



Missionary Evangelism to Corrections

Sharing the gospel & Christ's love

with those in corrections since 1982

Problem Thinking & the Lord's Healing: True or False Energy

In this section we are going to look at harmful and productive ways of how we gain Energy. Working in our own strength instead of His can deplete us.

Receiving new life and a new nature from God includes giving us energy. We need to continue to walk in His Spirit to maintain and renew that.

What we think and the actions we take help create peace or chaos. Some people use drugs or alcohol to get through the day and accomplish what is needed or, have the illusion that they did so. A high level of thinking and activity followed by rest periods is healthy but overdoing it is destructive. "The criminal's high level of mental activity is directed to a flow of ideas as to what would make life more interesting and exciting." (The Criminal Personality, Yochelson and Samenow) The Inner Change Freedom Initiative handout of Distorted Thinking Patterns lists "Seek Excitement First: The thought that urges excitement (pleasure) overrides consequences and keeps people uninterested in responsible behavior" as criminal thinking.

Although many do not experience this as strongly as inmates do, these could be definitions of temptation. For me, it was and sometimes is work, accomplishment and the acceptance it brings that induces adrenaline and thus energy to accomplish more. Just one more, is a lie that often entices people to go over the line of safe healthy levels of adrenaline to oversteering themselves.

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October 31st 2015 Newsletter

MEC Spotlight

Can you Help with a Christmas Card ?

Dear Friend of MEC

Imagine being separated from your loved ones over the holidays and needing forgiveness.

We are looking for hand written Christmas cards which can be given to inmates at Christmas time.

Each card should include some part of your story, a scripture verse and a personal note of encouragement. Sign your first name and if you wish your last initial. They should be enclosed in a non-sealed blank envelope. We are not looking for generic notes but something that would be encouraging if you were to receive it at a time of need.

In the past we have put in long hours near Christmas and only been able to cover a couple of jails. Can you help us reach more inmates in this way this year?

*Saul, Karen, Sandy,
Grace and MEC volunteers*

Please send these to MEC, PO Box 542, Wyoming MN 55092 by November 16th, 2015.



October Highlights

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Problem thinking is really a lie that needs to be uncovered, exposed and replaced by truth. If the lies and distortions were simple, it might be easier to recognize and avoid them. Unraveling them helps us to learn more in our walk with Christ. At times we can list them simply as in a study of Our Identity in Christ. (See <http://www.mecjailministry.com/newsletter/IdentityInChrist.pdf>) But sometimes our problem thinking can be more complicated. There are truths mixed in which make them sound good. Temptation is truth that is twisted. If there were not some truth in there, it would not apply to our situation, or (seem to) meet our need.

Untangling the truth from the lie, identifying both, lets us leave the deception behind and embrace what will truly meet the God given need and bring Gods' healing. Clinging to the truth (II Tim. 3) allows us to experience a blessing.

Some questions will help us identify the underlying reasons we pursue false energy. Is the use of chemicals or pursuit of achievement to cover up pain and unresolved grief? Do we need to process some hurt(s) and forgive at a deeper level? (Ps32 & 139, Luke 7) Is there an unmet need that God promises He will meet if we turn to Him? Are we really loving Him, others and ourselves as He commanded? (Matt. 22) Are we operating in fear and not love? (I John 4). Is there some way that we can return good and allow that to overcome evil? (Romans 12) Is there boredom that reflects we are unaware of or need to be more grateful (Ps 107, Eph 5) for all He is and has provided. Do we need to get involved with His work or people? Are we feeding on unnatural nutrition rather than treating out bodies as the temples God designed them to be? (I Cor. 6) There is a high from doing sinful things in secret. A similar one can be gotten from doing good deeds secretly. (Matt. 6) The list could go on, but the principal is there.

When I had not met with one person long enough to overcome my lack of trust, my activities kept me running from one task or event to the next. I thought I was trying to prove my love but underneath there was a need for acceptance. Meeting consistently through counselor, sponsor and prayer partners allowed the development of trust which reflected in the ability to slow down.

Not only is the energy of sin a false, less satisfying energy, it also does not last as long. The pursuit of energy in a false way leads to painful crashes. Many recovering meth addicts have said "the highs were really high, but the lows were really low". The

***“For just as rain and snow fall from heaven
and do not return there
without saturating the earth
and making it germinate and sprout,
and providing seed to sow
and food to eat,
so My word that comes from My mouth
will not return to Me empty,
but it will accomplish what I please
and will prosper in what I send it to do.”***
Isaiah 55:10-11

Ministry Friends
We know that we are not alone in Ministry.
This months shout-out is to
Welcome Homes
Welcome Homes is a ministry of YouHaveThePower.org that provides sober housing, transitional services and circle of support to those in reentry and recovery with barriers to housing
<http://welcomehomesmn.org/>



hangover, depression, lack of purpose, anxiety and malaise of drugs or overload of adrenaline are not fun. The pleasure of sin is short lived. (Hebrews 11:25) Not only can we avoid these lows, but we can create healthy energy through living God's word. His word is life giving. (Matthew 4, John 6). His rest creates energy for us.



God's rest!!!!!!

Hebrews 4 talks about entering God's rest. The Sabbath rest is the sign of the covenant. Ex.20 31 & 35, Lk 23. Heb. 4) It is rooted in the word cease, end or rest. (Judaism 101 & Sabbath Truth) It includes rest in our minds, souls & spirits. Believing in our hearts that we are loved & forgiven and , knowing we are truly free from bondage though Christ brings another form of rest. Rest for our bodies renews our strength and energy, rest and relationship are the primary reasons for the Sabbath. Waiting on the Lord renews our strength. (Isa 40)

Good energy is part of the abundant life we can experience through a relationship with the Creator - our shepherd, and His word. (John 10)

Does energy produce energy? When researching this question it seems that energy is constant but can change forms when it is acted on by an outside force. Outside forces that affect our physical and spiritual energy are nutrition, exercise, worship, prayer, God's word, emotions and rest. Some of these are addressed in the questions and scriptures listed above. Because space here is limited and that it is one of my life lessons, I would like to address rest.

*A Special Thank You to
Coon Rapids E Free Church
and a generous anonymous donor who did a matching gift
And the
Korean Presbyterian Church
for their gifts to purchase
Recovery Bibles to be sent into
the jails.*

These gifts will place hundreds of new Bibles in the jails for inmates to read. Many of these will go home with inmates and have the potential to influence their families and friends. We pray for a special anointing by the Holy Spirit for these copies of scripture. We pray for a bountiful harvest of souls throughout the coming months.

We also wish to thank these churches for past gifts of money to purchase Bibles or Bibles for the jails:

- Emmanuel Christian Center*
- Lakes Evangelical Free Church*
- Forest Hills Methodist Church*
- Bethlehem Baptist Church*
- Harvest Bible Chapel West*
- Woodland Hills Church*
- Colonial Church*
- Good News for Israel*
- Horizons Church*
- Trinity Lutheran*

To remove your name from our mailing list, please email us at mec@usfamily.net with REMOVE in the subject line, call 651-408-1300 or write PO 542, Wyoming MN 55092.

Please visit our website to see how you can support MEC. Donate through PayPal or help by doing some of your shopping through links on the website without spending any extra. Visit — www.mecjailministry.com
Saul Selby Director, Karen Assistant Dir. Sandy Hanson Office Admin.