



HOPE Ministries Highlights

January 2015

Special points of interest:

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Mission Statement:

HOPE Ministries seeks to help individuals explore patterns that may have developed over their lifetime and provide opportunities to allow Jesus to bring healing and HOPE to their lives in fresh ways.

CONTACT INFORMATION

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Finding Fellowship With A "Fitbit"? -by Joann Nisly



Nevin & Joann Nisly

Recently I purchased a Fitbit Flex. For what purpose? It's a step tracker plus a few more things. I put this apparel around my wrist and can forget about it. The handy little app that is on my phone, tells me the results of my walking each day. I do nothing to make the Fitbit work, except make sure it is charged; it just does what it was intended to do. Even when I'm not in touch with what it is doing, it is recording data that I can access on the app at any time. Even though I'm not consciously aware of it every minute of the day, I'm very aware of it running in the subconscious. Occasionally I give it a couple taps to see what my progress is. The tangible results motivate me to keep more active. When I want, I can go on the web and get a few more details about my activity. It even tracks my sleep, which is kind of interesting.

As I was thinking about the Fitbit one day, my mind wandered to my emotional/spiritual life. What is there that keeps me interested in preserving my health in those areas? What could I "purchase" that would help me track my "steps" with Jesus. What would help keep

me in sync with my heart and what is happening? The question came, "Do I have a spiritual/emotional Fitbit?" So I asked Jesus what would be a spiritual Fitbit. Immediately Matthew 11:28-30 came to mind,

"Come to me, all you are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

I began pondering about the similarities between the Fitbit and this gift from Jesus.



#1—I can carry this with me every moment of the day.

#2—Just as the Fitbit helps in exercise and promoting weight loss, practical application of this verse will help to remove excess weight—if I let it motivate me and latch onto it in a tangible way.

#3—Jesus is offering to be my emotional/spiritual teacher; my job is come to Him and He will give me the "data"(my yoke) that I need to know.

#4—If I want to find out more information about certain aspects of my journey, there is a "web" —His Word for encouragement, His arms for comfort, His presence for

communication, etc.

#5- Even though I may forget occasionally that I am wearing this "Fitbit", my subconscious can be well aware of its presence.

The more I process this possibility of a spiritual tracker, I get excited—maybe because I like tangible motivations. This verse can become reality rather than just a verse, and the greatest thing about it is that it is FREE! I can get the benefits just by coming to Jesus! He has offered to be my trainer/teacher! He is gentle and knows how much I can handle and what is going beneficial for me. Too often I forget to put on my "Fitbit" and I become my own "trainer". I make my own decisions. I let others influence my decisions rather than first taking my heart to Jesus and asking Him what His "yoke" is for me that day. No wonder I become weighted down!

"Jesus, how would You like to minister to my heart today? Would You like to be a part of each step I take? What is the first thing You invite me into for this day? What kind of exercise would You like to do with me? What do You think of me, Jesus? Is there a part of my day that is MY plan, and not YOURS? I invite You to prompt me to "tap" into You today. Thank you for being my gentle trainer and for the rest I can find when I choose to "exercise" in sync with You!"

Announcements:

DID YOU KNOW?

Do you order from Amazon? If you place your order from smile.amazon.com, and pick HOPE Ministries of KS as your charity, a small percentage will be donated to HOPE Ministries.

We now have our application available on our website and it can be printed from there or it is available from the office. Our newsletters are also accessible from the website.

In the last 3 months HOPE Ministries has had:

- 4 new couple cases
- 4 new single cases
- 5 follow up couple cases
- 5 follow up single cases

We continue to be thankful for those ladies who give of their time to clean our cottages occasionally. **If you would like to assist HOPE Ministries in this way, please call the office.**

In November 2014 we were privileged to assist Caring For The Heart in their seminar in Copeland, KS. We enjoyed being part of and working with them in this way. We have opportunity to be a part of their team again in February in Buhler, KS.



CONGRATULATIONS

to our secretary,
Crystal Yoder, on her
engagement to John
Miller! A July wedding
is planned.

Upcoming Events...

February 15-19, 2015—7:00-9:00 p.m.

Caring For The Heart Seminar with John Regier
Mennonite Brethren Church
Buhler, KS

For information, contact:

Maxi Wiebe by email—webe@pobox.com
Or call or text 901-219-9765

Saturday, March 7, 2015-9:00-4:00 p.m.

All Day Men's Retreat

We are blessed to have Mel Eash, an experienced counselor and pastor, share his heart with us about men issues. One important topic is sharing how to walk with our sons to moral freedom. He is a very engaging, practical and encouraging speaker. **Please let us know if you are willing to be a coordinator for your church.**

Upcoming Seminar—Nov. 2015

- first weekend in November
- Guest Speaker-Allen Miller, Arthur, IL
- Hosted by HOPE Ministries
- More information to follow

Men's Conference Information

Saturday, March 7, 2015

9:00—4:00 p.m.

King St. Center, Partridge, KS

Guest Speaker: Mel Eash, Director/Counselor
Of Grace Haven Ministries, Topeka, IN

Especially designed for men and their sons 13 yrs and older; wives are invited to attend also

Topics:

Session One: A Destructive Spirit of Fear

Session Two: A Spirit of Power

Session Three: A Spirit of Love

Session Four: A Spirit of a Sound Mind

Question & Answer period

Please register by Feb. 22, 2015

Lunch will be provided

There is no charge, but there will be a chance to share in a freewill offering to cover expenses

For Registration or more information:

Call 620-259-9390

Or email hope4yourheart@gmail.com

Brochures are available.

