



October 2018

Friends,

I picked up my Bible from childhood this morning. As I flipped through the pages, I realized the dirt throughout from the tornado we were in 6 years ago. The pages are brittle from being soaked. Many are frayed and bent. It is damaged. Yet it is perfect.

I didn't put it aside because of the damage to the structure. Underneath all the damage, it remains true, whole, living and good. God is in it and underneath all the muck and mire and as strong as ever. His Word is alive, true, and strong. So much like us. So much like me, as muddy as I may be on the surface and as frayed as my edges may be. Brittle and fragile, as I cope with the past, anxious in the present, and sometimes scared to face the future...God is underneath all that. He is strong for me. He is perfect. He is pure.

As a child I see that I wrote in the front of my Bible "The Spirit of the Lord is on me because he has anointed me to proclaim good news."

This is our calling. All of us. Even though we are covered in mud and torn and frayed, we remain whole in Christ. Don't let your damaged flesh hinder your anointed soul.

One of the things we always have, even after we have experienced hardship, is prayer. Prayer comes in many forms. Below are some differing methods of prayer:

- Arrow Prayers – Short, simple, and contain a thought or phrase you "shoot" like an arrow. "Help!" is a powerful prayer. Praying the name "Jesus" has a lot of power.
- Write Your Prayers – Read them later, save them, journal them for a historical record of what God is doing in your life. It also demonstrates your faith to write your prayers.
- Get others to Pray for you – Knowing others are praying can be comforting.
- Being honest with God – Tell God exactly how you feel. You CAN have faith and feelings!
- Just be in God's Presence –

"Inside each of us there is a church, an oratory, a place of worship, a sanctuary not made by human hands. And it is a gentle place, a virgin place, a holy place, a place where there is no anger, no sense of being cheated, no need to be competitive, and no need to be restless. It is a soft place...It is in that place, entered into through solitude and gentleness of spirit, that we have a privileged access to God..." Ronald Rolheiser

- Praying Scripture – Having a personal Scripture to pray is powerful.

I was in preaching one day and the pastor preached on Psalm 23:4. Later I bought a new song I heard and it was based on Psalm 23:4. I picked up a book that I had stopped reading and the next chapter was on Psalm 23:4. I bought a book about Heaven a coworker wanted and handed it to her... it fell open on a page about Psalm 23:4. My boss' daughter awakened afraid during the night. She told her mom she was comforted by remembering the verse Psalm 23:4. This verse became my verse. I had it sewn into the mats of my car. I was in a car accident and the car in front of me turned just in time for me to turn. Psalm 23:4 came alive for me. After the tornado, I told my husband that I needed my verse on the front lawn. He said, "I've already got it for you." He spray-painted

Psalm 23:4 on a piece of old wood and stuck it in front of the rubble that was our home. Preachers told me they preached on that verse after seeing that sign and not knowing what to say the Sunday after the tornado.

It was the cover of the yearbook, because our community learned what it was like to have nothing left to do but get as low as we could and cry out to God.

I greatly encourage you to pray about a verse that you can hide in your heart that will come alive for you!

Chaplain Kim Crawford-Meeks

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NEXT FOOD DELIVERY DATE: NOVEMBER 17, 2018

*And do not forget to do good and to share with others, for with such sacrifices God is pleased.
Hebrews 13:16*