEASONS

The Discipleship Journal For Coaches' Wives



“POWER WIVES”

*Fighting Fear. Finding Faith.*

“SKINCARE TIPS FOR THE  
SUMMER MONTHS”

“THE COVERGIRL PROJECT”

*Meet the Member Care Team*

 COACHES'  
WIVES  
MINISTRY

# Welcome

*Welcome! This magazine is in your hands for a reason! Even if you are not a coach's wife, we hope and pray that you will be blessed. Seasons was created to meet several different needs: a resource for personal growth, a tool to help develop local communities of coaches' wives, and a guide for our membership group and on-line studies. Our desire is to journey through the seasons of life together, growing in the Lord and embracing His call on our lives to be coaches' wives. So, whatever your season of life may be, we hope you will be inspired and encouraged through this discipleship journal designed for you!*

*"For everything there is a season,  
and a time for every matter under heaven."*

*Ecclesiastes 3:1*

# Editor's Note

Dear Friends,

To be completely honest, this past season has been a rough one. In looking to God's word for help and hope, I have been reminded of some uncomfortable truths from the Apostle Paul- a man who experienced incredible challenges and overwhelming circumstances throughout his entire life.

I often think of Paul as a coach- one who deeply loved his team and sacrificed for them in every way, but appeared to lack a crucial coaching skill: delivering the ultimate locker room speech.

While calling his team to be the best they could be for the glory of God, he was simultaneously telling them that they had no power to succeed, no hope for victory and they were weak and powerless to change. There was no positive self-help talk. There was no vision cast to believe and achieve. Instead, he communicated things like Ephesians 1 -you are all dead in your sin, or Romans 3- together everyone has become worthless and no one does any good.

No successful coach would ever try to inspire his players with that kind of motivational speech. However, in 2 Corinthians 12 we find an amazing passage- the kind of pep talk that God desired Paul's team, the Corinthian church, to hear. In these verses, Paul explains the purpose of the game and challenges them all to have a winning mindset.

*"Three different times I begged the Lord to take it away (referring to his thorn in the flesh). Each time He said, 'My grace is all you need. My power works best in weakness.' So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. That's why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong."*

2 Corinthians 12:8-10 NLT

***"My grace is all you need.  
My power works best in weakness"***  
***2 Corinthians 12:9***

It's not comfortable to admit weakness, nor do these verses seem to describe a winning mindset. But the truth is that God has chosen us to be part of something bigger than ourselves, and His measure of success is not the same as ours. We can only win by losing ourselves and finding strength in His power

This season we will be talking a great deal about power. The power of God's Word, the power of generosity and the power wives of the Old Testament. It's not that we don't try or don't train to win, but we are motivated by God's love and strengthened by His power not striving in our own.

*"You've all been to the stadium and seen the athletes race. Everyone runs; one wins. Run to win. All good athletes train hard. They do it for a gold medal that tarnishes and fades. You're after one that's gold eternally."*

1 Corinthians 9:24-25 MSG

So if you've ever felt unqualified to race, or too weak to make a difference- you are. We are. And that mindset leads us to experience God's power working through us in a way that we never have before.

When we are weak, we are strong.

I share all this from my heart, and I pray that throughout this season, we will all learn to run in the power of God and for the glory of God- no matter what trials we are facing.

*Blessings,*

GANDACE LANE  
Editor In Chief & Founder,  
Coaches' Wives Ministry





*This issue is dedicated to coaches' kids. There are so many exciting moments involved in the coaching life. Concession stand food for dinner! Running to see daddy on the field or having large groups of large players over for dinner. It can be an adventure, but also a lot of moments spent missing your favorite coach. We are praying that some special memories will be made with your family this summer, but more than that, we pray that your kids will know they are part of something amazing. They are part of the legacy and the ministry to so many people. Blessings to you and your family!*

Summer Issue 2021

# *Journal Guide*

## JUNE

*The Covergirl Project: Old Testament*

## JULY

*The Covergirl Project: New Testament*

## AUGUST

*Power Wives: FIghting Fear, Finding Faith.*

## *Content*

Editor's Note

Skin Care Tips for the Summer Months

Meet the Member Care Team



# THE COVERGIRL Project

As Christians, we've been given the gift of God's Word. It's His love letter to us, and He tells us repeatedly throughout the pages to prioritize His words. So where to start? Maybe at the beginning? Maybe read it chronologically? A reading plan can help, or whatever works for you- the point is to COVER EVERY WORD! Jesus says in Matthew 4:4, "man shall not live by bread alone, but by every word that proceeds from the mouth of God," and we don't want to miss a single nutrient of truth. Join in THE COVERGIRL project, as we take the challenge to Cover His Every Word together!

Here's how it works:

- Understand that this journey is going to be challenging, but the Lord will give you strength. It might take a year or more, or less, but there are no required deadlines. You might read a chapter a day, or a few verses, but the point is to take steps EVERY DAY.
- Have a plan. The simpler the better. Remember that you don't have to research and understand every fact or passage on the genealogy of Christ. We just want to read it through and let His words take over our hearts.
- Finally, know that you are not alone. It is personal time with the Lord, however, you will be surrounded by encouragement and be part of a team.

Throughout the months of June and July, we will be doing an overview of the Bible by sections. Hopefully, you will be encouraged no matter where you are in the Word, or it will help you know where to start!



## *The Law*

*June*

# Genesis - Deuteronomy

Some may say we now live in a New Testament world where we should only focus on Jesus and His grace and love. However, EVERY word of Scripture is inspired by God, which is why we are COVERing them all. Did you know that you can see Jesus throughout the Old Testament as well? That there are over 300 prophecies preparing the hearts of the world to meet Jesus when He comes to save? And what better way to appreciate His sacrifice than to understand the Law that He had to fulfill through His perfection, death and resurrection?

## READ: Deuteronomy 6

Watch the video in our facebook group.

*Write your thoughts in the space below:*

A person is sitting on a bench, reading an open book. The person is wearing blue jeans and grey socks. The background is a blurred outdoor setting with a chain-link fence. The book is open to a page with text, and the person's hand is visible holding the book.

# Joshua - Song of Solomon

READ: Joshua 1:8-9, Psalm 1

*Write your thoughts in the space below:*

A close-up photograph of a person's hand holding a small, decorated book titled "JOY". The book is yellow with pink and white polka dots and features a large, stylized "JOY" title. The person is wearing a purple ring and a black beaded bracelet. The background is a blurred outdoor setting.

# Major & Minor Prophets

I s a i a h - M a l a c h a i

In case you are wondering, the major and minor prophets are referred to as such not based upon skill (like Major League Baseball) but on the length of their books! These prophets were spokesmen for God, calling the people to repentance and setting the stage for Jesus to come. These books are not chronological, but all are important to the story of the Bible.

