**Refreshed: Gospel Hope for Those Who Suffer in the Midst of Serving Others**

As women who serve others we know personal suffering is evidence that this world is not the way it is supposed to be! How do we think biblically about serving in the midst of suffering? The world says, “hold everything together in your own strength,” but the gospel invites us to lean into grace. Thinking biblically about suffering enlightens our hearts to apply gospel truth to our situations and pushes us into covenant relationships in which women are free to hurt and grieve, while at the same time encouraged to proclaim, “Blessed be the name of the Lord!”

**Rachel Craddock** is a graduate of Eastern Kentucky University and a first-grade teacher at heart. She currently leads the Women’s Servant Team at their church and serves on the Committee on Discipleship Ministries (CDM) National Women’s Ministry team as a Regional Advisor for Mid-America. She is the author of *Slowly Unraveled* (CDM, 2019) and enjoys speaking and teaching at women's retreats. Rachel is married to Michael and together they have four children: Ezra, Asher, Caleb, and Lydia Jane. She and her family are members of North Cincinnati Community Church in Mason, Ohio where her husband serves as lead pastor.

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**Marcie Tuten** is a wife to Chris and a mom to three little ladies. She lives in Atlanta, GA and attends Christ Church. Marcie likes to drink coffee, read, and spend time with her family. Marcie serves on the PCA's Committee on Discipleship Ministries (CDM) National Women's Ministry Team as a Trainer.