



HOPE Ministries Highlights

April, 2011

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.

HOPE Ministries is available for:

- **Marriage Enrichment**
- **Counseling**
- **Follow-up Program**
- **Premarital Counseling**
- **Hosting Bible Studies**
- **Seminars**

HOPE Ministries Updates and praises:

- **Our 501(c)(3) is finally in process. It will still be awhile, but we are glad the process is underway!**
- **Our February seminar was well-attended and God was working in people's hearts.**
- **We attended the Caring For the Heart Directors' Retreat in February and found much encouragement.**

The Quest For Rest



Nevin & Joann
Colorado Springs, CO

Have you ever had the annoying experience of being too tired to rest? When very sleepy, are you too weary to feel like going to bed where your

sleep could be so much more restful? That can be my tendency. Maybe you are one of those, when very tired, that just can't sleep. Doesn't it feel so good to be able to rest when you are tired?

The same is also true in a spiritual and emotional sense. When pressures keep piling up, when the cares of this life keep pressing in increasing measures, and when emotions don't find release, we may feel like we can't handle one more thing. I believe we find emotional and spiritual rest in Jesus. Matthew 11:28-30 has a very appealing invitation. "Come and learn of me," He says, "and I will give you rest". He does NOT say, "You have to find rest" or "You must do or say just the right things to

find rest", but **"I WILL GIVE YOU REST."** Furthermore, He invites us to take His yoke where He not only walks beside us, but He is working alongside us. Not only that, we are learning of Him and discovering that He is gentle and humble of heart and that His yoke is easy and His burden is light. What a relief to know that our Jesus, while He does not overlook sin, is not one who is condemning, not beating us over the head because we failed, and not shaming us. (These are all tactics of the accuser of the brethren, our enemy, Satan.) No, He stands there, inviting us to come to Him and find **REST FOR OUR SOULS.**

There are many of us who struggle with having genuine rest in our souls. There is an unrest when we cannot understand why certain things hurt so much, why certain things trigger anger within us, and why we tend to hurt most those whom we love most—to name a few. There are also those (like me) who are oblivious to the pain within ourselves and to pain of those around us, and we can't figure out why those closest to us

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COMING THIS FALL!

Keep your eyes and ears open for a seminar in Yoder, KS, geared for youth on the subject of dealing with issues before marriage, as well as how to have a Christ-centered courtship. Though this material is geared for youth, married couples may also benefit as some basic concepts are covered that are applicable to marriages.

The Quest For Rest continued from front page

don't experience the emotional care and understanding they need from us, and they react in irrational ways out of their frustration.

Joann and I found a new measure of rest when we recently spent a week with John Regier as he came alongside us and helped us understand more of the roots of our emotional baggage. I am glad we were able to discover in a deeper way how each of us has contributed to the "cycle of pain" into

which we can easily fall. As well, we learned some practical tools to move us out of that cycle. I will let Joann share some of her thoughts to help explain some of what we experienced.

I walked into the 4th floor room of the hotel anxious to see what kind of view we might have of Pikes Peak. I wasn't disappointed. There was a big window overlooking the city and though Pikes Peak was fogged in, the opportunity was there. All the noise and hustle and bustle and buildings of the city were much below our focal point—the mountain! We were delighted for the big window and hoped to see the mountain throughout the week. Nevin was a little disappointed when he couldn't open a window to give fresh air, but we adjusted to the lack of one quite well.

John was able to jump in pretty quickly to where the issues were. My mind was rolling by the end of that first day. I began to wonder if "rest" was going to be any part of this. Homework assignments were given and by the second evening the enemy was engaged in battle. Discouragement settled within me as to whether there would really be any change

in some areas. Nevin seemed to just take in stride whatever was happening—of course, we weren't really dealing directly with him yet. Sleep was somewhat elusive to me; thoughts tumbled all over the place. The following morning I was encouraged as I asked Jesus for a picture of what He wanted to do in our lives during the week. He brought to my mind a big picture window—

similar to the one in the room. As I looked out of it, I could see much opportunity. This picture boosted me to believing that God had something in mind for the few days that were left. That day, Wednesday, the light did begin to dawn and things started happening in our hearts that began to bring some smiles deep inside.

In the middle of the week, Nevin noticed that the other floors of the motel all had sliding windows that opened and regretted that we weren't one floor lower. But, we decided we could live okay without the fresh air.

As John started working with Nevin, we recognized the ways our natural reactions tripped each other, and clarity really began to settle in. We shed a lot of tears throughout the week and our love for each other deepened as we began to see how our own weaknesses so easily stepped on the hurts of the other person, causing more hurt. This wasn't a daily problem, and we really did get along very well. It was

just occasionally that things would pop up, and yet, we wondered why. There was a livable unrest that came with it. As things became clearer, we recognized our choice. Did we wish to turn our eyes away from what we found out, or do we want to make the good, better?

Friday morning, I again asked Jesus a question. "Jesus, so how would you describe the difference of where we were before we came and how it could look in the future?" I smiled as I heard the answer. Jesus showed me that picture window of opportunity, but this time the picture window had a sliding window in it! We could now experience fresh air! I knew Nevin would like that.