**READ:** Isaiah 55 and watch the video in our facebook group.

*Write your thoughts in the space below:*

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# The Gospels

Matthew - John

The gospels are the accounts of the life of Jesus, and they are filled with the Scriptures we use for Christmas and Easter celebrations! As you get started here, don't try to analyze the genealogy of Christ in Matthew 1. His family tree is amazing for sure, but keep going and enjoy getting to know the amazing person of Jesus Himself!

READ: John 1:1-18

Watch the video in our facebook group.

*Write your thoughts in the space below:*

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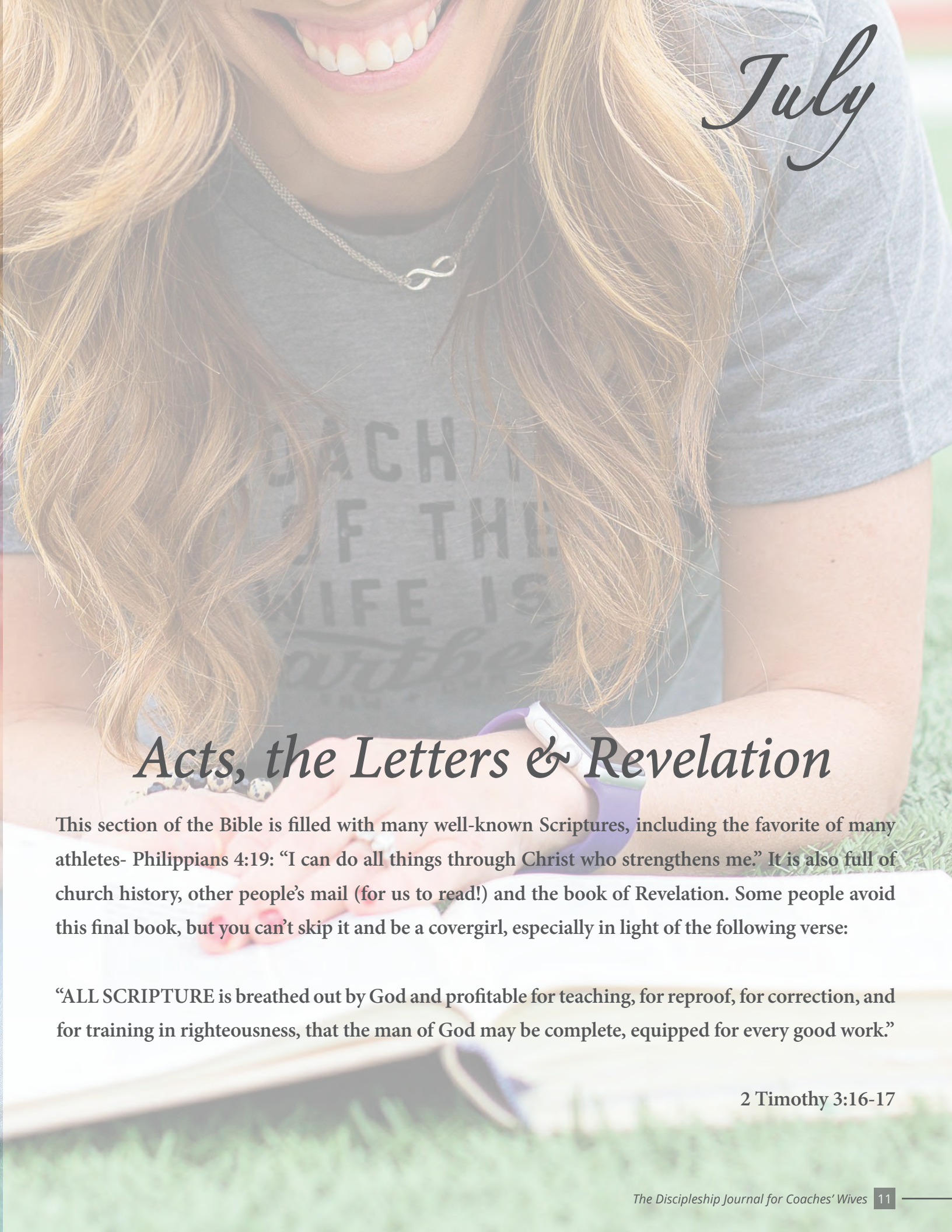
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July

## *Acts, the Letters & Revelation*

This section of the Bible is filled with many well-known Scriptures, including the favorite of many athletes- Philippians 4:19: “I can do all things through Christ who strengthens me.” It is also full of church history, other people’s mail (for us to read!) and the book of Revelation. Some people avoid this final book, but you can’t skip it and be a covergirl, especially in light of the following verse:

“ALL SCRIPTURE is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.”

2 Timothy 3:16-17

## *Acts, the Letters & Revelation, continued...*

Watch the video in our facebook group.

*Write your thoughts in the space below:*

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*Final thoughts and application:*

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# *CWM Values* *Coaches' Wives Ministry* *has five core values:*

## **GOD'S WORD:**

*We love God's Word and look to Scripture as our foundation.*

## **GOSPEL OF GRACE:**

*We seek to share the Gospel of Grace through our posts, materials, studies, and conversations. We want to create an environment of rest, because our salvation is by grace through faith in God's finished work for us.*

*We are not called to live this life in our own strength, but through Him, for Him and because of Him.*

## **GROWTH THROUGH DISCIPLESHIP:**

*We believe in growth through life-on-life discipleship, both virtually and locally, and training coaches' wives to lead in their homes and communities.*

## **GENEROSITY:**

*We want to be a generous ministry- serving our members and reaching out to others.*

## **GLOBAL VISION:**

*We believe Revelations 21 that the Lord is calling every tribe, tongue and nation to worship Him, and we want to be part of what He is doing around the world!*

A woman with a pink and white patterned headband is smiling and reaching towards a lush green garden. The background is a soft-focus view of a garden with various plants and flowers.

# *Generosity*

*“And let us not grow weary of doing good, for in due season we will reap, if we do not give up. So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.”-Galatians 6:9-10*



## *Coaches' Wives Ministry Member Care Team*

As a ministry, we want to have giving hearts and be selfless with our time, talent and treasures. For this reason, we created a member care team. Every one of you is unique with different needs and abilities. We want to champion you, be there for you and help you connect as you join in this group! If you're not feeling the love, please let us know!

# Angel Burdette



just a few months into dating him was that it really was his ministry. It's how he gives back to the community; how he expresses his love to God and his thanks for God's grace in his life. I knew if I were to marry him, then supporting his coaching life, filling his cup would be my ministry. So loving him, loving his team, the community, even the parents is where I sow. Discovering CWM was God showing up for me answering a prayer I did not even know I had. I really enjoy so many aspects of the ministry. From the encouraging social media posts to the Sunday night FB lives to the intimate zoom Bible studies, CWM is an expression of God's love to me. It fills my cup.

"On April 2, 2016 I became a coach's wife. The 2020-21 season was our 7th football season together. We enjoy going to concerts and events, trying new restaurants together, and traveling. But during quarantine, we've discovered we also like to binge watch crazy shows together. I recently started counting our football seasons together instead of just years married. It's during seasons that the highs and lows of life seem so much more impactful, carrying more weight. But I don't have to explain that to you ladies. You already get it. And that is why CWM means so much to me — community, like-minded women "gathering" and navigating life through God's Word.

