



HOPE Ministries Highlights

April 2017

Special points of interest:

- Announcement about an upcoming Follow Up Day—p. 2
- Announcement about some needs at HOPE Ministries—p.2
- Read a testimony of God's grace—p. 3
- Julian Nisly talks about hearing God's call—p.4

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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The Hamster Wheel -by Nevin and Joann Nisly



Nevin and Joann Nisly

The morning started off just fine. I knew Nevin had a busy morning ahead of him. There were problems in the house next door needing his attention. There was pressure to get it done soon. We also had a 10:00 appointment to meet. The morning seemed to move fast, Nevin attending to his things and Joann attending to hers. Little communication was happening between us and time was moving rapidly. We like to meet together in the morning and check in on the day's events and on each other, as well as pray about the situations at hand. But there was no communication that morning, and we seemed to be kicking into the day with doing whatever happened to stand in our way.

This kind of morning leaves Joann in the dark about Nevin's plans and it is common for her to focus on all the possible negative results. Meanwhile, Nevin in his race to complete his 101 things, appears to be oblivious to Joann's frustration. The potential of beginning a counseling session without being on the

same page is highly possible.. If Joann reacts out of frustration, it puts pressure on Nevin which causes him to pull back and go silent...leaving any healthy communication less likely to happen. Thus, we can so easily go into a negative cycle that may feel like a hamster wheel spinning round and round.

These spinning cycles are even more likely to happen in larger, more important and intensive situations. They can easily begin when stress is high, things are busy, or when we are just plain tired.

Last week we had an encouraging time at our annual Caring for the Heart Directors' Retreat. This cycle was talked about in various ways. Numerous times we heard these seasoned counselors admit to having these kinds of times in their daily lives. We all do. The natural tendency is to react and focus on what the other person is doing or not doing. Other tendencies may be to blame self, life, or even God. Focusing on these areas will keep the hamster wheel spinning. We were reminded that we actually have the tools at our disposal to get off the hamster wheel. Experiencing frustrations or temptations is not the issue, but rather what we choose to do when we find ourselves reacting to them and climbing onto the spinning wheel. Who will make the first move to get off? What choices are we willing to make? A "wannabe" will stay on the spinning wheel and wish it was different.

One of the greatest tools we have is to choose to shift our focus from the person's unlikeable reactions to the person's heart. What are they *really* saying? Often it is so easy to focus on what *I* want and am feeling rather than on what the *other person* is feeling and needing. Sometimes we may even find ourselves not caring about the other person's heart because we know we are right and they are wrong.

Do we really want to live on the spinning hamster wheel? Are we willing to make the choices to stop the wheel when we find it spinning so we can enter back into relationship with the person?

Lord, I'm on the hamster wheel in my relationship with _____. What is my heart experiencing as it spins? Do you care about my heart, Jesus? Would You show me a picture of Your care and comfort? What would You like to show me about their heart? How would You treat their heart, Jesus, if they had done this to You? How can I keep the relationship larger than the situation? Jesus, if I were to take Your hand right now, what would You invite me into? Does my heart need to forgive? Do I need to apologize? How would You bring peace to my heart? What is my part in restoring this relationship?

Coming Up...

FOLLOW UP DAY

Saturday, April 29, 2017

9-4 p.m.

King St. Center,

Partridge, KS

Lunch will be provided

No charge-Donation basis

Register by April 23 by calling

620-259-9390 or email

hope4yourheart@gmail.com

Topics

Throughout the day there will be short teachings reviewing the value of our hearts, understanding the things that trigger our reactions, understanding our identity and then also walking the journey of healing. Time will be given for practical application of the principles presented.

This will be a time to interact with others who are also on the journey of healing and restoration. We trust it will be a time of hope and encouragement.

