

Missionary Evangelism to Corrections

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



May 31, 2019

Event Cancelled



We are sorry to say that we have had to cancel the June 23 event.

It had been planned for Sunday evening at Willowbrook in Forest Lake, MN

Cancelled!
Bill Arnold
Comedian, Magician,
Radio Host & Minister

MEC Spotlight Pentecost & The Holy Spirit

◇ Prayer to Holy Spirit

This week many will be celebrating Pentecost - the Jewish tradition Shavuoth Je 8-10 and the Christian welcoming of the Holy Spirit. Here is a prayer based on scripture that is a simple plea to know, love and thank Holy Spirit.

Holy Spirit,

Please help us to know You more. Help us not to grieve, reject, stifle or disobey You, disregard, reject, be deceived a part from You or not receive You (by partaking in impurity or false teaching), insult or distain or blaspheme You - but to remember You! (Isa 63, Matt. 12, Mark 3, Luke 12, Eph.4, 1 Thess. 4&5 1 Tim.4, Heb.10)

Healing from Trauma and Forgiveness

(part 1 of 2)

It is a blessing to have a Memorial Day to remember those who have served and those who have gone before us and passed on. Remembering their lives helps us to grieve and to bond with others to go forward. Memories can be good and bring hope but there are memories that can be painful. When grieving, other memories of trauma can come to mind. Sometimes those are so traumatic that they hold us back. Processing those to attain healing is important.

When we experience trauma, it affects the brain to create a high vigilance for preventing further trauma and a defensiveness towards other interactions. Confrontations or conflict can activate the brain to feel like or to cause further trauma. Many who serve



in a war or experience traumatic incidences such as a shooting or a loved one dies, dramatically experience trauma and are usually aware of it, but not the total effects that it has. People who may not have experienced trauma that is as obvious are coming to find that they have experienced trauma from relationship interactions as they were growing

Healing from Trauma & Forgiveness ... cont. pg. 4

Holy Spirit

Thank You that You

- ◇ *Are with us, creates clean hearts and steadfast Spirit in us and restores the joy of salvation. (Psalm 51)*
- ◇ *Conceived Jesus (Mtt.1, Luke 1)*
- ◇ *Baptize (immerse) and come with fire. (Matt. 3, Luke 3)*
- ◇ *Want us to be Baptizing in the name of the Father, Son and You. (Matt. 28)*
- ◇ *Jesus baptized with You, and that you descended on Jesus like a dove. (Mark 1, Luke 3, John 1)*
- ◇ *Give birth to spiritual life, (You provide mercy, wash away our sins, regenerate & renew us – bringing us out of old life to new. (John 3, Titus 3)*
- ◇ *Teach us what to say when we face arrest for speaking His word trials and charges. (Mark 13, Luke 12, Acts 4)*

Spotlight: Pentecost - Holy Spirit!.
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Thank You Holy Spirit for You

- ◇ *Fill us – Filled John from the womb, Mary and Elizabeth, fills with power from heaven. (Luke 1, Luke 24, Eph. 5)*
- ◇ *Come upon us when we seek You - Simon (Luke 2) Lead us – Lead Jesus into the desert (Luke 4)*
- ◇ *Reveal things to us – Jesus thanking God for demons being subject to them and telling us to rejoice not for those but for our names being written in the Lambs book of life, that You have hidden these things from the wise and understanding and revealed them to little children, and leading into the good Samaritan story. (Luke 10)*
- ◇ *Are given by the Father. (Luke 11)*
- ◇ *Will be with us forever. (John 14)*
- ◇ *Teach us all things, remind us, You teach and lead us into all truth and bring Joy! Righteousness, goodness, peace, redeeming justice, joy, hope, patience, kindness, gentleness, faithfulness, self-control, power, belief & [unconditional] love. (John 14, Romans 14 & 15, Gal. 5, 1 John 2)*
- ◇ *Can be received, - need to be received, give power to forgive. (John 20, 1 John 2)*
- ◇ *Give power to become witnesses, give orders and commands, baptize, speak through people, make and fulfill prophecies. (Acts 1, 2 Peter 1)*
- ◇ *Come with tongues and fire, are given to us from Father and Jesus, come when we repent of our sins and are baptized in the name of Jesus. (Acts 2, Acts 19)*
- ◇ *Fill us, bring healing and salvation, bring power to tell of salvation, shake us and bring boldness, fill us instead of wine. (Acts 4 & 9, 1 Cor. 2, Eph. 5)*
- ◇ *Witness our words, actions and hearts. (Acts 5)*
- ◇ *Are connected with wisdom – give ability to manage God’s work – overseers, and Stephen responding to arguments. (Acts 5 & 6)*
- ◇ *Allow us to see Jesus - Stephen gazing at heaven saw You at the right hand of God. (Acts 7)*
- ◇ *Come fill others when disciples pray for You to – Peter & John prayed for those who had received salvation but not yet the spirit. (Acts 8)*
- ◇ *Cannot be purchased, and You prompt us to action. (Acts 8)*
- ◇ *Comfort us. (Acts 9) Break through our churning thoughts. (Acts 10) Work in good*



When the day of Pentecost had come, they were all together in one place. And suddenly a sound came from heaven like the rush or roaring of a mighty wind, and it filled all the house where they were sitting. And there appeared to them tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance. Acts 2:2-3



Spotlight Pentecost Holy Spirit—Cont. on pg. 3

For I am not ashamed of the gospel, for it is **the power of God** for salvation to everyone who believes.

