

Outpour

at The Well

June 2026



The Well Mission Statement

Our Mission and Purpose is to help women grow deeper in their faith, deeper in their relationships - both with God and the people in their lives - and deeper into their God-given purpose.



The Privilege to Pray

Just a few days ago, during my morning Bible study time, I received a text in *The Women at The Well* group chat – it was a wonderful update about a prayer being answered. And a few minutes later, I got a phone call that was an answer to a prayer I had been journaling about that morning. As I thanked God for both answered prayers, it occurred to me what a privilege it is to pray – to have that connection to God and each other.

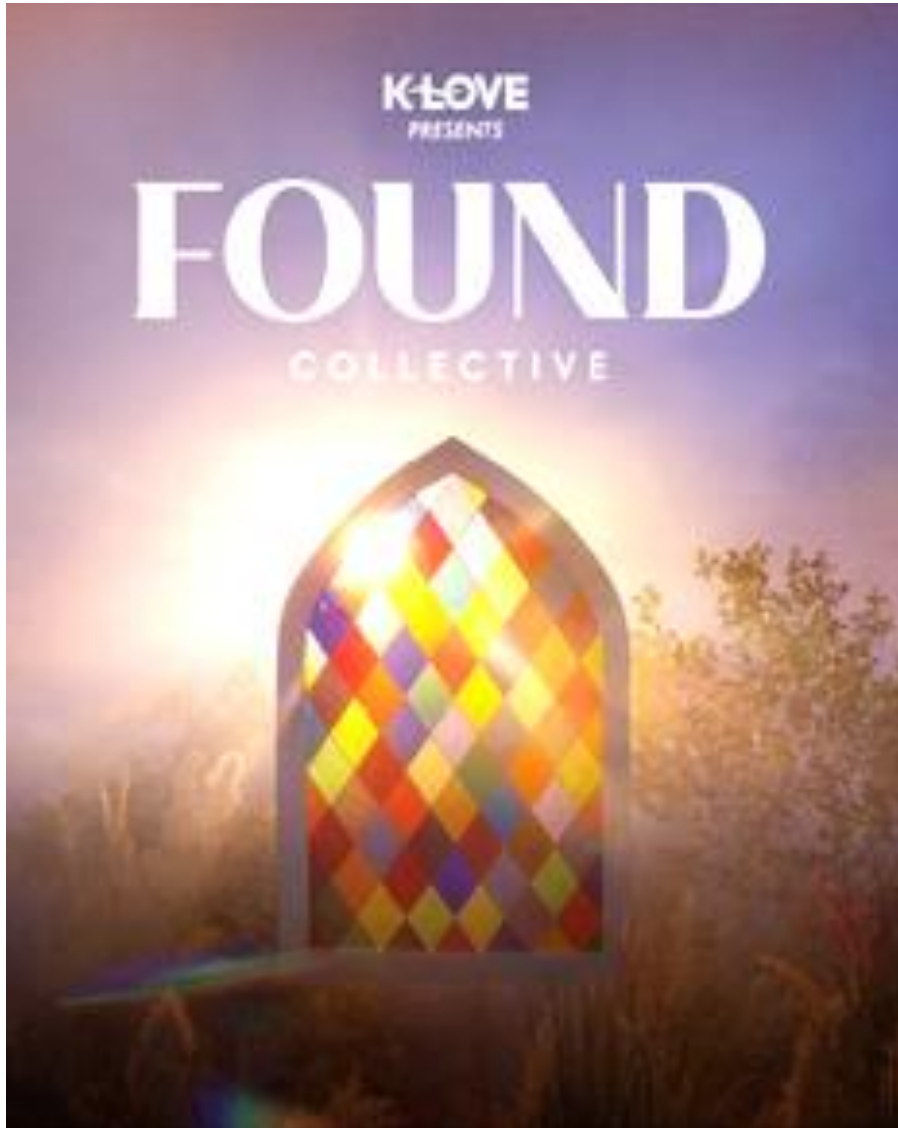
Praying for and with each other helps lighten the load we carry. It's so easy to think we must carry the hard stuff alone but that isn't true! I remember a time, just a couple of years ago, I was facing a tough day and when a friend texted me to ask a question about something, I took that as a nudge from God. I told her where I was and what I was doing – and she jumped in to pray; even checked in with me later. While the day was still hard, knowing that someone was praying for me made a huge difference.

