



# Missionary Evangelism to Corrections

*Sharing the gospel & Christ's love  
with those in corrections since 1982*

## September-October 2017

*Problem Thinking & the Lord's Healing:*

### **Time Perspective, Responsibility and Adversity**

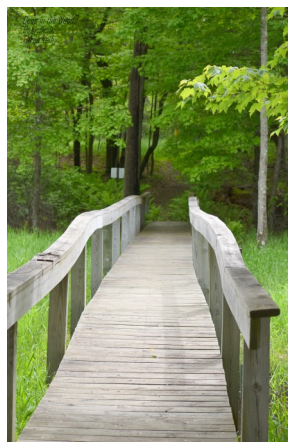
If you have made it this far in reading the articles for Healing problem thinking, I really want to commend you for sticking with some difficult topics and trust that your perseverance with seeing how the truth of God's Word can replace lies and bring life. In the interest of time, this month we are going to combine four topics into one. Lack of time perspective, Failure to assume responsible initiative's, Lack of interest in responsible performance and Failure to make an effort to endure adversity are all similar in that, in order to get good results some of the more mundane responsibilities in life need to be initiated and followed through with. When something takes time to accomplish, problem thinking can get us to not begin at all, not begin in a timely manner, or to quit before we achieve the desired results.

We learn what we take an interest in and spend time studying, doing, talking about. Our past choices and learning have laid a foundation. We choose relationships and conversations that we are comfortable with. If in the past, time and initiative, conversations that interest us have been spent on activities that seem exciting at the time but have led to hurt, confusion and death of our spirits. Part of the change we need to make is to focus on conversations and activities that will bring life. Although not as exciting at first, enough interest to get tasks done, learn new skills and open new opportunities develops as we do it. New brainwaves can be created and the rewards experienced with the development of these. Start with something small and take the time to think it through and

rejoice when you make a right choice and stick to something that takes time. Recognize that change is possible and brings life. The goals we have talked about previously of reading God's Word, prayer, worship, fellowship, and service are building blocks to our spiritual life. They also provide motivation energy and help in the areas of the physical world.

Many people use cards to write verses that inspire them and place them

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### **MEC Spotlight October 7th Event**

Let us know if you would like a CD of the fall event.

October 7th Event was a notable time of fellowship music, speaker and testimonies at Serenity Village

Community Church.

SV served and their worship team inspired us. Kiley Benson made the desserts



Saul Selby was the MC.

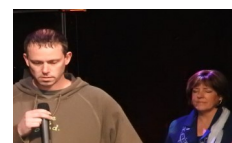
Tim Walsh shared some thoughts after his heart attack.



Merlin Morkin, from the MEC board and longest standing volunteer shared how our time treasure and talent is the Lord's.

Dylan Warkentin shared as a representative of Anoka and the Counties.

Seth Evans MEC board member, with TCCM, RCADC chaplain and director of Metro Hope shared thoughts and offered prayer.



Bounsa and Angela shared testimonies

Jeff and Monica Hill coordinated, the event and made the fiscal appeal.



Jay Coughlin Chief executive at Trubalanced shared "From Convict to CEO"



[See more pictures on page 2](#)

Closing prayer



### **September-October Highlights**

- Problem Thinking and the Lord's Healing -
- Time Perspective, Responsibility and Adversity
- Spotlight Fall Event
- Ministry Friends Shout-Out The Refuge
- Needs for Volunteers

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in places that are visible such as mirrors, doors, windows, or the car steering wheel. One person put their inspirational book in the refrigerator as that was the place they had kept their stash of drugs. This or healthy food would deter over-eating or junk food consumption which also impacts a person's motivation. Seeing it there would remind one to overcome the temptation. Reading one of the inspirational messages would further help change the thinking and avoiding or overcoming temptation. Change in order to initiate and sustain responsibility is possible, available and good.



Ezekiel 18:5-9 & 21 says "...if a man is righteous and practices justice and righteousness, ... does not eat ... or lift up his eyes to the idols ... defile his neighbor's wife ... not oppress anyone, but restores to the debtor his pledge, does not rob ... gives his bread to the hungry and covers the naked with clothing, does not lend money on interest or ... increase, ... keeps his hand from iniquity and executes true justice between man and man, if he walks in My statutes and My ordinances so as to deal faithfully—he is righteous and will surely live," declares the Lord GOD. "But if the wicked man turns from all his sins which he has committed and observes all My statutes and practices justice and righteousness, he shall surely live; he shall not die."

Writing down goals is helpful. Writing out goals and breaking them down into smaller achievable steps that can be accomplished and checked off feels good. This and finding other ways to rejoice in the small steps increase motivation. Talking goals and progress over with another person who can encourage you provides feedback and motivation.