Coaching was my husband's career choice many years before he even met me; but what I witnessed

My prayer is that CWM blesses you as it has me. I have found fellow coaches wives who cheer and root me on during wins and losses and are ready to stand in the gap and offer prayer for the little and the big challenges in my life. I thank God for this ministry."

*\*\* Angel's husband is the head football coach and track coach at McNair High School in Dekalb County, GA. She was part of the first leadership training, alongside Sara and Shannon, and during that time God called her to serve in this ministry. From leading small groups, sending birthday cards, helping launch local groups and serving on the marketing team as well, Angel's love for the Lord and for people shines through in all that she does. We are so thankful for her example of the generous love of God!*

“I have been a coach’s wife for 17 seasons. I was a player’s girlfriend for 6 seasons before that! My husband and I have 3 sweet kiddos (12, 9, 8) who keep us busy and are at such a fun stage of life. My favorite thing about being a #footballfamily is that everyone in our program is family. We believe God has called us to this and that we want to “live life” with our coaches, their wives, their families, and our players. Sometimes living life with people can get messy, because we are all broken. But what a great opportunity to try to love people well and share the love of Christ with people during different seasons of life.

CWM has been a great encouragement and resource to me over the last year. This community of coaches wives has encouraged me and given me a safe place to let my guard down. God has been using this ministry to impact my life and energize me in such a positive way. Having my tank full has allowed me to pour into other wives on our staff and love and encourage them well.”

*Sara Craft*

*“You will be enriched in every way, to be generous in every way, which through us will produce thanksgiving to God.”*

*2 Corinthians 9:11*

*\*\* Sara’s husband is the head football coach at North Forsyth HS in Cumming, GA. She joined CWM as a member the summer of 2019, and the following Spring, went through our very first leadership training class. Her heart to serve and love for people was evident, and by the end of the training, the Lord had laid it on her heart to serve through CWM. Not only does she lead small groups, she is the first one to “greet” new members with a personal text and helps them plug into a study or connect with a mentor- whatever the need may be! She does so much behind the scenes, taking care of the logistics that help members along the way, and we are so thankful for her heart to serve.*



# Shannon Purvis

I worked in student ministry for a couple of years as a young adult, and I remember my boss telling me, “Shannon, you were made for this. You will either continue working in ministry, or you will marry someone who does.” So naturally, I thought I’d become a pastor’s wife, right? HA. Out of nowhere, this handsome young football coach walks right into my life.

When I first met Loren, he asked me out for coffee. (This was a sure sign for success because, to this day, exploring new coffee shops is one of our favorite things to do together.) Well our first coffee date had to be rescheduled because the flag football team he was playing on made it to the tournament finals- little did I know that was a foreshadowing of my future. #footballwifelife When we finally got that date, it didn’t take long to see that he had a burning passion for football, of course, but an even bigger passion for building up Godly men and impacting the world for Christ.

He also went ahead and let me in on what a life together would look like. (Super serious first date stuff) Difficult, stressful, a lot of times unsteady- and it has been just that for sure. But oh such sweetness comes from this #footballfamily adventure too!

The excitement that our girl has to go to her daddy’s football games is so special. The joy of winning is fun, and the closeness brought together by losing is necessary. The friendships we have made with other coaching families, both here and at previous schools, I will treasure forever. Even in the toughest times, I wouldn’t trade it for anything.

I am so thankful for the amazing love of God that holds onto us in every season of our lives, including football season. This is our ministry. My husband was called to this. Therefore, our family is called to this.



And we sure couldn’t do it without Jesus. Football season can sometimes be long, lonely, and hard. But knowing the Lord’s purpose for us- to glorify His name above all else- makes it so much easier to fight the fight, give grace, and love others through it all. I am so thankful for Coaches’ Wives Ministry and the encouragement they pour into my heart. This community of fellow coaches’ wives is like no other.

*\*\* At the time of this issue, Shannon and her husband are in the process of moving to a new different school and into another house, which they had to purchase sight-unseen! She serves as our Social Media Manager and Community Care team member. When women find us via Facebook, Instagram or Google, Shannon is the one who engages with them, answers questions, invites them to join us and makes the connections for these wives to find community and support! She also writes blogs and plays a big role in developing items for our boutique! We are so thankful for her and her generous heart!*

# Skincare Tips for the Summer Months

The Mary Kay Foundation is dedicated to finding a cure for cancers that affect women and to end domestic violence.

It's more than just selling the product, it's about building relationships and giving back.

My current favorite and must have items for summer: Timewise Repair Skincare, CC Cream, mineral powder, ultimate mascara, oil free eye makeup remover, a nude lip color, and my family's favorite, After-Sun Replenishing Gel

- Tara Sammons

<https://www.marykay.com/tarasammons>

Norwex has a body cloth and a makeup removal cloth. Body cloths exfoliate, and I use them to wash My face and then apply the Lysere Skin care Line- which includes an Illuminating Oil, Renewing Eye Cream, Day Face Moisturizer, and Night Face Moisturizer.

I love our sunscreen (spf30) and sunscreen lip balm (spf 15) made from all natural ingredients and Zinc Oxide to protect our skin. For those days that sunscreen the Illuminating Oil and or Body Balm help soothe and heal.

Summer Tip: use your Norwex Dusting Mitt for sandy bodies at the beach, lake, or backyard sandbox!

- Heather Pike

[www.heatherpike.Norwex.biz](http://www.heatherpike.Norwex.biz)

I was introduced to Melaleuca products 30 years ago and love them! I use 7 before 7:00AM! Melaleuca has a high quality "tea tree oil" (melaleuca alternifolia) in its over 400 products. My first product each morning is the Gold Bar-a luxury, French-milled bath soap that smells amazing and makes your skin feel clean and soft. Another skin product is Renew, the last dry skin therapy you'll need and it's backed by Melaleuca's 100% Satisfaction Guarantee.