Praying for each other brings us together – I've personally experienced the bonds that form when we pray together. This summer, even though we aren't meeting weekly, I don't want us to stop praying for each other. Every Monday, I'm going to post a prompt – **How Can We Pray for You?** – on The Well's Facebook page. I hope you'll post your prayer requests and updates.

If you aren't a member of The Well's Facebook page, please let us know so we can get you added! Let's be **Women of Prayer** this summer to grow closer to God and each other.

Catherine

Coming in November



**K-LOVE Presents: Found Collective,
a brand-new multi-generational gathering of
women who are leaning into Jesus.**

There's this prevailing stereotype that as women, we're expected to have everything under control.

Found Collective challenges this notion by bringing together women from all walks of life and generations who are earnestly seeking Jesus. Our identity is not defined by what we bring to the table; it is found in our Creator.

Our prayer is that each time we gather our eyes are opened to recognize that He is all we need.

He runs to find you. We gather to run toward Him.

**November 7th – Charlotte, NC
First Baptist Church
Lisa Harper
Sadie Robertson Huff
LO Worship**

TICKETS GO ON SALE JUNE 5th!!!

Three Ways Women Can Improve Their Prayer Lives

by Bethany Verrett, Bible Study Tools

Prayer is a crucial time in a Christian's day-to-day life. It is their time to be in communion with God, to praise Him, to lean on Him, to learn from Him, and to deepen the relationship. God wants men and women to come to Him with all their problems, to commune with them, and to draw close to Him.

Because the sexes are different, we can experience different difficulties and struggles in our spiritual walk. It is important for men to pursue the Lord as men, and for women to seek Him as women.

As women, there is often a push toward being overbooked, pouring too much of ourselves into others without replenishing ourselves spiritually, and needing to have our emotional needs met in a particular way. Prayer is the medium through which God and His people connect; women can improve that aspect of their lives in ways that are unique to them.

Here are three ways women can improve their prayer lives:

1. Have Dedicated Prayer Time Alone

Many women make sure to get prayer time in with friends, spouses, and their children, and even will lift up a prayer in the midst of a busy schedule and chaotic day. Often, what we really need though, is quiet time where we are with the Lord one-on-one. We can praise Him, thank Him, and speak to Him.

We can start by getting up a little earlier, going to bed later, taking time during a lunch break at work, or by creating time in the middle of the day. Even 15 minutes a day can help someone re-connect with their Savior.

All relationships, including the one with God, need to be nurtured. The more meaningful conversations someone has with another person, the better that relationship will be. If a woman is so busy that she cannot feed her relationship with God, He will not be able to support her in the same way. God wants to have regular communication with those who love Him, and dedicated prayer time ensures each woman can grow spiritually, nurtured and encouraged by the Lord.

Relevant verses:

“Call to me and I will answer you and will tell you great and hidden things that you have not known.”

Jeremiah 33:3

“Pray then like this: ‘Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from evil.’”

Matthew 6:9-13

“Rejoice in hope, be patient in tribulation, be constant in prayer.”

Romans 12:12

“Praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints.”

Ephesians 6:18

“Continue steadfastly in prayer, being watchful in it with thanksgiving.”

Colossians 4:2

“Pray without ceasing”

1 Thessalonians 5:17

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

Philippians 4:6

2. Pray the Psalms

One of the most personal books of the Bible, one that many people find speaks to them on a personal and emotional level, is the Psalms. There seems to be a Psalm for every experience. Whether someone is in a great place in their life, or a dark spot where they need to cry out to the Lord, there is a Psalm that speaks to that.

