

# Missionary Evangelism to Corrections

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



## Problem Thinking and the Lord's Healing Building Trust When It is Broken *part 1*

Rebuilding Trust after it has been broken is a challenge many give up on. If we see it as impossible we will be defeated. Conversely, taking it as a challenge that can build into our life and recovery, can motivate and inspire us towards it. There are no pat answers or easy solutions, but there are principles that can guide the process.



There are so many variables it helps to look at some questions to break the issues down. Determining who is trusting who or what, and what our trust patterns are lays the groundwork. Deciding if it is worth working at rebuilding a relationship with a person who has broken our trust is one thing. Having others begin to trust us after we have broken theirs is another. Taking progressive steps to do either assists us in building or rebuilding relationships. Becoming trustworthy ourselves is essential.

When extending trust, the subject that is being trusted may be trustworthy or may not be so. If he or she is trustworthy the need that the trustee reached out for is met. It may be met fully or it may be met partially. The one asking may accept what is offered or may not. If one does not understand the offer or it's consequences, puts up defenses or does not receive the offer for good reason, the transaction does not take place. If the person or object that is trusted in is not trustworthy, the need the person was vulnerable enough to reach out for is not met, may only be partially met or is met in an unhealthy way. The request may be made for a real need or it

PTLH: Rebuilding Trust Cont. on pg. 2



## May 30, 2018 MEC Spotlight Thank you for Coats, Prayers from inmates Short Ministry reports

This letter is written to acknowledge MEC's efforts in donating several useable outerwear items during the month of April 2018. The Hennepin County Sheriff's Office is quite appreciative of all your support and overwhelming generosity.

In the few days these items have been available for use, I have heard comments from clients and staff about the generosity you and your organization have shared. As you are aware, the Hennepin County Sheriff's Office Adult Detention Division serves many people that have a special need for clothing upon their release. All too often these people do not have an outside support system to bring them clothing to wear home. As with any donation we are fortunate to receive, I am able to make this statement; "I guarantee all these items will be put to a good use".

Your willingness to collect these items and donate to our Office is quite commendable. Please feel free to share this letter of thanks with all the good people at MEC.

I wish you continued success with all the good work being done by MEC.

Sincerely,

Sergeant Tim Hill  
Property Room Supervisor  
Hennepin County Sheriff's Office

*Although you cannot see letter-head and address here, I wanted you to see the thank you that Hennepin Co. Sheriff's office sent to us for all of you who donated coats. Coats went to 5 counties.*

*Hats & mittens to 2 facilities*

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## Prayer from an inmate (altered just enough to protect confidentially)

I would like prayer for you, whoever is reading this, for starters. I am praying for forgiveness and for the understanding from those who hate me,. I know I am a sinner just like the rest, but I would like for my victim's family to know that I am sorry, truly, truly, sorry and that it wasn't my fault and that I was only trying to help J. I would like for my children's mothers to forgive me for my wrong doings towards them, for I was only a little boy and didn't know how to treat women and if I

had the chance to prove myself Spotlight Cont. on pg. 2 PTLH

MEC Spotlight : Thank You from Sheriff for coats,

Inmate prayers & short

ministry reports pgs.1&2

Problem Thinking and the Lord's Healing: Rebuilding Trust part 1.

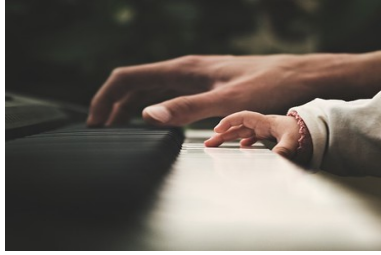
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Ministry Friend Salute GNJ&PM Chaplain John Cherico

pg. 2

## May Highlights

may be a (good or bad) desire for something that is not really a need. A person may have a need they are unaware that they have. Each of these situations would affect us differently and calls for a different response.



Often, when our trust is broken, going forward we do not trust someone or something that is trustworthy. Perhaps someone in authority, maybe a teacher hurt us and now we do not trust teachers or authority in general. When I was a Nursing Student, I overheard a conversation where the Dean of Nursing told someone she had taken the job for the money and career advancement. I surmised that these reasons were not what I was looking for in a teacher. I assumed they precluded loving teaching, students or saving lives, and in my immaturity, did not respect her. This kept me from interacting with her in positive ways, learning lessons from her that would have been helpful,

and put me in a bad light. Her responses to me were based on my not being open and avoiding her.

A common occurrence is when a friend or group that we look to for certain needs does not have the skills to meet

those needs. If we quit looking or seek out similar situations and repeat the pattern, going forward it takes breaking those patterns to form new relationships.

Studies show that if trust exists, to start with, people are friendlier and act in ways that contribute positively to the relationship. If it is not there to start with, negative interactions ensue. Tom Hainlen, founder of Arden Woods Psychological Services uses an example of two couples who joined a Sunday School Class. The first one sat in front and took part in the discussions. The other couple sat in the back and didn't interact much. By the end of the class you can guess which ones felt a part of it and which ones did not feel accepted.



to one of the two of them now or later I promise I would. Pray that my kids forgive me as well. I know they don't understand now but pray that one day they will. Most importantly I need God's forgiveness. Pray that God forgives me. Thank you. Amen.