For more information click the link below or email me at [dea@deairby.com](mailto:dea@deairby.com):

- Dea Irby

<https://www.renewlotion.com/>

# Boutique



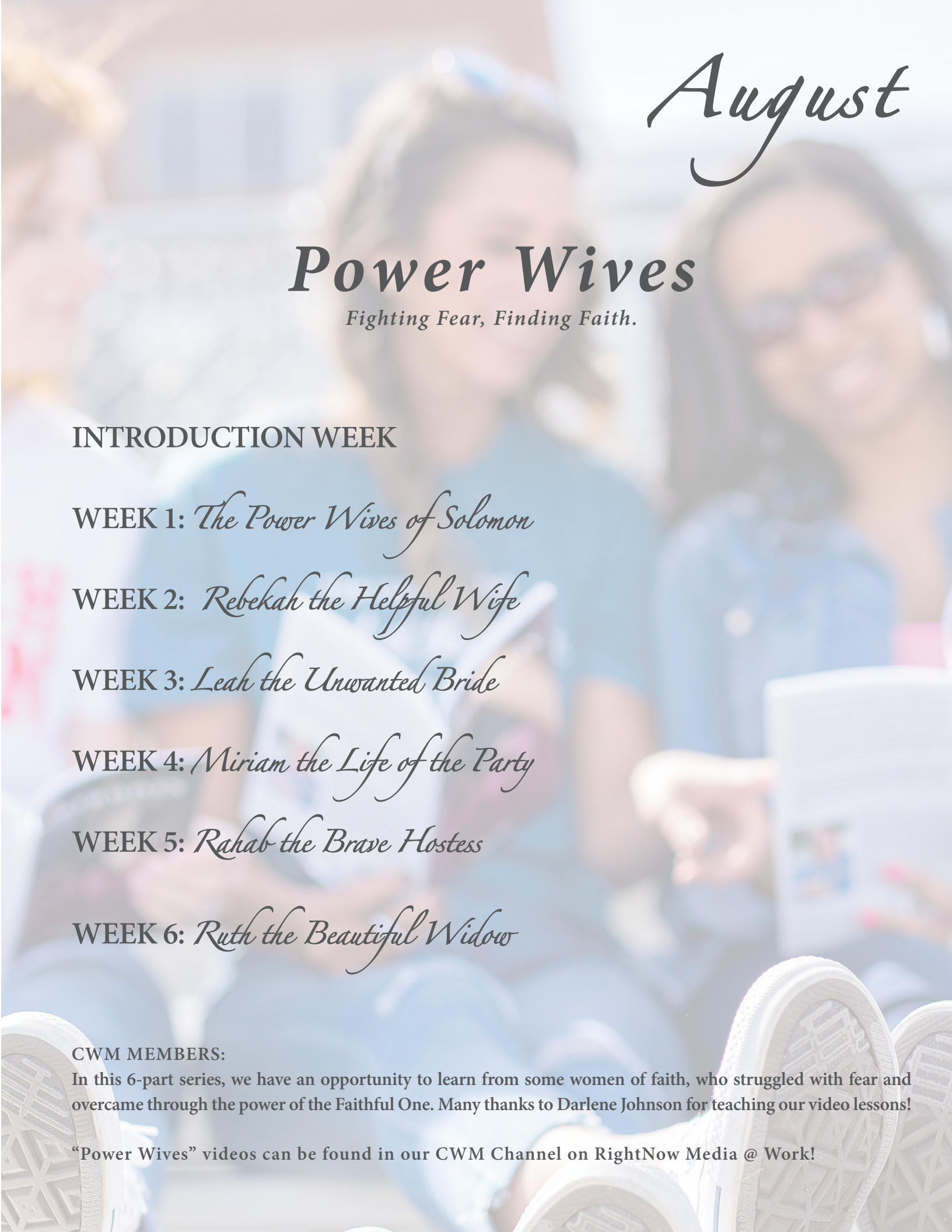
Click on the image to shop this shirt!

Available in Basketball, Volleyball, Softball, Baseball, Soccer, Wrestling, Football, Track & Field

*"Perhaps you were created for such a time as this." - Esther 4:14*

As we learn from the power wives of the Bible during this season, it is fitting that our newest apparel is inspired by Queen Esther. Understanding that we were created on purpose and for a specific purpose, is an incredibly encouraging truth when we are going through our seasons of life and of sports.

God created us for this and He is with us!



# August

## Power Wives

*Fighting Fear, Finding Faith.*

### INTRODUCTION WEEK

WEEK 1: *The Power Wives of Solomon*

WEEK 2: *Rebekah the Helpful Wife*

WEEK 3: *Leah the Unwanted Bride*

WEEK 4: *Miriam the Life of the Party*

WEEK 5: *Rahab the Brave Hostess*

WEEK 6: *Ruth the Beautiful Widow*

### CWM MEMBERS:

In this 6-part series, we have an opportunity to learn from some women of faith, who struggled with fear and overcame through the power of the Faithful One. Many thanks to Darlene Johnson for teaching our video lessons!

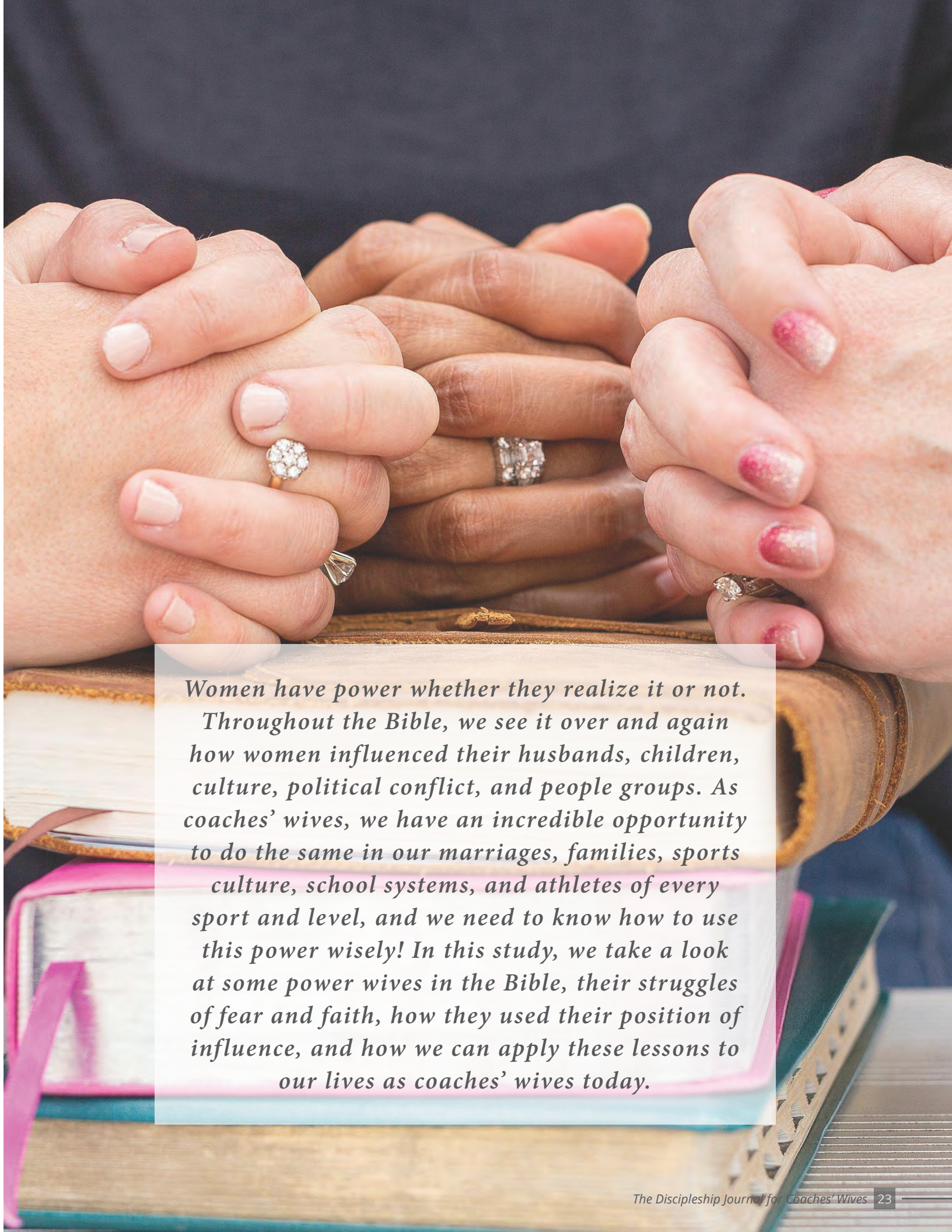
“Power Wives” videos can be found in our CWM Channel on RightNow Media @ Work!

