**Quieting**
Growing up the kids loved the story of The Cat Who Wore a Pot on Her Head. It made me laugh every single time probably because it struck a chord. It's basically about a cat who lived in a really noisy house so she put a pot on her head. Unfortunately, she ended up getting a lot of things confused and messed up in translation.   I suppose we all get to a point of wanting to put a pot on our heads to silence the noise in our lives.

Sometimes it may take a pot but in all reality it just may mean quieting our lives enough to remember what is most important. Getting quiet when I was a single mom would be going to a park with a blank journal and pen. I would sit and just let everything in my heart pour out on those pages. Sometimes it meant taking long walks with a sleeping baby in the stroller. Sometimes I would take a drive and roll down the windows to hear nothing for a while.

Somehow, some way I would take times of reflection, meditation, prayer and worship. In turn I began to see the work God was doing in my heart as He helped me navigate through the rough waters. Many times I clung to the exhortations of scripture like Hebrews 10:22-23, *"...let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. Let us hold unswervingly to the hope we profess, for he who promised is faithful."*

And then God began to do a new work in my heart. The focus began to change from what I needed and wanted to what others needed. Ironically that is where great healing began...through committing to serve and love others.

*"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."  Hebrews 10:24-25*

If we have not met, I want you to know that my name is Holly and I walked into this church 22 years ago with a 5yo daughter and a 2 month old son in tow. This church embraced me but bigger than that the gospel and what God did in my life changed this common girl forever! And I know He will do the same for you! He will! Enjoy the SPF ministry and the newsletter and get excited about what God has in store for you and your children!

Holly Crain

Holly.Crain@HoustonsFirst.org

 713-957-7674