



# Missionary Evangelism to Corrections

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

*I was in prison and you came to me Matt. 25:36cESV*

**February 2021 MEC**

## **Breaking the Cycle of Reoccurring Pain**

What do an uphill climb and putting a dresser in place have in common? If the space the dresser goes in is tight, it must be positioned at the right angle, and with gentle maneuvering rather than force, sometimes inches at a time. It takes perseverance and the right approach. When climbing up a mountain, having good hiking boots and a good walking stick or spike to assist you can make the difference between making progress or sliding back down while potentially sustaining injuries.

In our lives and faith walk the spike(s) we may need are correct beliefs. Understanding and having faith in God's way, that is the spike we need to advance upward. The approach or angle of gently pushing forward past obstacles instead of trying to ram something

where we think it should go makes the difference between growing instead of damaging relationships. It also clears our minds, making room to take in more information and for better reasoning.

When we are running into pain over and over again, we want to justify ourselves and prove how wrong others involved in the situation are. By doing so, we continually ram that hurt into our relationships. Both, those involved in the situation and the relationships of those we are recounting our pain over and over to, are buffeted, until they are damaged. We can talk about situations as a way to convince others how our pain is justified, however, this wastes our time and causes a downward spiral. Better to speak about it in order to let go or figure out a new approach.

Now don't get me wrong. I know how painful and how difficult it is to process traumas in order to let go of them. Forgiveness is sometimes easy and sometimes a process of grief which involves shock, denial (sometimes minimizing), anger, bargaining, depression and finally acceptance. These are not quick linear one time and done emotions. Standing on the Word and the many promises of



***Do you have or would you purchase coats for Inmates being released in the cold?***

See page 3 for flyer

## ***Spotlight Florence Anderson***



Florence Anderson was an intercessor for MEC for many years. She had lived in the world and attended church for some years when they welcomed a pastor who told them the truth of the Gospel of Jesus Christ. She said, "I kneeled down right on the kitchen floor and asked Him for forgiveness of my sins and to come in."

Florence loved many, including her seven children, served at camp, managed a motel, worked at From the Heart Bible Book Store, was president of Women's Aglow, and did switchboard work. She enjoyed camping, hospitality, cooking, movies with friends, and outings with relatives & her birthday club. Wherever she lived, people would say, "I just love your mother!"

She has joined our Father in Heaven and those who have gone before. see obituary at [Mattsonfuneralhome.com](http://Mattsonfuneralhome.com)

*Karen Selby*

**Would you help make your community safer? Will you pray?**

## ***Ministry Friend Shoutout -***

We are not alone in service to Christ. This month our shout out is to.

## ***Whispers of Hope***

- Quiet place to stay on farm for 1-5 days
- Intensive Biblical counseling with follow-up phone counseling
- Small group space
- Prayer room

[www.whispersofhopemn.org](http://www.whispersofhopemn.org)

See MEC website for more resources

***February 2021***

MEC Spotlight Florence Anderson .....page 1  
Coats Needed!!!!.....page 1  
Ministry Friend Shout Out: Whispers of Hope.....page 1



God help us with this. Knowing that we are valued, that the other people are valued, that He knows, that He experienced the same pain and, that His resurrection is real, shows us that there can be resurrections in our lives. Hebrews 4: 15-16 says,<sup>15</sup> For we do not have a high priest who cannot sympathize with our weaknesses, Jesus understands every weakness of ours, because he was tempted in every way, in all things just as we are. But he did not sin! <sup>16</sup> So whenever we are in need, we should come bravely, with confidence, before the throne of our merciful God. There we will be treated with undeserved kindness, and we will find help, grace for help at the time of *our* need.”

Faith is a real substance and more than just an initial acceptance. It is a day to day, honest to goodness, take it to the bank, reality. (See Hebrews 11). Lisa TerKeurst, in her book, “Forgiving What you Can’t Forget” says it this way. “[P]ain we experience is a gateway to learning, growing, discovering and eventually helping others. But if pain is what I am running into over and over again, it’s preventing me from getting over or through situations. ... [L]ike running into a brick wall ... again, never understanding why the pain increases day to day. [Our] experiences affect our perceptions [which] become beliefs. These beliefs determine what I[we] see.”