Continued from p. 4

I believe God's specific call is always in the context of the local church. So a specific call is to further the work of the local church. As exciting as a personal call is, we need to be aware that we are still human and will tend to get our priorities messed up at times. We may be serving where we can be most effective but doing it in our own strength. We may find our identity in the calling rather than in God Himself. If we look to a specific calling to validate who we are, we are looking to the wrong thing. Our identity must be in Christ in order for any work we are involved in to be fruitful. Otherwise we will serve in order to receive something. So my challenge to you is, "Are you using what God has given you to show the world His love?" There is incredible blessing in hearing God's call and being faithful to it.

HOPE Ministries' Happenings

January and part of February, we were able to spend time in Albuquerque, NM, doing counseling. Weekends were spent enjoying children and grandchildren. We thank the clients who went to Albuquerque and the HOPE Ministries Board and for this privilege.

March 27-31, we enjoyed the CFTH Directors' Retreat in Hesston, KS. This was a time of exploring the vision for CFTH. It was a rejuvenating and refreshing week as we interacted with other CFTH counselors.

April 29, 2017 - We plan to host a Follow Up Day for anyone who has been to HOPE Ministries for counseling. Our goal is to provide encouragement and help people keep on the journey.

We hope to attend a Two Hearts, One Flame Marriage Retreat this fall. There will be several hosted in OH, IN, and MI presented by the Haven of Hope Ministry. We encourage people to consider this opportunity. Information can be found at www.havenofhopes.com.

HOPE Ministries' Needs

Looking for opportunity to serve?

This spring we could use volunteers to help wash windows in the cottages and counseling rooms.

We could also use volunteers to go on a rotational list for cleaning the cottages. Please call the office if interested in either of these areas.

HOPE Ministries office hours

**Mondays and Fridays:
9:00-1:00**

In the last 3 months HOPE Ministries has had:

- 4 new couple cases
- 3 new single cases
- 5 follow-up couple cases
- 1 premarital case

**Helping
Overcome with
Purpose and
Encouragement**

Testimony of God's work—anonymous

I came from a large family and with it came huge responsibilities. I was one of the youngest in the family. Because the focus was on doing work and not personal relationship, my heart often felt neglected. Tragedy struck again and again in our home and I lost trust in people. I knew God *could* keep me safe, but I wondered if He *would*. I lived wondering when the next wave was going to hit. Total insecurity came through more traumatic events. There

were feelings of "I can't do anything right" and "There has to be something wrong with me." This negativity followed me all my life. Around age 14 anger became my "best friend." No one

was getting close to my heart! If I couldn't control with a joke, I pushed back with anger. By 16 I was totally rebellious. I had involvement with immorality, alcohol, cigarettes, rock music, and I was a loner. The loneliness was hard, but I learned to love it. Through all of this, I tried to find God. I knew all the right answers, but it was all head knowledge and my heart was not involved. I must have prayed the sinner's prayer a thousand times.

Then came the perfect guy! He was handsome and my rock. I knew we were the perfect couple. We got married...and "Crash!" This guy was my exact "twin" in how we felt from our hurts. The difference was that my pain went flying out and his pain all stayed in. We went to see a counselor and one of the questions he asked was, "Are you afraid?" I said I'm not scared of anything! At the time I didn't think I was. When we

got the pain words, I was the one that could have circled all of them.

We saw different CFTH counselors and those were some of the hardest weeks but were also some of the best. It was like peeling layers off an onion. Each time brought up another layer of pain. Through all of these counselors, God was working in us. Through counseling I found a relationship with Jesus at a heart level. Sometimes my husband and I would connect after seeing a counselor, but it would last only for a day. Then it all went back to the way it always was. We were both finally at the point where we didn't really want to go to another one.

God works in mysterious ways. I had the worst depression I had ever had. Feelings of worthlessness and hopelessness made me believe people would be better off without me. I was having suicidal thoughts to the point that it was scary. I called a counselor and he referred me to HOPE Ministries. I didn't want anything to do with it because Joann was a woman and I had a hard time connecting with women. I did decide to call her and she was different. She talked

my language and we decided to get on the waiting list. After our first session, which was awesome, my husband and I connected heart to heart that first night. We actually talked to each other and listened.

