

# Blossom Ministries

Preparing Women To Bear Fruit

## Greetings...

Dear Readers:

Oh, the long winter's nap...anyone else feel like Sleeping Beauty? Just five more minutes, please! The introvert in me has not hated all that Covid has had to offer, truth is, recovering from serious illness has some perks. But as the sun comes up and a new day dawns there are things to do, people to see places to go.

The pendulum swing of my life as late resembles more the trapeze platform than the gentle balanced swing of a grandfather clock. It is all hurry and go, wait a minute, catch your breath, jump!

**Purpose:** *the reason for which something is done or created or for which something exists.*

**Intentionality:** *the fact of being deliberate or purposive.*

Pardon the pun, but hanging somewhere in the balance is my true purpose and yours. It becomes an intentional and deliberate effort to participate in the ebb and flow of life. What do we pick up again? What do we leave behind? Who am I in this new world? How does God intend to use that? May all of our choices be rooted and established in God's love and the knowledge of His presence. Every new day and season is an opportunity to exist with purpose, not just produce, react, or check off lists. I urge you to get up and live, not hustle.

Spring forward friends,

~Melisa Turner, and the Blossom Team

## Book Recommendations

*Eve in Exile:*  
*The Restoration of Femininity*

by Rebekah Merkle

*God Does His Best Work*  
*with Empty*

by Nancy Guthrie

*You are the Girl for the Job:*  
*Daring to Believe the God*  
*Who Calls You*

by Jess Connolly

*A Praying Life:*  
*Connecting with God in a*  
*Distracted World*

by Paul E. Miller

*The Turquoise Table:*  
*Finding Community and*  
*Connection in Your*  
*Own Front Yard*

by Kristin Schell

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## Quotes

“Look back only as a reminder of what God has done as evidence for what he will do in the future.” ~ Nancy Guthrie

“I call heaven and earth to witness against you today, that I have set before you life and death, blessing and curse. Therefore choose life, that you and your offspring may live.”  
~ Deuteronomy 30:19

“A man can no more take in a supply of grace for the future than he can eat enough for the next six months, or take sufficient air into his lungs at one time to sustain life for a week. We must draw upon God's boundless store of grace from day to day as we need it.”  
~ D.L. Moody

“His work in our lives is a reflection of his desire for us to be with him”  
~ Nancy Guthrie

“Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.” ~ Psalms 143:8

“Don't wash the elephants that aren't going to be in the parade!”

“Perhaps loneliness isn't something to be avoided...perhaps... it is meant to serve as an invitation...to intimate fellowship with God” ~ Nancy Guthrie

“Once upon a time there was a girl who found her identity and worth in Jesus.

~~The End.~~

The Beginning.”  
~ Alisha Illian

“The first act of love is always the giving of attention.” ~ Dallas Willard

# Overcoming Imposter Syndrome

In September of 2021, I had the privilege to be a guest on Off-Script With Debbie, Season 5 ~ Book Club Edition. My dear friend Debbie Cole hosts OSWD to specifically minister to Pastor's Wives and their unique view of the world. Being a pastor's wife and having served on her leadership team for Alongside is a privilege I cherish.

The book that we chose to discuss together was ***The Imposter Syndrome Remedy* by Dr. E.V. Estacio**

The Imposter Syndrome affects approximately 70% of the workforce population over the course of their life, career, or calling. Imagine that you are doing the thing you are gifted the most at, following your call and using your training and skills, and the "Ancient Booer" from The Princess Bride movie stands up in the back of the room and yells "Liar or Fraud". This is a bizarre concept to understand even as it happens but is definitely something I have grappled with all my life. I found it very encouraging to know that I am not alone in this and that the places where this syndrome rears its ugly head all seem to stem from one root. Most, encouraging of all is that God and I have been overcoming this together over the course of my life as well.

I invite you to watch the episode here:  
<https://www.youtube.com/watch?v=2xGjj9rKWf4>

Some ways that I have seen the Imposter Syndrome manifest in my life are through People-Pleasing, Perfectionism, Fear of Failure, and an Inner Critic.

Fearing people is a dangerous trap, but trusting the LORD means safety. ~ Proverbs 29:25 NLT

Dr. Estacio talks about turning Performance Interfering Thoughts (PITs) into Performance Enhancing Thoughts (PETs). To overcome we need to take our thoughts captive and speak truth out loud in order to establish what is true and to build our lives on a firm belief.

**Fear of Failure** – We can overcome this by reminding ourselves that we learn from mistakes.

**Must be Perfect** – We overcome this by asking for help and being accountable to try new things.

**The Inner Critic** – I definitely have one! Dr. Emee says to "listen, even understand, but do not necessarily follow the inner voice." Recognize that you feel criticized, ask why, ask if anything is true and then proceed from there with faith that God is with you and has called you. Know that you can try again if you have failed, that you do not need to be perfect, and that others most likely are not disappointed in you or your unrealistic expectations.