*Dear Coaches' Wives,*

*My prayer is that through this study we will learn from the “fear vs. faith” examples of some power wives from the Bible, have insight into the power struggles of our own hearts, and come away with specific applications for how we as coaches’ wives can use our “wife power” wisely. Above all, I pray that we will see the power of the Lord at work in these stories, and believe that He wants to work in our lives as well - whether we find ourselves walking by faith or falling in fear. The Lord is always faithful.*

*Praying for us all on this journey, Candace*





*Women have power whether they realize it or not. Throughout the Bible, we see it over and again how women influenced their husbands, children, culture, political conflict, and people groups. As coaches' wives, we have an incredible opportunity to do the same in our marriages, families, sports culture, school systems, and athletes of every sport and level, and we need to know how to use this power wisely! In this study, we take a look at some power wives in the Bible, their struggles of fear and faith, how they used their position of influence, and how we can apply these lessons to our lives as coaches' wives today.*

# CHAPTER 1: *The Power Wives of Solomon*

Power is defined as “possession of control, authority, or influence over others.” If you’ve seen the movie “My Big Fat Greek Wedding”, you might remember this quote about marriage: “The man is the head, but the woman is the neck. And she can turn the head any way she wants.” We see this wifepower in action in marriages all around us today, but as we look at some relationships in the Bible, let’s start with the complicated romantic life of King Solomon.

One of the most powerful, rich, famous, and wise kings of all time was King Solomon, the son of David. He began his reign in humility, and one of the first things he did as king was gather all his leaders, and together they worshipped the Lord (2 Chronicles 1:1-6). Then when God asked Solomon what he wanted now that he was king, Solomon asked for wisdom and knowledge to lead God’s people, and he also wrote the book of Proverbs. Solomon was an amazing man of faith and wisdom, but his life did not end as it began, because when it came to women, Solomon didn’t obey the Lord. And his disobedience had devastating consequences in his relationship with God, his kingdom, and all future generations. “Now King Solomon loved many foreign women....the Lord God had said to the people, ‘You shall not enter into marriage with them, neither shall they with you, for surely they will turn away your heart after their gods.’ Solomon clung to these in love. He had 700 wives, who were princesses, and 300 concubines. AND HIS WIVES TURNED AWAY HIS HEART. For when Solomon was old and his wives turned away his heart after other gods, and his heart was not wholly true to the Lord his God, as was the heart of David his father.” 1 Kings 11:1-4 Solomon not only turned AWAY from the Lord, but he actively turned TO idol worship and sacrifices - the things most important to his wives. The same man who built the temple of the Lord God at the beginning of his 40-year reign, was now building altars for other religions “...and so he did for all his foreign wives, who made offerings and sacrificed to their gods” (1 Kings 11:8).

It is easy to think that this happened to Solomon because he was outnumbered 1,000 to 1, but even one wife has great influence over her husband’s heart. And according to this passage, these wives had their own gods - their own idols - and their passion for these things influenced Solomon in a powerfully negative way. While his wives were worshiping these idols, he was worshiping his wives and wanted to make them happy - so he chose his wives over the One True God. We, as wives today, do have such a special position of influence. God has given us wifepower to be used in building up our husbands, encouraging him in his calling, raising our families in God’s truth - although Solomon’s wives obviously didn’t go the positive route. Of course, Solomon was responsible for his own sin, and though God gave him the opportunity to repent, he refused and God then divided Solomon’s kingdom.

## WRAP IT UP:

## Video Notes

1 John 5:21 "...keep yourselves from idols."

An idol is "a person or thing that is greatly admired, loved or revered."

1. Do you recognize any idols in your life? Even good things that are taking the place of God in some way? For example, stability isn't a bad thing, but we can desire it more than God's plans for us. If so, what are your idols?

2. Have you ever considered that your words, attitudes and actions have power in your home? Do you have an example of this happening?

3. Are the things in your heart encouraging your husband and children to seek after God more? (Not that we are responsible for the decisions of others, but what we love and how we love impacts those we love.)

4. God's Word convicts us of idols and protects our hearts. Just like exercise strengthens us physically, the first step of being a power wife is knowing the All-powerful One personally and spending time with Him. Is this a habit in your life? How can you grow in this area?

PRAYER: Lord, help us to love You with undivided, wholly devoted hearts. Please show us our idols and cleanse us. Help us to abide in You and we ask that You use our lives in positive, powerful ways to impact our husbands and those around us for Your glory. Amen!

## CHAPTER 2: *Rebekah the Helpful Wife*

Rebekah was Isaac's wife and she had twin boys - Esau and Jacob. When she was pregnant, the two boys "struggled together within her", and when she sought the Lord about it, He said, "...the older shall serve the younger" (Gen. 25:23). Jacob was younger - and since she knew what God wanted, she decided to make it happen. "Rebekah said to her son Jacob, I heard your father speak to your brother Esau, 'Bring me the game and prepare for me delicious food, that I may eat it and bless you before the Lord before I die.' Now therefore, my son, OBEY MY VOICE as I command you. Go to the flock and bring me two good young goats, so that I may prepare delicious food from them for your father, such as he loves. And you shall bring it to your father to eat, so that he may bless you before he dies." Genesis 27:6-10 She was right about the outcome, but she did not trust the Lord to handle it. This is such an easy trap to fall into! She felt like she needed to manipulate the situation and she did it - very well! She deceived her blind husband with food and a "costume", and got her son to help her do it (which, by the way, was not-so-great parenting)! In the end, she got what she wanted - sort of. While Jacob did get the blessing, Esau was so angry that he threatened to kill him, so Jacob had to flee. Rebekah lost her son when he left, and I am sure the whole situation was very damaging to the relationship with her husband. But in her heart, she probably started out thinking she was helping God with His plans for her family.

