

Missionary Evangelism to Corrections

Sharing the gospel & Christ's love

with those in corrections since 1982

Join us for our Fall Event
Saturday, October 1st
6 pm—8:30 pm
**Serenity Village
Community
Church**



Reuben David

4100 Douglas Dr N
Crystal, MN 55422

will speak on

**“World Events,
Spiritual Warfare and
Evangelism”**

Check Facebook and download flyer at
www.mecjailministry.com/

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MN Adult & Teen Challenge

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Lake Elmo & Burnsville

Problem Thinking & the Lord's Healing:

Fragmentation

Fragmentation is rapid changes in thinking and decision making within a relatively short period of time. Responsible thinking and commitments are sincere, but are soon followed by actions that oppose that commitment. Feelings towards a mother, father, teacher, child, or children, sibling or friend can be strong, but interactions betray the relationship. Someone can feel sincere in love and commit to someone or something; but not long after be angry, hurtful, take advantage of, or not follow through on a promise that is within their ability to meet the need. The desire to be in control, boredom, no longer liking an activity or being hurt by a person are reasons given to quit. These actions appear to be the best ones in the moment. Excitement, past relationships, being accepted, power or control wins over initial intentions. Sustaining long term commitments and relationships is what needs to be developed.

Fragmentation is tricky because if a commitment is sincere but something else interrupts the thinking and the commitment is not followed through with guilt and anxiety are natural, bothersome results. Hearing about it from an outside source makes it worse; however, how the anxiety and confrontation is handled is key to cont. PTLH: Fragmentation pg 2

**September 30, 2016
Newsletter**

MEC Spotlight

Two New Volun- teers



Mike Rygh is not a new volunteer, but after some limited involvement he has taken on a regular service at Washington County Jail. Mike had a

long list of earthly goals which included family and a lot of money, but did not include God in his decisions. Through the brokenness of his first wife leaving, God got his attention. When his sister invited him to church where they talked about a personal relationship with Jesus, this was a new concept which he accepted. God blessed him with Jan, his wife, who has

Spotlight Continued on . pg 2

Your feedback can help inmates! PT&TLH is a series we are hoping to print to give to inmates to help with the growth & transformation which God's Word provides.

September

Highlights

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Spotlight Mike Rygh and Stan Case Pg. 1,2
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becoming less fragmented. Turning to temptation can relieve the anxiety for a short time but will bring on more problems. Understanding this, asking for and allowing God's Spirit within you to handle the anxiety and help you see the escape from the temptation will allow you to be more integrated. You have trusted the wrong things. Leaning to trust God, finding your identity in Christ and concentrating on some specific character qualities can help overcome fragmentation and lead to a more integrated life. James tells us that if we ask for Wisdom without doubting, God will give it to us, and Proverbs tells us to look to the end of the matter; that is to see how a situation can end up including the effects on ours and other's lives and on relationships.

Understanding that God is faithful helps us turn to and trust Him. Ps 36:5 speaks to His faithfulness. "Your lovingkindness, O LORD, extends to the heavens, Your faithfulness reaches to the skies. A search for additional verses on His faithfulness bring us to Ps 86:15, Deut. 7:9, Ps 36:5, Ps 89:8, Ps 119:90, Lam. 3:22-23, Rom. 3:3, 1 Cor. 10:9&13, 2 Thes 3:3, Heb 10:23. whatchristianswanttoknow.com also lists verses defining faith and about faithful people. Study verses on God's faithfulness and create an arsenal of verses that reach your heart and that you can use to respond to temptation. Talk directly to God; thank Him for His forgiveness and faithfulness. Ask Him to show it to you.

Finding your identity in Christ is a topic we have covered earlier. Two of the verses I love related to this are I Cor. 1:9. "God is faithful, by whom you were called into the fellowship of his Son, Jesus Christ our Lord." and Rom. 8:18 "For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!" The word Abba is an Aramaic word that means Dear or Dearest Father (Phylip Ryken, When you Pray, pg. 57-58)

Some character qualities to concentrate on are to cultivate honesty, work through pain and confrontation,

PTLH: Fragmentation cont. pg. 3

been a blessing, helping him with his walk with God and parenting 5 children. He has done overseas missions and missions with his construction partners. The book "Half Time" showed him the difference between success & significance. He and Jan were able to adopt a son. Now, instead of his own plans, Mike's new challenge is to be used by God. Seeking God's Kingdom, Lk.12, setting our hearts on our Father (Lk. 12) and Trusting God (Prov. 3) are driving this desire to share God with the lost.



Stan Case

came to Christ when a family crisis led him to a support group called Outstretched Arms. While there, he realized that God did not have him there for his family member,

but for himself. He was open to the lay people that were leading the group. They used a book that presented the gospel. He was amazed that he had not understood it before the age of 45. He joined the church and through volunteering with many activities, realized that he was beginning to think of his walk with God in a works orientated way and this led to a deeper understanding of grace. His involvement with the National Day of Prayer led to new relationships where the Christian Employee Resource Group was started. CERG's are now active across the country. Gal. 5 has helped him understand the fruits of the Spirit are not requirements to receive it and it is a tool that helps us understand spiritual growth. Studying Acts and Romans helped revitalize his relationship and his desire to share the gospel with the lost has given him a better understanding of the whole church. Stan will be volunteering with MEC at the HCADC on Friday evening.

Ps 36:5 speaks to His faithfulness. "Your lovingkindness, O LORD, extends to the heavens, Your faithfulness reaches to the skies.