Because of the personal tone that each Psalm takes, it is easy to personalize them and connect with God using Scripture. A woman can pray a Psalm straight as it is written in the Bible or customize it to better reflect what she is feeling. Praying the Psalms also can encourage a woman to be studying the Bible.

Praying **Psalm 23**:

Holy Father,

Thank you for being my Shepherd, and for taking care of all my needs. I know that You shall take care of me, and I will want for nothing. Thank you for bringing me through periods of turmoil, to green fields and still waters so that I may have a period of tranquility. It is a time to decompress and grow closer to You, and it replenishes my soul.

Keep me on the path of righteousness Lord, so that my life will glorify You. I know that even if I face suffering, hardship, pain, and death, I do not need to fear any of those things. You walk beside me, and Your presence comforts me in all circumstances.

You have protected me from evil and from those who hate me, but they only hate me because they hate you. You have anointed me with oil, adopting me into Your family through the blood of Jesus Christ, whose righteousness is credited to me. I know goodness and mercy will always be with me, and that I will dwell in Your house forever.

3. Pray When You Need It

Sometimes there are deadlines we have to meet, or family needs to attend to, and prayer becomes something only for select times of the day. However, there are moments where the only appropriate thing to do is pray and go to the Lord. There are moments where the only reason a Christian may have the strength or courage to take another step is through the comfort of the Holy Spirit and the outpouring of God's love. This is uniquely available to a Christian through prayer.

While it can be tempting to put off a prayer to deal with a situation or wait for time in the prayer closet, if the situation calls for it, pray right away. There is no right or wrong place to pray, especially in times of great need. It is also important to surrender difficulties to the Lord to avoid the temptation to try to be the problem-solver, or to take on severe burdens alone.

When the Lord Jesus lived an earthly life, He went to the Father in prayer consistently, but when confronted with the cross, He went to the Father multiple times in the night for strength. He did not do it the day before, even though He knew what was coming, but as the night passed.

“And going a little farther he fell on his face and prayed, saying, ‘My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.’ And he came to the disciples and found them sleeping. And he said to Peter, ‘So, could you not watch with me one hour? Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.’ Again, for the second time, he went away and prayed, ‘My Father, if this cannot pass unless I drink it, your will be done’”

Matthew 26:39-42

Faith and prayer go hand in hand, and when a woman needs to have her faith restored, it is the perfect time to pray. While she may struggle with being busy, with being tempted to only serve others, or to soldier on without support, God is always beside her and ready to answer her.

Resources

Rocky River Church Bible Study

- **We are studying the Book of Revelation!**
- Every Wednesday night in RRC's Worship Center from 7:00-8:15pm
- If you can't make it on Wednesdays or you need to miss a night, you can access the audio playback at the link below.
- Pastor Jimmy does an incredible job of bringing Scripture to life by adding the context of history and culture to the study.

[RRC Bible Study](#)

Tilt Shift

Tilt Shift, created and hosted by Dr. Tim Chaffey and Bryan Osborne, was awarded the 2023 International Christian Visual Media (ICVM) Gold Crown Award for Best Christian Talk Show. This isn't your typical movie review show-we're not saying that you should or shouldn't watch the films we review, several websites do that already. Instead, we're examining the ideas and philosophies found in these movies from a Biblical perspective to help shift your thinking to align with the Bible.

[Tilt Shift](#)

Answers in Genesis

Answers in Genesis is an apologetics (i.e., Christianity-defending) ministry dedicated to enabling Christians to defend their faith and to proclaim the gospel of Jesus Christ effectively. We focus particularly on providing answers to questions surrounding the book of Genesis, as it is a foundational book of Christianity and the most-attacked book of the Bible. We also desire to train others to develop a biblical worldview and seek to expose the bankruptcy of evolutionary ideas and their bedfellow: a "4.5 billion-year-old" earth (and an even older universe). Ken Ham is the Founder of Answers in Genesis and its two popular attractions: the Creation Museum and the Ark Encounter. He cofounded the organization in 1994 to equip Christians to face the challenges of culture, restore the foundations of the church, and share the gospel confidently. His core message stresses the importance of biblical authority from the very first verse of Scripture.