After Friday's concluding session, both of us were pretty excited about the happenings of the week and the potential we were seeing. We talked about the necessity of staying intentional with the new tools given and daily bringing some things to Jesus and checking in on each other. It is so amazing how Jesus works in lives

and yes, we did see Him work that week. It was a unanimous vote between the two of us that even though we enjoyed "a big picture window" in our marriage before, we would both rather do the hard work, and have "sliding windows" to let in the fresh air.

As you can see, we can get used to living in unrest. When REST from Jesus is experienced, we will never enjoy living without it. As we continually come to Him and learn of Him, we will continually find more and more **REST FOR OUR SOULS.**

-Nevin and Joann

"I am glad we were able to discover in a deeper way how each of us has contributed to the "cycle of pain."

Do we wish to turn our eyes away from what we found out or do we want to make the good, better?

BECOMING UNMASKED

Our emotional struggles in the last number of years seem to have multiplied. Having been married for 24 years, we have had good times and challenging times. With four adult children and our youngest one being 13, our house is left almost vacant at times and my wife and I are finding more time with each other and not having to focus mostly on growing children's basic needs. Looking back we have served on committees, school boards, Bible Studies, and fundraisers. We have had a lot of good things going for our family.

A lot of questions would come to us that were hard to answer. Why were there feelings of worthlessness? Why were there times that I could not communicate with my wife for several days? Why did my wife feel so overwhelmed with projects? Why did it seem like I would avoid my children? Why did daily devotions seem like a wheel going around in mud? Does God not notice us anymore or the good things we do? Why does trying to have more of my wife's time wear her down? Why did I show anger sometimes when working with cattle? What pressure patterns were taking us in these cycles?

At a meeting with James Wagler (Freedom Hills Minis-

tries) speaking, and asking a few heart questions, God showed me He sees a difference in my heart than what I thought I could do in actions. What does my heart feel like? Lumpy? Swollen? What does my heart look like? Black? Cut in pieces? Slowly bleeding? How would my heart look if God showed it to me? What would God really like my heart to look like?

We came to realize these emotions blocking our relationships were God's mechanics put in our bodies to show us what really is in our hearts.

Our sessions with HOPE Ministries helped us to focus on Jesus and bring the truths of our hearts to Him, thus setting us free from the blocks that were hindering our relationships. Seeing Jesus in the counselors' lives and hearing their human struggles made us feel free to open our hearts to find healing in Jesus.

Our masks are now no more. So when pain strikes at our hearts, it can be much sharper, but we know with Jesus' help, and with the tools we learned in our sessions, we can work through any painful experience and relationships can get stronger.

-Jake Beachy

"Why were there times that I could not communicate with my wife for several days?"

THE MASK

(Submitted by Jake Beachy)

Without it I am vulnerable,
Helpless and scared;
To the onlooking world all my sorrows
And pains are bared.
Naked and shamed in fear I recoil
At the thought
Of someone glimpsing me without my mask
As they ought.
It is made with care and fashioned with
A curious sense of power,
Because I can shut the world out of my soul
At any given hour.
I wear it so much that I fool myself
Dangerously
Into believing the lie; that the mask
Is really me.
But without it how can I live?
It seems the only way
To be able to look someone else in the face.
And be able to say,
"Look at me, this is who I am, who
I've made myself to be.
That's why, when I meet others, their mask
Is all I can see.

Fear keeps it on; a lid to my soul—
Lid of a boiling pot.
A mask serene on the outside; the inside
Smeared with rot.
I know I must, it must be taken away,
Torn from my skin;
Taken and trampled, battered and burned;
the ashes
Tossed to the wind.
With trembling fingers I rake at the mask.
One little shred
Comes peeling off; I am seen!
And I glue it back
Onto my head.
Time and again I draw my hand, clawing
At the mask,
Gritting my teeth in pain and shame;
Shuddering at the task.
With God's hand on mine, no mask
Can prevail.
It WILL come peeling off, at His touch,
And though I fail
To keep it off, His everlasting Hand
Gives victory
Until, when He is finished, in His own time,
I am free!

- L.H.

CONTACT INFORMATION

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HOPE Ministries



Helping
Overcome with
Purpose and
Encouragement

WINTER SEMINAR

We were excited to have Don and Marilyn Showalter with us in February as guest speakers for our seminar. The call to "Return to Eden" was the focal point, looking at the wondrous ways in which God works and wants



Enjoy some pictures of the prep time as well as the seminar in process.



to work in relationships. Over 200 people representing 13+ churches packed out the King Street Gym. We hope this was a time of encouragement and enrichment for all who came.

FINANCIAL UPDATE:

Our desire is that no one will be excluded from meeting with us because of finances. All counseling is done on a donation basis where people can give with the purpose of making this available to others and allowing us to be full time in this ministry. God has been faithful in supplying our needs and we are grateful for all who have stood with us in so many ways and do trust in God's continuing provision. We are accountable to our board for the finances and the operation of HOPE Ministries. If you have any questions or wish to know more details about our finances, please contact one of our board members. 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 sent to the following address.

HOPE Ministries
Box 103
Partridge, KS 67566

Board Members:

Julian & Bertha Nisly—620-664-5304
Lynn & Sandra Miller—620-567-3017
Arlen & Gloria Mast—620-960-1048
Merlin & Molly Miller—620-960-2038

Please fill out the form and send it to the above address or email your information to:

hope4yourheart@gmail.com.

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