A nebula seen by the Hubble telescope. A nebula is a cloud of dust and hydrogen, helium and other gases in outer space, visible in the night sky. Associated with places where stars are born or die. Picture from Hubble space telescope

associate with faithful people, listen to music that inspires faithfulness, and pursue good works in secret.

In cultivating honesty, pay attention to the still small voice. You have a conscience; as you renew yourself with the word, confession, repentance, true grace and mercy, prayer and worship, your conscience will become a treasure and a protection to and for you. Confession to a person who responds with support and prayer can go a long way to providing relief and preventing falls to temptation. Confession to a trustworthy person can bond you together when you share your weakness. That bond will deepen even more when after you have shared your weakness, you go back and share your victories. Meeting regularly for some time with a counselor or mentor establishes trust, growth & development in your spirit and in relationships. Honesty in the small things is important "One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much." (Lk 16) Concrete thinking can contribute to fragmentation if thinking that good works are what makes you ok and you use good works or popular acceptance to cover over wrongs. In this way the truth is muddled.

PTLH: Fragmentation cont. pg. 4

Ministry Friends Shout Out

We know that we are not alone in ministry, this month's shout out is to

FaithSearch International

<https://faithsearch.org/>

FaithSearch delivers the "Ah-ha!" moment in your church and community with an exciting, relevant Christian experience which will reveal the astonishing evidence for biblical faith, so that once understanding is established in the mind, the heart can follow.

To remove your name from MEC's mailing, please email mec@usfamily.net with REMOVE in the subject line, call 651-408-1300 or write PO Box 542, Wyoming MN 55092. www.mecjailministry.com to sign up for the newsletter, volunteer or donate.

Saul Selby Director, Karen Assistant D. Sandy Hanson Office Admin.

The switch to the wrong thing that feels good at the time is dishonest. An image of ourselves as decent people without taking into account our hurtful ways is not truthful. Thinking of our wrongs by themselves is horrible. Forgiveness and the power to change are necessary. A study of John 3 (birth of a true Spirit) and Romans 8 (I do what I don't want to do and don't do what I want to- who will free me from this—Jesus?!) and the 10 commandments (God's definition of good) will cover the reasons we let dishonesty in and the ways to let honesty prevail. This is part of the truth that sets us free. (Jn. 8)

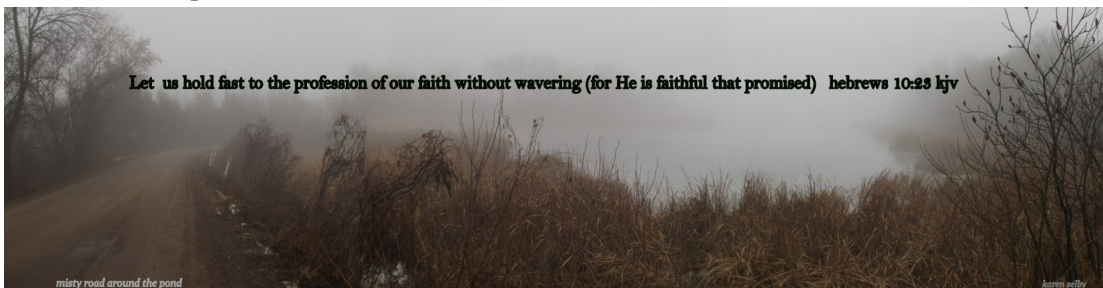
Confrontation is painful because it feels like rejection. Perceiving that - there is something wrong here that can be corrected and make the situation better or the relationship deeper - is good; however, it is common to perceive correction with shame and to feel like - There is something wrong with me/us; we are not liked, or cannot gain acceptance or favor. Painful - this is. The person who is trying to bring the situation to light may be someone who has authority/control or someone we hoped would meet a need. Often they do not realize the impact they have on us when they cut us off or do not understand the need. If they do not nurture or help us because they are absorbed with other concerns, or, if we were absorbed with other ideas - our trust gets damaged. Believing lies or trusting the wrong people or things: leads to hurt, pain and destruction. Learning not to trust in the wrong things and learning to trust a faithful God, faithful people and healthy life giving choices brings new life. There is much on building trusting relationships throughout these articles.



Music reaches a place in our brain that stays with us. Given time it touches our soul and brings healing. Sometimes it causes healing tears that can cleanse and bring relief. It lifts our spirits in a way that words cannot express. "Great is Thy/Your Faithfulness", "Faithful Friend", "Find Us Faithful", "Mercy Said No" (sin will not control - my heart was won and cleansed), "One Thing Remains", "Through It All", "Forever God is Faithful", "You Never Let Go", "Give Thanks", "Amazing Grace", "God With Us", "Yesterday, Today and Forever" and "Eye of the Storm" are a few of the many songs about His Faithfulness.

Use your creativity to promote good. Research has shown that being creative or participating in creative activities can make it easier for people to rationalize when they are dishonest, so it is important to apply creativity to honesty and goodness. Keep the blessing to come in mind. Focus on the way of escape and on the blessing to come. (Prov. 28) A faithful man will abound with blessings ... Is it possible that performing good works in secret would provide the same rush as participating in an illicit activity because of getting away with something?

The propensity to act differently in different situations in order to fit in can lead unwanted fragmentation. Actually the unintended result can be seen in looking at the core words or synonyms, break, shatter, splinter, fracture. Healing and integration can come through trusting God, identifying with truth and developing new qualities in ourselves and our relationships.



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