This can sound vague, but is extremely important to sort out. It is part of the mystery of the Gospel. We can get lost in our bitterness and no longer be giving or receiving love without even realizing it. We have a blind spot. This blindness makes it so that we do not see each other, each other’s need, or what other persons are really saying. This is what Christ came to save us from, hurt, pain, bitterness, walls of disconnection and lack of love.

When Jesus answered the questions, “Who is my neighbor?” He addressed our distance, our walls and our boundaries. Do we work through things and love those who miss the mark or who are less than perfect?

We can react according to what our understanding is and never hear the solutions. We stay in our pain and even make it worse by lashing out at others and letting the thoughts and beliefs keep repeating in our minds and hearts. Finding ways to process and heal is how beauty can come out of the ashes. Experiences burn us or refine us. Refining is deep and complicated yet Jesus gives us the way to do it. Finding a person to confide in and to confess the unbelief, pain, hurt, anger and rage even hate we feel towards persons and situations can be helpful. We confess the pain and any sin that came with it. Then we let go of that and confess His faithfulness and healing. Sometimes just talking to God about it is enough and sometimes we can process it better with these confessions.



When Jesus was on the cross, He prayed to our Father to forgive. He said “Father, forgive them, for they do not know what they are doing” Knowing that people who hurt us usually do not know what they are doing or the impact they are having is helpful to me.

Although I don’t agree with everything in it, overall “*Thrift Store Saints, Meeting Jesus 25cents at a Time*” is insightful, humorous and educational. Jane Knuth’s experiences ministering to the poor shows us the way God may see situations differently than we do. In one account, she writes about a woman who knew that some church people talk about forgiveness a lot but have not had to forgive someone who has done something really wicked against them. None of her family would talk to her dad, but she was able to forgive him by praying as the Lord prayed for those who nailed Him to the cross. She says, “He [Christ] was talking to God, not to them. He was praying for them. ... What good does it do to forgive people who are laughing at you and are still in the middle of killing you? They don’t want forgiveness, for one thing. ...for [Hisakes!]... he still had the d... nails in his hands!” She reasoned that God did not ask that much of us but ended with “So that is how I forgave my dad, I prayed *God you forgive him* ... I can’t... Those old nails were still in my hands. I prayed that way for a long, long time. And one day when I did not feel them quite so much, I could forgive.” (Knuth, chapter 3) (slightly altered)

Some people you may not be able to work things out with to trust again, but in those cases, you can still experience the freedom of forgiveness and build trust with others when you break the cycle of pain by finding the healing that will allow you to see experiences in a different light. Read the Accounts of the Christ on the Cross & the Resurrection Matthew 27 – 28, Mark 15 - 16, Luke 23 -24 John 19 –20. This will be a Bible Study on our website with questions.

Contact us to share or help.

To remove your name from our mailing list, please email us with REMOVE in the subject line, call or write. Please visit our website for articles, studies, prayer aides, resources or to donate.

[www.mecjailministry.com](http://www.mecjailministry.com), [mec@usfamily.net](mailto:mec@usfamily.net) 651-408-1300 PO 542, Wyoming MN 55092.

Saul Selby Director, Karen Associate Director, Nadine Behrens Office

Jenny Faffler & Karen Kennedy volunteers

# MEC

## Coat Drive for Inmates



**All adult sizes welcome!** (especially larger sizes)

**Please leave donations at the following location  
by February 15<sup>th</sup> 2021**

Fill in your church information or bring to  
Sharing Shop at Lakes Free Church  
29620 Olinda Trail, Lindstrom MN 55045

**Missionary Evangelism to Corrections** [www.mecjailministry.com](http://www.mecjailministry.com)  
[mec@usfamily.net](mailto:mec@usfamily.net) 651-408-1300 to volunteer