**Report s**

**Kole Feist** - Just wanted to share brief testimony about C.R. last night... A person who I went to high school with and used to do drugs with named B. was in the group. I hadn't seen him for over ten years and he was blown away that I was in jail as a volunteer leading a recovery group. There were 3 guys total and all of them were new. ..After hearing our stories 2 of the guys decided to apply for MNTC. The 3rd, T. already had, but needed to serve his time first. He. asked if there was still hope for him and we were able to encourage him with God's Word and let him know that with Jesus there is always hope even if he has to do some time in prison. ...B. and Mk both realized they needed more than a 30-day program so they want to do the year at MNTC. B was almost in tears with excitement for the possibility of a new life in Christ.

**Luke Grover** -Pray for E. this young man at Juvenile Detention Center has taken advantage of hearing more about Jesus three times in last three weeks. Our last time was very meaningful. I am confident he is giving God complete access to every area of his life. We talked about sanctification battles which many do not seek to engage in.

**Prayer from Tim** (name changed) I would just like to pray for more faith, for a healthier relationship with the Lord Himself and also for more understanding. I would really like prayer for my son, seeing that he knows about God and he is more interested in knowing more, so pray for him to receive more understanding and I would also like for him to stay on the right path. I would like to pray forgiveness please. Please pray for

my prayer bothers and for their families and mine as well. Last, please pray that everybody's prayers get answered. Please and thank you! P.S. I will be praying for you as well. Thanks!!



PTLH: Rebuilding Trust Con't on pg. 3

## **Ministry Friend Shout Out**

*We know that we are not alone in ministry This month our shout out goes to Good News Jail and Prison Ministry Places full time chaplains in facilities John Cherico at Hennepin Co ADC and Jeff Freeman at Henn. Co Jail Facility <https://goodnewsjail.org/us/> click on Minnesota for their information*



Image:Freely

If we trust someone who brought us harm, then mistrust is often extended to others. If the harm was disguised, delayed or mixed together with good we stay in the relationship for those reasons, and continue to receive the negative. We may extend that impaired trust base to others who bring hurt. When interaction patterns are mixed with both positive and negative it is confusing. While developing emotionally, if we are dependent on someone who sends mixed messages, sometimes the negative or hurtful patterns can be taken in as ok or even good. This can result in our being on guard or defensive and can be reflected in thoughts like these: "I need to be wary or careful until I see what kind of mood someone is in" or "This person loves me so they would not hurt me."



Hurt may come to us through another's negative beliefs about us (founded or unfounded), hurtful words or substances that are harmful. Drugs, alcohol, and illicit sex are obvious ones to most, too strong of a love of money or material items, control or an inability to confront harm may be less obvious. These tell us a lot about the person sending those messages and sometimes it is healthier to distance ourselves totally or at least emotionally, other times finding healthier patterns to use in those relationships can change them into more positive ones. Either way continuing to meet with some healthier people consistently for extended periods of time is a key part to the process. Support can be found in churches, counseling, mentors, support groups, reading, journaling and prayer through groups, individuals or prayer support lines. When looking for support, be clear about the goal of rebuilding or at least evaluating the situation.

The book "Safe People" by Henry Cloud and John Townsend addresses patterns that lead to hurtful relationships and finding relationships that are good for you. Hope for the Heart ministry (June Hunt) has multiple resources on healing from emotionally painful situations.

It is helpful to determine what a person should be trusted for. Is this party to be trusted to do dental work, sell you some quality clothing, repair your car for a good price, or teach about a certain subject, but not for personal interactions beyond these areas. Understanding boundaries impacts trust and trusting someone for something they are not liable for results in hurt. At times it is necessary to trust different individuals for different things. To grow closer, one needs to find others that they can share more openly with.

In a group discussion about what keeps us from accepting God's love, a friend confided that she would share little bits with different people but not trust anyone to know more about her because of the underlying or hidden belief that if anyone knew all the pieces they would



Devotional Prayer ks

not love her. Some other ways that this group gave as areas they were working on to let God change were as follows; 1) Being vulnerable - asking for help before the need gets so strong that if you don't get the support you need you are extremely disappointed or fall apart. 2) Assessing how you come across to others. - Are you being too shy or too bold? 3) Overcoming physical challenges and working through parental issues.

In the Next article Rebuilding Trust Part 2 we will look more specifically at steps to take to learn to trust and to encourage others to build or rebuild trust with us.

*Karen Selby*  
Pen name *Keren Happuch*

Please let us know if something is difficult to understand or if it helps you! We hope PTLH articles can be helpful and your feedback included in changes to this that will help inmates who are coming to Christ and changing their lives .

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*Saul Selby Director, Karen Assistant Director,  
Sandy Hanson Office Administrator, Grace Schmidt volunteer*