**MEC Values Centered Life Goals Sheet (2examples)**

**Goal 1** What is important to you? Example: Family Relationships

**Value** Visualize the final outcome  
Example: Your family relationships with parents, siblings and children

**Measure** How will you work what you value into your life  
Example: Take classes that promote family values.  
Read books that promote family values.  
Listen to music and watch movies or DVDs that promote family values

**Witness** Primary goal or goal to work at or accomplish  
Example: Take (name class or course) ... examples Love and Respect Class (if/when course is offered) ... (if/when course is offered) at example church or ... increase bible reading

**Witness Activity** Small or specific goals that will help you reach your primary goal

1. Examples: Call (name of church) and find out the schedule of the class dates and times and if the book is provided.
2. Register for class.
3. Make changes to calendar accordingly
4. If book is not provided by the church, use if the library has it or purchase it from [Ezra's Store](#) bookstore or Christian Book Distributors or Family Christian on the internet.
5. Look up sermons on marriage in the Bible at [www.biblegateway.com](#)
6. Read first Corinthians 13 each day for two weeks.
7. Read 12 books by Norm Anderson which talks about relationships.
8. Read and pray the prayers in [Take Up The Standard: The Spirit Is Our Strong](#).
9. Look at [Plugged in](#), or [BreakPoint](#), or Family Christian web site for researching family centered movies.
10. List names of individuals ... to talk with, call text or Facebook 11 each week and begin doing that.
11. Recognize when someone cannot be relational and build stronger relationships with others. Sometimes, then you can go back to the harder one with more emotional resources and sometimes you cannot.

**Witness** What do you need to get support for so it does not hamper you from achieving these goals? List problems or issue and brainstorm ideas that will help you work through  
Example: Father was poor role model, need to examine my feelings of rejection and attitudes towards women, to forgive him and create goals for which I feel respect. These are going for that individual, trying to understand their perspective and hurt and talking and praying with someone else confidentially and renewing my identity in Christ when.

**Witness** Who can I ask to about this for support and accountability? Identify specific person or people  
Example: Sponsor, Mentor, Spouse, Believer or Stepmother, Life Coach/Counselor or Trusted friend who has with skills to help

Recalling potential negative consequences and paying attention to them and visualizing the positive consequences.

We sometimes call what is good, evil or wrong and what is wrong, good. Isaiah 5:20 NASB says, "Woe to those who call evil good, and good evil; Who substitute darkness for light and light for darkness; Who substitute bitter for sweet and sweet for bitter!" This woe can be the crux of many difficulties. Learning God's precepts, laws, principles, commandments and guidance brings far more blessing than physical wealth. "The fear of the LORD – Jehovah, Yahweh, Adonai - is pure, clean, holy, enduring forever; the ordinances, judgments, decisions, law, judgments, rulings, decrees, of the

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Counseling Care and MN Adult and Teen Challenge hosted booths

Spotlight from page 1

Thank You to Susan Bebo and to Terry Nelson for taking pictures.

Thank you Susan for bringing women from the Healing House!

Here are some photos to enjoy. See more on facebook.



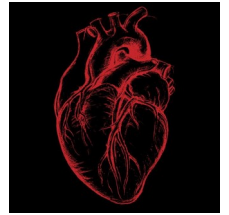


LORD are true, reliable, firm, the same all the time; they are righteous altogether (all of them are), true, just. They are more desirable, more precious than gold, yes, than much, an abundance of fine, pure gold. They sweeten my life more, are sweeter also than honey and the drippings of the honeycomb. The commandments, precepts, laws, judgements of the Lord are of greater value than gold, than even a great amount of pure gold; they bring greater delight than honey, than even the sweetest honey from a honeycomb. Moreover, in addition, by them Your servant is warned; in keeping them, obeying them there is great reward.” (Ps. 19- 9 11)

Taking initiatives in the activities that are pleasing but not responsible can keep us from taking initiatives that are responsible. Learning to take direction from those that are in your life to help you is part of this. It can be a pattern in our minds to hear a direction from someone and reject it almost immediately, finding some reason to dismiss it or to feel justified in reacting to it. Remember that a conscience ignored hardens ones heart. God says, "Moreover, I will give you a new heart and put a new spirit within you; and I will remove the heart of stone from your flesh." (Ezek. 36:26 NASB)



Trying to find reasons to understand what is being said by people, instead of reasons against it or even on the other side of a paradox. In a conversation about the hard look that came over the face of one of the incarcerated youth when he was told one of the rules, the volunteers said, they are almost all angry and have these resentments. This particular rule was hard to accept because it did not promote bonding but the staff had their reasons for it and abiding by it was meant to be a protection. In more than one significant situation which provided countless opportunities for resentment, I could only let go and be free when I understood that the person making those decisions had a good reason to do so. Finding out what that reason is helps, and when we cannot know what the reason is, understanding that there is a reason, relieves us of ill will. Our hard feelings can be caused from lack of support or understanding but as long as it does not go to the point of enabling, coming to understand the other person softens our hearts and improves our relationships.