Jesus showed me that my anger, fear and worthlessness began when I was very young. I had also had spiritual abuse which made my view of God very foggy. Throughout the week we talked and prayed about these things. Jesus brought more healing to my heart.

I was not ready to leave HOPE Ministries. It was a safe place--no stress or pressure. We got to have time with them one-on-one: my husband was with Nevin and I was with Joann. That time was awesome. There was no pressure and I could be totally honest. I found out about the heart Jesus gave me: fun-loving, creative, sensitive, and much determination. That was just part of it. Before we went to HOPE Ministries, I had almost quit having my devotions. I still went to church, but seldom read the Bible. That wasn't me at all because ever since I had connected with Jesus the first time, I had always read early in the morning. Through the worst part of my depression, I had listened to songs. God was still reaching my heart through songs.

After the first session, I got up early again. It was awesome. I could talk to Jesus and see and hear Him again. We had prayed a simple little prayer and the spirit of anger was sent away. Things broke loose. On a scale of 0-10, our marriage went from a 0 to a 7-8!

When you've been to so many counselors and still feel like you're drowning, go again! Don't give up—ever! God cares about you!

Around age 14 anger became my "best friend." No one was getting close to my heart! If I couldn't control with a joke, I pushed back with anger.

On a scale of 0-10, our marriage went from a 0 to a 7-8. When you've been to so many counselors and you still feel like you're drowning, go again!

FROM A BOARD MEMBER:



Julian and Bertha Nisly
Sheri and Johan

HEARING GOD'S CALL

We probably all have asked the questions, Why am I here? What does God want me to do? Where does God want me to serve? How and where can I be the most effective with how God has gifted me? These are all excellent questions and ones we should not take lightly. There is a longing inside all of us to be contributors to a cause greater than ourselves. This is God given, I believe. The greater cause for which we were created is God's kingdom and He invites us to participate in it.

In this article I would like to focus on two ways we hear God's call. First of all, there is a general call for all followers of Christ and secondly, individually we may receive a call to some specific

work. I believe it is safe to say that everyone who comes to Christ has been given a call. First of all, we are called to give up our lives for the sake of the gospel. So we are not our own but are God's. God calls us to discipleship in following Him just like Jesus did in calling His disciples. What are other areas that we receive a general call to?

*Loving God
Obedience
Making the gospel known
Making disciples
Bringing glory to God in all we do*

In Eph. 1:3-14 we see how God equips us to serve in our calling:

*He blesses us with all spiritual blessings—
This is how he equips us to serve in our calling.*

*He chooses us to be holy and blameless—
This calling is high because we are to be like Christ in conduct.*

He adopts us as His children and He accepts us in the beloved—

Our calling is done only from a position of acceptance.

*He makes known the mystery of His will—
He further reveals our individual calling as we understand our position in Him.*

*We are to be to the praise of His glory—
Our calling is always to bring glory to God and not ourselves.*

We are sealed with the Holy Spirit—

Our calling can only be fulfilled with the aid of the Holy Spirit in our lives.

We are all called to fulfill the general call wherever we are. However, as we see in Eph. 4:1-16, God equips the saints with different gifts to be used in the work of the church. God's plan for the church is spelled out in Eph. 1:22-23:

And hath put all things under his feet, and gave him to be the head over all things to the church, Which is his body, the fullness of him that filleth all in all.

So the church is to be the fullness of Christ in the world. What does it look like when His fullness is in the world? I believe it gives the idea of filling every nook and cranny of the world with His presence. We leave nothing in the world untouched by the love of God.

So how are you using your talents and gifts to further spread the love of God to the world? Each of us has been uniquely made and gifted to leave an impact on the world. I realize that we can become egotistical about our calling and impact, but God never designed it to make us proud of who we are. He gave gifts so that His message would go out in greater measure.

FINANCIAL INFORMATION:

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

Go to our website and use the donation button 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
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