As a coach's wife, I can think of so many times that I've tried to be "helpful" to my busy coach, but I'm not really being a helper to him. I can find myself just helping out of fear, because if I don't do it, no one will! Or because he's not home, it all depends on me to hold down the fort, be both parents and raise perfect kids. When in truth, God cares about my marriage and family even more than I do. And one of the best things I can do for my husband, instead of trying to be so helpful, is to ask JESUS to HELP ME! I hate to say it this way, but Rebekah did not win the fight against fear in this particular situation. She was so wrapped up in making sure her son got what he was promised, that she took action instead of trusting that the Lord would fulfill His promises. God is so gracious. I encourage us all to remember that truth - whatever we have or haven't done as wives and mothers, friends and daughters - there is power, forgiveness and grace. Even though Rebekah sinned in such a hurtful way, Jacob is in the genealogy of Christ. God had already designed Jesus' family tree and would have done it with or without her help. The Bible doesn't say that Rebekah ever saw Jacob again. There were consequences for her manipulation, but even still, we see God's sovereign hand prevail and His mercy continue through generations.

## WRAP IT UP:

## Video Notes

**FIGHTING FEAR:** It seems like Rebekah had lost the fight against fear before this situation ever came up! She was probably bound up by something in her life already - favoritism, control and self-reliance to name a few! She had a “I better do it myself or it won’t get done” mindset. Is this a mindset you battle against? Ask the Lord to give you His power to fight your fears. “The Lord will fight for you, and you have only to be silent.”- Exodus 14:1 2.

**FINDING FAITH:** At the beginning of the story, Rebekah “inquired of the Lord” (Genesis 25:22) about the struggle of the twins during her pregnancy. The Lord answered her questions, but she had an incorrect application! Have you ever seen God at work in your husband’s life and tried to help things along? Ask the Lord to accomplish His will in His timing, and that during that time of waiting He would give you faith to believe His promises! “Now faith is being sure of what we hope for and certain of what we do not see.”- Hebrew 11:1

**PRAYER:** Lord, thank you for Your grace and patience. Please protect us from the traps of control and manipulation and lead us in the ways of trust and faith in You! We believe that You are committed to our families, and You will accomplish Your purposes in Your timing. Please help us to be helpful in faith, not in fear. Amen!

## CHAPTER 3: *Leah the Unwanted Bride*

This title seemed to capture our study for today, but out of curiosity, I checked to see if there was already a book by this name and yes, there is a fictional romance novel called “The Unwanted Bride”! (I have not read it so this is NOT a book recommendation!) But today we are looking at Leah’s non-fiction romance story, and there is much we can learn. Jacob (Rebekah’s son) loved Leah’s younger sister Rachel. Rachel was beautiful, and Jacob worked for her father Laban for 7 years the right to marry her. However, on the wedding night, Laban made the switch, and gave Jacob the older, less attractive sister, Leah. Imagine how Leah felt when Jacob was “raging” at her father the next day, “What is this you have done to me? Did I not serve with you for Rachel? Why then have you deceived me?” (Gen. 29:25) So the next week, Laban gave him Rachel as his wife too. Now Leah has to share her husband with her incredibly beautiful sister, and he’s a husband who doesn’t think she’s pretty and never wanted her in the first place. So Leah does the natural thing. She tries “performance based acceptance” to earn Jacob’s love by giving him as many sons as possible. “When the Lord saw that Leah was hated, he opened her womb, but Rachel was barren. (Genesis 29:31-35, paraphrased) And Leah conceived and bore a son, (Reuben) “...now my husband will love me.” And Leah conceived again, and bore a son (Simeon) “Because the Lord has heard that I am hated, He has given me this son also.” Again she conceived and bore a son (Levi) “Now this time my husband will be attached to me because I have borne him three sons.” And she conceived again and bore a son, (Judah) and said, “This time I will praise the Lord.” It seems that by the fourth son, Leah had a paradigm shift - it wasn’t about earning her husband’s love at that point, it was about loving God. She seemed to understand that the Lord loves her. And, although she falls back into the performance trap later on, at least at this moment, I think she experienced rest - and not just from birthing all those babies, but from striving to earn acceptance. Trying to please people is exhausting, and there is so much freedom in letting go.

As coaches’ wives, we sometimes feel that pressure to perform - to have it all together for the parents and fans, even other coaches’ wives and our own husbands. To do it all! To handle all logistics and emotional needs of the kids, the laundry, the job...And when we don’t keep the plates spinning, we can get frustrated with ourselves and even compare ourselves with other wives! But we cannot live for the affection or approval of others - not even of our own husbands. Believe it or not, our husbands find us most beautiful when we are praising the Lord and finding our value in Him!

## WRAP IT UP:

## Video Notes

**FIGHTING FEAR:** There is a good chance that Leah felt powerless in her life. She couldn't get out of the relationship, and the pain of rejection was probably a constant struggle. We all fear rejection in some way, and we all want to be loved! It's easy to fall into the trap of performing to avoid rejection and earn love. Do you have an example of fighting your fears by trying to perform? Maybe fears that concern moving to a new place and meeting new coaches' wives or trying to be the perfect coach's wife where you are? Ask the Lord to show you your value in Him and His love for you. "There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love." - 1 John 4:18

**FINDING FAITH:** There came a point for Leah when she desired to please God more than her husband - not that she still didn't desire a loving relationship with Jacob, but it appears that he was no longer her idol and she was no longer putting her faith in him and what he thought of her, at least for a time. As much as we love our husbands and want more time with them through the busy seasons, we can find fulfillment in the Lord regardless of the fact that he might not have time to give us much attention! Do you struggle with finding worth in your husband? Is there a way you can make the most of the time you do have together? Ask the Lord to give you faith to believe He is at work in our marriages, and He can fill our hearts more than any earthly relationship. "...as the bridegroom rejoices over the bride, so shall your God rejoice over you." - Isaiah 62:5

**PRAYER:** Lord, we can't do it all even on our best days. Yes, we want our husbands to think we are beautiful. Yes, we want them to be glad they married us. But no, we won't find unconditional love in anyone but You. Thank you for this love and acceptance because of Your son Jesus. Help us to live in freedom and praise of You. Amen!

## CHAPTER 4: *Miriam The Life of the Party*

“Then Miriam the prophetess, the sister of Aaron, took a tambourine in her hand, and all the women went out after her with tambourines and dancing. And Miriam sang to them: ‘Sing to the Lord, for he has triumphed gloriously: the horse and his rider he has thrown into the sea.’” Exodus 15:20-21 Most scholars believe that Miriam was married to Caleb, one of the 12 spies who, along with Joshua, was sent into the Land of Canaan. Caleb and Joshua both had faith that God would give them victory, though the other spies doubted. Miriam was also Moses’ older sister. She was the one who put her baby brother in a homemade basket in the reeds, then approached Pharaoh’s daughter so her own mother could be Moses’ nursemaid - what a brilliant, brave girl! (Exodus 2:1-10) She was a musician, a leader of worship, a leader of women, a high-energy encourager, and a prophetess according to the Bible. Micah 6:4, “For I brought you up from the land of Egypt, I redeemed you from the house of bondage; and I sent before you Moses, Aaron and Miriam”. What I see in Miriam is what I see for us as coaches’ wives. Her husband Caleb was a courageous leader - and so was she. She was not behind the scenes. She was not on the sidelines - she was called by God to be in the game. God gave her a necessary, integral role to ensure the success of Moses’ calling, and she had a calling of her own. And, as it says in the scripture above, God sent Miriam just as HE sent Moses and Aaron. Imagine her constantly nagging and complaining to her brothers and her husband, causing dissension among the women she was leading, being discouraging and NOT leading the celebration when God displayed His power to save! Though she had to have been tired and frustrated at times, and though she did fail in disobedience at one point in the journey and suffer the consequences, she obviously supported and participated in the very difficult road from slavery to freedom.