By pursuing improper interests we can create a lack of skills or knowledge which results in feeling left behind or not capable. Sometimes learning difficulties or a lack of provision can contribute to this, but many people have overcome these

things in creative positive ways. Help and instruction is available if we seek it and humble ourselves and cultivate interest to pursue it. The idea “If I am not interested at all, forget it” keeps us from growing and puts a huge damper on relationships. Developing positive interests and activities just enough to keep other people satisfied but still allowing continued negative activity is not enough. Confessing negative feelings may be enough to get someone to agree with or let us off the hook, but what is really needed is to take the confessions to another level. Understand the reason for what you do not like and find the good in the situation. If someone hurts us we can see that that relationship is important to us. Celebrate that, and decide if it is healthy to go back to it. Can there be resolution and what is it? If the hurt will continue over and over again we may need to separate, but have we done what we can to bring about change? Confessing, stating and practicing the positive actions and attitudes create new patterns in brains and in relationships. Our brain likes patterns. There are all kinds of materials along this line. Gratitude, not taking offense, and overcoming confessions are areas to read about, listen to speakers on, and to explore.

If you are following the Problem Thinking and the Lord’s Healing articles, and want a compilation of the articles so far we can e-mail it to you. Your feedback can help inmates! Share with someone who needs this. Please provide feedback for making corrections to the thoughts before it is made into a booklet.. Let us know if it is valuable and worth pursuing this.

The definition of adversity is serious or continued difficulty or misfortune, hardship and suffering, adverse or (extremely) unfavorable experience. It is tempting to say that something that is hard, it is adversity and negative thinking can blow challenges out of proportion. Turning difficult situations into a challenge to overcome can make it more exciting and easier to not dismiss, but to work through them. As we have discussed in the last section, God's power is needed and turning to Him helps us overcome what we cannot do ourselves. In our weakness is His strength. Cultivate your love for Him and turning to Him becomes second nature. As Jesus said in the Sermon on the Mount, Blessed are those that are poor in spirit, mourn, meek, hunger and thirst for righteousness, give mercy, are pure, and are persecuted for righteousness. These are not ways we would seek happiness unless we know Him, understand His perspective and stay with Him and with the situation to experience the reward. As crime, addiction, pleasure, wealth or fame was pursued before, that energy put into pursuing God brings rewards the other could not.

*Karen Selby*

### **Ministry Friends Shout Out**

We know we are not alone in Ministry and each month we acknowledge another ministry

This month's shout out goes to

### **The Salvage Project**

The goal of the Salvage Project is to repurpose forgotten people and broken lives through music and stories that transmit the saving power and grace of Jesus Christ. They accomplish this by taking the Christian music of Jeromy Darling into correctional settings for concerts.

<http://www.thesalvageproject.org/>

### **Needs for Volunteers**

We are thankful for the 8- services a week,  
and God has opened additional opportunities.

Anoka County - Celebrate Recovery could use some additional volunteers for the team

Police Chaplain in Anoka County

We have been given permission to start a Life Blood Video character curriculum in more than one facility

Stepping Stones Homeless Shelter Anoka - Assistance with church Start new Study?

CARE treatment center - Need a partner and/or a sub

**Anoka County Sheriffs** chaplain please contact Dale Pehrson. Dale is an MEC volunteer who is one of the four current chaplains. He can supply the volunteer job description which includes but is not limited to ride a-long's, death notifications and helping families. Requirements include licensing or ordination and some training. Call or text 612-735-1504 or e-mail Dale at [dpehrson1@hotmail.com](mailto:dpehrson1@hotmail.com)

Chisago County - new volunteers are needed now and when the new jail opens up we will need even more

Hennepin Co. Men needed and one woman

Hubbard, Roseau and Scott county—need backup and or consistent assistant volunteers

If you are a Licensed minister or chaplains who would like to apply to be an **St. Cloud Prison** would like someone dedicated to working with Native American inmates.

Prayer warriors - Could you commit to praying for the corrections areas in your county and maybe one other?

Administrative - make calls from your home.

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To contact us **call** 651-408-1300 or write PO Box 542, Wyoming MN 55092.

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please e-mail [mec@usfamily.net](mailto:mec@usfamily.net) with REMOVE in the subject line,  
**[www.mecjailministry.com](http://www.mecjailministry.com)** to sign up for the newsletter, volunteer or donate.

Saul Selby Director, Karen Assistant Director. Sandy Hanson Office Administrator