Info also available at

www.nislyshOPEministries.com

From Hope-LESS to Hope-FULL—by Tom Beachy

Abandonment. Misunderstood. Hopeless. Unloved.



I had received Christ as my Saviour, but I had a very incomplete view of Jesus. The thought of living by grace sounded awesome, but not very attainable. Here and there the "spiritual highs" from weekend retreats, Bible schools, spiritual development trips etc. would give me hope again that this life in Jesus was real, alive and perhaps even within reach. In the 7 years of trying to live from one "high" to the next, I had begun to think that this life I had chosen was destined to be a long cycle

of trying, failing, repenting, trying, failing, repenting... You get the picture. It's not exactly one of being free in Christ. I

was told "stop trying, Jesus has already paid the price!" I viewed these people with skepticism and suspicion. After all, when I stopped trying I always ended up in sin over my head. It made zero sense to me, so I tried harder!

"...trying, failing, repenting; trying, failing, repenting... You get the picture."

A person can only ride that teeter totter for so long before he/she becomes disillusioned, burned out and gives up. I knew there was a better way, but how to find it I had not a clue.

Then God in His mercy put in my path someone that could lead me to Christ in an entirely different way than I had ever experienced before. It was a whole new and exciting world! Suddenly the concept of living by grace became more than just a concept. This fairy tale became reality! I felt like a kid in a candy store, as they say. Revisiting some of the hurts and shortcomings in my past and setting them free allowed me to see Jesus in a new and fresh way, and I was able to accept and agree with what He thought of me. Once I, in the very center of my heart, believed that there was nothing I could do to make

Jesus love me more or less, there was a joy that couldn't be shaken by anything that came my way. The peace that I now had was exactly what I'd been searching for the last 7 years. Yes, I still face temptations that come with everyday life as a human. I don't live in a padded cell, but knowing what is now inside of me enables me to face the outside with faith. Faith that Jesus really does love me and that He's

right beside me in every battle I face.

While I don't always do so well with putting my feelings on paper, I felt God wanted me to share my experience with others. It isn't the most dramatic or unusual story ever told, but it's my story. It's about the circumstances that God placed me in and helped me through, about His mercy and His love. I believe that He can use anyone's story for His kingdom.

Abandoned. Misunderstood. Hopeless. Unloved. Paul writes "anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" 2 Cor. 5:17 NLT



**Cherished! Understood!
Hopeful! Loved!**

*"...anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!"
11 Cor. 5:17 NLT*

From a Board Member:



Gene Miller

In going through 20 years' accumulation of stuff for a recent rummage sale, I had the opportunity to reflect on why I have the things I do have. What do I really have to show for all my years of work? What does what I have show about me?

Phil. 4:10-13 gives Paul's well-known testimony on contentment. He thanks the church for their gifts, but says he really did not have to have it, as he had learned to do with much or lit-

tle. Though he says, "I have learned," and "I know how to," he does not say, "I always live this out."

How was Paul able to say this? I believe he was able to be content because he first realized how much he already had of what is really important. This is often easier to see in the context of what others don't have. Hebrews 13:5 instructs us to be content knowing that we have the promise of God's ongoing presence. Another ingredient of contentment is realizing who gave us what we have. There is little we truly have or have done that was not made possible by the help of God and others. And finally, recognizing what we deserve outside of receiving God's gift of salvation should give us perspec-

tive on how blessed we truly are.

How we think about what we do truly does make a difference in how we live. Loren Seibold's *Terribly Tragically Sad Man* speaks powerfully to this truth through the tale of a man who felt cheated that God did not fulfill the dreams he had for his life. His life spiraled out of control until he refocused on how greatly God had blessed him.

Are we willing to use and appreciate all God has given us?

"Don't love money; be satisfied with what you have. For God has said, "I will never fail you. I will never abandon you." Heb. 13:5 NLT

Gene enjoys people and music, working as an RN and waiter. He enjoys children, especially his 13 nieces and nephews and 1 grand nephew. This is Gene's 3rd year on the HOPE Ministries Board.

Find the story *Terribly Tragic Sad Man* at –

http://lorenseibold.com/Loren_Seibold/Essays/Entries/2010/3/19_The_Terribly,_Tragically_Sad_Man.html

FINANCIAL UPDATE:

Our desire is that no one will be excluded from opportunity for sessions because of finances. All counseling is done on a donation basis, and this plus the gifts of God's people, allow us to be full time in this ministry. We are grateful for all who have stood with us in so many ways and do trust in God's continuing provision. As a 501(c)(3) organization, we are accountable to our board for the finances and the operation of HOPE Ministries. If you wish to know more details about our finances, please contact Julian Nisly, our treasurer, at 620-664-5304. As God leads you to think about HOPE Ministries, please pray for us, and if He prompts you to join in our financial support, donations can be made in several ways as stated below. Tax deductible receipts will automatically be issued for checks of \$50 or more.

Donations can be done in various ways:

Send to:
HOPE Ministries
Box 103
Partridge, KS 67566

Call 620-259-9390 to use Credit Card
Donations can also be made through Paypal.



HOPE Ministries Board Members:

- Nevin & Joann Nisly—Director
- Lynn & Sandra Miller—Board Chairman
- Julian & Bertha Nisly—Sec./Treasurer
- Arlen & Gloria Mast—Vice Chairman
- Ray & Gina Miller—Board Member
- Gene Miller—Board Member