I often use this quote by Francis Chan: “Being in war together keeps us from being at war with each other.” It is so crucial to realize and so encouraging to understand that we, ALL coaches’ wives, are NOT the afterthoughts of God. We are not married to our coach by accident, and we – YOU - are called by God to fulfill a role that no one else can. And though I don’t know the dynamics of your family (kids, job, responsibilities), or how this will play out for you daily - if you are a coach’s wife, this is true for you. We are not made to suffer through the life, the seasons, and challenges - we were not made to crawl, we were called to dance! Miriam was front and center with Moses, married to Caleb, both of whom were some of the greatest leaders in the Bible - but not everyone plays the tambourine and wants to dance on a stage! So if you don’t have a “Miriam” personality, that’s more than ok! We are all called to be on the mission field of sports with our husbands, but it plays out in different ways for each wife and each family. Just remember our calling to dance and please don’t compare yourself to any other wife!

## WRAP IT UP:

## Video Notes

**FIGHTING FEAR:** Miriam might appear to be fearless, but imagine how she felt when she was trying to save her baby brother from being killed! There were many other fear-filled moments in the desert, but Miriam's commitment to worship was most likely a way she combatted her fears - for example, leading worship after the Red Sea experience! Are there any worship songs that help you focus on the Lord during moments of fear and feelings of defeat? Ask the Lord to help you look to Him for victory. "The Lord is my strength and my shield; my heart trusts in Him, and He helps me. My heart leaps for joy, and with my song I praise Him." - Psalm 28:7

**FINDING FAITH:** Miriam learned to walk in faith from an early age. Her family trusted in God, and she saw God work in many ways through the years. She probably discovered her gifts and abilities at an early age as well, but many people discover the unique way God created them to be later on in life. As coaches' wives, we can lose ourselves in the craziness of the coaching life. We can easily enter survival mode and forget that the Lord created us, and we are coaches' wives by design! Have you ever asked the Lord how He wants to use you specifically to bless your family and the community He has called you to? Do you compare yourself with others? Have you ever taken a personality test or spiritual gifts test to give you insight into how God has designed you? Ask the Lord to help you believe what His word says about you. "For You formed my inward parts; You knitted me together in my mother's womb. I praise you for I am fearfully (incredibly, remarkably) and wonderfully made..." - Psalm 139: 13-14

**PRAYER:** Lord, You have called us to the mission field of sports, together with our husbands, and You are on this journey with us. We will fear and fail along the way, and we thank you in advance for Your grace and forgiveness, and YOUR commitment to our life of faith. You've uniquely designed us, so please help us not compare ourselves with others, but use our position of influence in whatever way You desire. Amen!

# CHAPTER 5: *Rahab the Brave Hostess*

The main focus of Joshua 1 is to call us to be strong and courageous! In chapter 2, the drama unfolds and we see courage in action, so here is the synopsis: Secret Israelite spies are in Jericho. The king is searching for them so they hide on the roof of an immoral woman's house. She helps them escape through her window. Our heroine is the very strong and courageous Rahab the prostitute. How could this woman with a questionable profession have been brave? Strong? Courageous? She knew that to help the spies was a crime punishable by death, and by defying the king she was betraying her own country. She knew who she was - her reputation and her reality - but she had heard stories about the God of Israel, and decided to put her trust in Him. This is what she said to the spies: "I know that the Lord has given this land to you and that a great fear of you has fallen on us, so that all who live in this country are melting because of you. We have heard how the Lord dried up the water of the Red Sea for you when you came out of Egypt, and what you did to Sihon and Og, the two kings of the Amorites east of the Jordan, whom you completely destroyed. When we heard of it our hearts melted and everyone's courage failed because of you, for the Lord your God is God in heaven above and on the earth below." Joshua 2:8-11 Rahab's fear of God made her fearless. And then she was able to live by faith. In the Bible, fear refers to being overwhelmed, controlled by something. The Lord doesn't want us to be overwhelmed by anxiety and worry, but to be overwhelmed with the wonder of His greatness; to be controlled by His love. Rahab was overwhelmed in the good way! She feared the Lord. She was amazed by His power, and the miracles He had done and this moved her into action. She wasn't afraid of the king, or consequences of aiding the spies - she lived in awe of the Lord. And when Jericho burned to the ground, she and her family were saved. In all of this we see Rahab learning to walk by faith before she was married, and then she not only became one of the power wives of the Bible, the Lord also gave her a godly legacy. God rescued Rahab and made her radiant. He saved Rahab from her life as a prostitute and brought her and her family into the Israelite family. Then she married Salmon the Israelite and became the great, great grandmother of King David - and Christ was born from the line of David 28 generations later. What a Lord we serve that He would not only save us from our sin, but also entrust us with special callings - as He did Rahab, from whose lineage came Jesus.

There are so many things to be fearful about in this life. There are fears of opportunities in the instability of our husband's job, of the moving from team to team and place to place, of our coach's reputation in the community based on wins and losses - so many things to trust God about! But let me encourage you: Psalm 27:1 "The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?" Whatever your past, your current situation or future challenges, the Lord is "God in the heaven above and in the earth below."

## WRAP IT UP:

## Video Notes

**FIGHTING FEAR:** Rahab had to have been terrified - she had everything to lose in helping the spies; however, she gives us a powerful example of what it looks like to fight fear with fear. Her fear of God and understanding of His greatness, gave her strength to fight her fear of man and do what was right. Has God ever asked you to do something that terrified you? In those times, has your view of God and His ultimate power given you strength to obey? Or do you struggle to see God as all-powerful? Ask the Lord to give you a healthy fear of Him. "The fear of the Lord is the beginning of knowledge..." - Proverbs 1:7

**FINDING FAITH:** Rahab had heard the true stories of the greatness of God, and this helped shaped her view of God. This is a great encouragement for us to seek to know God through His Word. As we read stories of His power and His love, our understanding of God's character grows, and so will our faith that He won't let us down. But it's not just about the stories - it is a personal relationship with Jesus that changes everything. We also need to remember that the Lord is patient and wants us to tell Him when we are struggling with faith and fear. "Cast your cares (anxieties) before the Lord for He cares for you" (1 Peter 5:7). So in this, God's Word and prayer, we can grow in our faith. Do you spend time reading God's word for yourself and praying to Him? Do you feel comfortable doing these things? Ask the Lord to provide someone to encourage you in your walk with Him, and someone you can encourage as well. "Let us know; let us press on to know the Lord; His going out is sure as the dawn; He will come to us as the showers, as the spring rains that water the earth." - Hosea 6:3

**PRAYER:** Lord, You call us to an adventure with You that can be overwhelming. Help us to be brave. Help us to seek to know You through Your word and prayer. Help us to remember who You are - Your Power and Might - and obey in faith. Amen!