This is how we grow and it is also how we encourage others to move forward in their lives. We can be an example of trying, going and experiencing. It helps to know WHY we are engaged in a particular activity.

"you...come to realize that this purpose, which you sometimes call yours, is actually part of something bigger – something that is higher than yourself!... You get a better sense of what you are worth because your purpose will drive you to do what you need to do regardless of what people might think or say about you."

~ Dr. Emee Vida Estacio

Some of the ways that God and I have overcome these symptoms of the Imposter Syndrome are by being intentionally self-aware, paying attention and purposely speaking truth, practicing gratitude, trying new things with prayer, and asking for outside help. Gratitude changes our perspective and helps us to celebrate all that has been accomplished.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.<sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.<sup>9</sup> Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. ~ Philippians 4:6-9

~ With all My Love, Melisa Turner

## Are You Growing Flowers or Weeds?

Your mind is a garden  
Your thoughts are the seeds  
You can grow flowers  
Or you can grow weeds

I came across this little poem recently. I do not know who wrote it, but I had to stop and re-read it. Maybe it was because I am prepping for this year's garden. Maybe it is because it was very fitting to some issues my kids are struggling with. No, nothing too serious, but just those growing up and out things. But it also made me pause and think about what I am growing as well. I have been planning for gardening season. Sprouting seeds; planting sprouts; tending baby plants; keeping them watered. I need to re-pot some even. But more than what I plant for the garden is what I plant in my life. Or in some cases what I chose not to plant in my life. What should be planted in our life? First, we plant family. Second, we plant work, activities, and hobbies. But the most important thing to plant is God's word. Planting the Word in our hearts takes more than whatever you hear in church. It takes daily, repeated planting by reading and studying the Bible.

Deuteronomy 11:18a says "Fix these words of mine in your hearts and minds" (NIV). The ESV says "lay up these words of mine in your heart and in your soul." You cannot "fix" or "lay up" God's word in your heart without repeatedly putting it there. If you don't spend part of each day reading the Bible, what are you going to do to change that? What do you need to remove daily to make room for the Bible?

Planting and watering go hand in hand. In part, watering happens in much the same way as planting. Paul says in I Corinthians 3:6-7 "I planted, Apollos watered, but God gave the growth. So neither he who plants nor he who waters is anything, but only God who gives the growth." In this instance, watering is the continued exposure to the gospel. This happens much like planting. We are watered through daily reading of the Bible, solid Biblical preaching and teaching, and fellowship with other believers. There is another aspect to watering that Jesus gives, the Holy Spirit the seal of our salvation (Ephesians 1:13-14). John tells us in his gospel "If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water.' Now this he said about the Spirit, whom those who believed in him were to receive," (John 7:37b-39a).

Really, in life, everything we do is either going to grow weeds or flowers. What activities do you do that need to go because they produce the wrong fruit? Where do you spend your time? Does it produce flowers? or weeds? It is good to stop at times and re-evaluate our actions. I pray you will also stop and think about what you are doing. Are you growing flowers? Are the things you do and where you spend your time honoring to Christ? What are you planting? What are you watering? And, what is growing in your path?

~ Heidi Tonseth 3

## A Devotional Thought...

### **NEVER LET A CRISIS GO TO WASTE**

You meant to hurt me, but God turned your evil into good to save the lives of many people,  
which is being done. ~ **Genesis 50:20**

These last two years have shown us how our political leaders have a propensity to use any and all situations to their agenda's advantage. Opportunities to serve the people and to provide in times of crises open up the door to any number of new policies that will remain with us long after this current pandemic has passed. Seize the day is on the top of a multitude of checklists. But, what I have observed playing out all around me is that God is also not one to let a crisis go to waste! Boil down the Gospel story and you see our great crisis of sin and God ready to pounce with intentionality.

But God demonstrates His own love toward us,  
in that while we were still sinners,  
Christ died for us. ~ **Romans 5:8**

Truly every seed of hope, compassion, faith, and resilience is planted in darkness. Where there is fear, illness, broken hearts, and distress there is also someone hearing and responding to that need, rising to that occasion, growing in faith. A crisis is always an opportunity for God to show love, to give miraculous provision, to restore relationships. It can be a challenge to pause in the middle of chaos and deliberately choose to observe how God is using this moment to love, restore, and set out policies for the way the future will be navigated. With great assurance, I know that God will not let this current situation in your life go to waste. Our God is a God who redeems. He redeems the sinner and the consequences, bringing forth goodness where there was despair, bitterness, brokenness, or defeat.

Nothing that is given over to God's policies is ever wasted.

Devote some thought to that,  
~ Melisa Turner

Until we meet again...