[Answers in Genesis](#)

Faith Gateway

- *The Lie You Don't Know You Believe* **FREE ONLINE BIBLE STUDY** with **JENNIE ALLEN!!!**
- Memorial Day Sale – deals up to 60% off and free shipping on \$25+ with code MAYFS25
- *Prayers to Share* – 100 pass-along notes to bless others - \$7.99 each
- *Seeking After the Heart of God* – 52-week Bible study from Max Lucado – now \$13.99
- *Devotions for the Summer* – FaithGateway exclusive – now \$8.99
- *Be Still & Know* – Devotional Coloring Book – now \$10.99

[FaithGateway](#)

Upcoming Events in Our Area

AWKN Conference, Hickory Metro Center, Hickory, NC, June 4-7th

Join us for the AWKN Conference, a life-changing event designed to awaken your faith, inspire your passion, and deepen your relationship with God. Featuring breakout sessions, powerful worship, as well as transformative messages. This conference is a time to encounter God in a fresh and personal way. Don't miss this opportunity to connect with others, grow spiritually, and reignite your purpose. Come expecting an unforgettable experience that will leave you encouraged and equipped to live out your faith boldly. ***If you don't want to attend in person, you can join this Conference from anywhere! An \$11.55 ticket gives you full access to stream all Main Sessions live through our online platform. A private access link for each session will be sent to you prior to the event, so you can easily tune in and experience every moment in real time.***

[AWKN Conference](#)

A Grateful Girl Gathering, Connect Christian Church, Concord, NC, June 13th

Have you ever felt the need to connect with other Christian women in your community? Have you ever had a prayer for a closer relationship with your friends and for ways to impact your community? Have you ever prayed for God to help you be more grateful even on the tough days? You are not alone! The Grateful Girl Gathering was born from prayers just like that...praying for God to reveal how we could use our gifts and talents for Him to bless other women just like us! We are women of different ages and different churches who were seeking a unique event that could bring women together to worship, study God's word, hear amazing speakers, and have fun!

[A Grateful Girl Gathering](#)


A Woman and Her Bible: Workshop & Brunch, Southwest Regional Library, Waxhaw, NC, July 25th

Join us for a beautiful and intentional morning of faith, fun, food and fellowship with women who are seeking to draw closer to Jesus. A Woman & Her Bible Workshop & Brunch is more than an event – it's a space for women to pause, be refreshed, and realign your heart with God by prioritizing time with Him. Together we will:

- ✦ Learn practical ways to spend time with God daily
- ✦ Build meaningful connections with other women of faith
- ✦ Be encouraged, strengthened, and spiritually refreshed

Whether you're just beginning your walk with Christ or looking to go deeper, this workshop will provide simple, powerful tools you can apply immediately in your daily life. **Bring your friends, your family, a Bible, and a notebook! Wear something with florals if possible!** Enjoy a welcoming brunch in a beautiful atmosphere as we gather in community, share, and grow—because faith was never meant to be walked alone. This is a great opportunity to relax, enjoy some delicious food, and engage in meaningful discussions with like-minded individuals. Whether you're looking to deepen your faith or simply want to meet new people, this event is perfect for you!

[A Woman and Her Bible](#)

A vibrant tropical beach scene. In the foreground, there are several large, colorful hibiscus flowers in shades of orange, red, and purple, surrounded by lush green foliage and palm fronds. The middle ground shows a sandy beach leading to a clear blue ocean with gentle waves. In the distance, a line of palm trees is visible on the horizon under a bright, clear sky.

*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