# CHAPTER 6: *Ruth the Beautiful Widow*

The story of Ruth is beautiful. Her name means “beauty”. Her character, servant’s heart, hard-working attitude all stand out to me, but my favorite thing is that Ruth made beautiful, selfless decisions. When Ruth’s husband of 10 years died, she made the decision to stay and care for her mother-in-law Naomi instead of turning back to her people and searching for another husband. More importantly she decides to embrace Naomi’s faith in God. Ruth said, “Do not urge me to leave you or to return from following you. For where you go I will go, and where you lodge I will lodge. Your people shall be my people, and your God my God. Where you die I will die, and there will I be buried. May the Lord do so to me and more also if anything but death parts me from you.” Ruth 1:16-17 After this commitment is made, these two widows travel to Bethlehem, Naomi’s hometown, and arrive at the beginning of the barley harvest. Ruth decides to glean in the fields of Naomi’s relative Boaz. I don’t know if this was her first choice as a career option, but it was a way for her to take care of Naomi, find favor with Boaz, and she worked with a diligent heart. Then Naomi tells Ruth to propose marriage to Boaz by laying at his feet in the middle of the night (Ruth 3 - definitely read it for yourself!). Seems like a crazy request from her mom-in-law, but the way things were in those times, if Boaz, who was kin to Naomi, were to marry Ruth, he would be ransoming the family inheritance and giving the family name a legacy if they were to have children. Again, Ruth made the decision to do as her mother-in-law asked. Ruth’s gentle and quiet spirit attracted Boaz and turned his heart towards her. The Lord blessed her godly decisions with a redeeming marriage, an inheritance restored, and a son named Obed was born who would become the great-grandfather of King David! And Jesus comes through the line of David generations later!

It’s easy to make decisions in light of what is best for me, but every decision Ruth made was about what was best for others. She literally laid down her future for Naomi and physically laid down at Boaz’s feet to request that he give her a legacy. When we decided to marry our husbands, even if we didn’t know that our future with him would hold a coaching career, we made a commitment for richer or poorer, sickness or health - or in the words of Ruth “where you go I will go, where you lodge I will lodge...where you die I will die...” And even years after the vows have been spoken, we have the daily opportunity to put our husband first and to make continual decisions as Ruth did: To lay down what’s best for me - to serve and give, and not worry about myself. And look at all God did in and through her life! AND PLEASE REMEMBER THIS: When we make selfish decisions and don’t want to serve, which will happen, we have a perfect, forgiving Savior who can change our hearts. We need Him and He is our strength and example: “But the Son of Man did not come to be served, but to serve, and to give His life as a ransom for many.” (Matthew 20:28)

## WRAP IT UP:

## Video Notes

**FIGHTING FEAR:** Ruth made a very difficult choice. It would have been much easier to return home to her family after the death of her husband, but she committed to go and serve Naomi with no guarantee for her own future security. There are many things to be afraid of when facing the unknown, but she seems to focus on WHO she knows, not circumstances. She knew and loved Naomi. She knew and loved Naomi's God. Is there an example from your life as a coach's wife when God called you and your husband into the unknown? Do you struggle to focus on WHO you know - the Lord- and trust that He is in control? Ask the Lord to help you believe that He knows what He is doing. "For I know that plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope." - Jeremiah 29:11

**FINDING FAITH:** Ruth followed Naomi by faith, and then continued to step out of her comfort zone once they arrived in Bethlehem, even proposing marriage to Boaz! So we see that walking by faith is a life-long journey, and the faith required for this has to come from the One who created us, gives us the faith to believe and gives us the power to choose rightly. And when we do choose FEAR, HE is always FAITHFUL. Ask the Lord to help you keep your eyes on Jesus through this faith journey. "Now stay focused on Jesus, who designed and perfected our faith. He endured the cross and ignored the shame of that death because he focused on the joy that was set before Him; and now He is seated beside God on the throne, a place of honor." - Hebrews 12:2

**PRAYER:** Lord, please help us to make beautiful, selfless decisions that honor you and bless those in our lives! Make us fearless in light of Your faithfulness, even when that means following our husbands into the unknown. Thank you for being our Redeemer, and setting the example of complete selflessness through Your death on the cross. We love you.

Amen!

# Calendar Plans for 2021

## *Small Group Studies*

These studies are 4-6 weeks each. There is a 20 minute video to watch each week, and a one-hour zoom call to share with your group. Usually 6-10 women in a group, so bring your favorite beverage, wear your pajamas and join us!

- Spring Study: April-May
- Summer Study: July-August
- Fall Study: Oct.-Nov.

\*Sessions with our life coaches are year-round, on a one-on-one basis or small group

## *Leadership Training*

CWM Leadership Training is a 6-week course offered three times a year.

Learn more about the ministry, your personal gifts and callings and be encouraged to follow where God leads.

Learn more about leading local ministries.

- Spring Training: March
- Summer Training: June
- Fall Training: September

## *Gatherings*

- Facebook Lives: (Every Sunday night at 8:00 pm EST)
- In person event: 2021 (TBD!)

CWM is “Discipleship Designed for Coaches’ Wives,” meaning that we want to provide opportunities for intentional, consistent growth, but we know that the coaching life is not a stable, secure career choice! That being said, YOUR SEASONS will look different throughout the years, and there is NO OBLIGATION to do anything listed above. But we, as a community, are here for you. Cheering for you. Available to you for prayer, support and life coaching advice, or training to help you start a local outreach in your area.

# Game Plan

IF YOU ARE NEW TO CWM, THESE FEW STEPS  
CAN HELP YOU GET STARTED!

## STEP #1 ENJOY THIS MAGAZINE!

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This is our quarterly discipleship journal that follows the curriculum, studies and special activities for each season. You can use it on your own, or join in with the group and go through it together in Facebook Lives and Zoom studies.

## STEP #2 WATCH FACEBOOK LIVES!

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Every Sunday night at 8:00-8:15 pm EST

This will keep you updated on what is happening, give you encouragement for your week and we have occasional give-a-ways as well! (You can always watch the lives afterwards! ) Make sure you join the Coaches Wives Ministry Members private Facebook group if you haven't already!

## STEP #3 IF YOU WANT TO GO DEEPER...

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JOIN A SMALL GROUP!

*Let us know how we can serve you!*  
*[info@coacheswivesministry.com](mailto:info@coacheswivesministry.com)*

*“Coaches’ Wives Ministry is a global outreach designed to strengthen and equip coaches’ wives through discipleship on the mission field of sports.”*



## ***SUMMER 2021***

# **SEASONS**

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