ROMANS 1:16 ESV

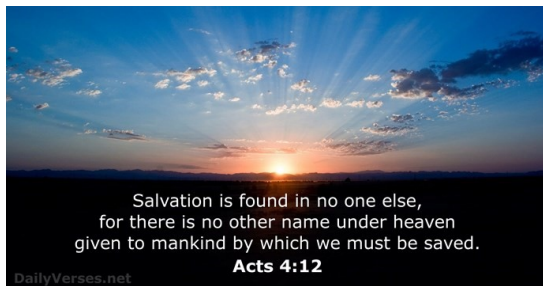
GIDEONS.ORG

We know we are not alone in Ministry and so each month do a shout-out to others
This month our Ministry Friend Shout Out is to the Gideons
<https://www.gideons.org/>
They have several chapters and give Bibles to many many many people!

Thank You Holy Spirit for You

to bring others to the Lord, make predictions – did of famine – Paul's captivity. Set us apart for the work You give us, send us out, commission us. (Acts 11 & 21)

- ◇ *Chose and anointed Jesus to do good, heal those oppressed with the devil, and are with us. (Acts 10),*
- ◇ *Are poured out on Jews and Gentiles [everyone] alike – those who were/are listening, can be received before or at baptism. (Acts 10) Falls on people, Tell us things. (Acts 11)*
- ◇ *Sense and directly rebuke Satan and those trying to keep others from the Lord. Are for justice, expose lies, and stop those stealing opportunities from others, present the clear, straight paths of the Lord!*
- ◇ *Bring joy, come from God, do not lay unnecessary burdens on us, forbid us to speak, even the Word, at times. (Acts 15& 16, 1 Thess. 1)*
- ◇ *Lead, confirm and testify to direction, care for and oversee us, help us guard ourselves, bear witness. (Acts 20, Romans 9)*
- ◇ *Confirm scripture & God's emissaries & prophets. (Acts 28, Eph.3)*
- ◇ *Are the Power that raised Christ from the dead and are in us. (Romans 8)*
- ◇ *Confirm that we have a hope that does not disappoint us or put us to shame, You fill our hearts with love for God and others, You help us pray because of it. (Romans 5, 15, Col. 1)*
- ◇ *You provide mercy, wash, regenerate and renew us. (Titus 3)*
- ◇ *You control us and help us think on things that please the Spirit! (Romans 8)*

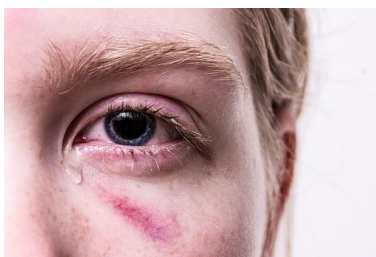


- ◇ *Helps us deal with current bodies, sin and suffering and to wait for our full rights as God's adopted children by being a fore-taste of future glory. You help us in our weakness, praying for us with groanings beyond words. (Romans 8)*
- ◇ *You sanctify our ministry of the gospel, make us Holy, gospel comes & is preached through You, You guard this treasure and help us protect it. (Romans 15, 1 Thess. 1, 2 Tim. 1, 1 Peter 1)*
- ◇ *Make our bodies a temple. (1Cor. 2)*
- ◇ *Let us know Jesus is Lord and make us able to say it. (1 Cor.*

12)

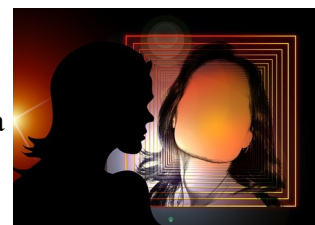
- ◇ *Identify us as God's own, Mark us, Seal us, and are a deposit, guarantee, down payment or installment of all the promises of God – You were promised to us by Christ and because of what He did for us. (2 Cor. 5&12, Eph. 1&4)*
- ◇ *Prove us right, worthy, good in God and to others. Provide fellowship with God/Christ and others. (2 Cor.6, 2 Cor. 13, 1 John 2)*
- ◇ *Are a message of grace through faith. (Gal. 3)*
- ◇ *Guide our lives so we will not do what sinful nature craves. (Gal. 5)*
- ◇ *Allow us to come to Father through You. (Eph. 2)*
- ◇ *Provide gifts, ask for, show us the need for our attention, warn us. (Heb. 2,3, 6, 9&10)*
- ◇ *Open the way to Holy places. (Heb. 9)*
- ◇ *Put God's laws on and in our hearts and minds. (Heb. 10)*
- ◇ *Build us, and each other, up through prayer in You. (Jude 1)*





up. More people are being diagnosed with PTSD from relationship trauma which they might not realize has affected them causing this high vigilance or defensiveness. Helplessness and lack of control are the strongest factors that cause chemicals that produce harm in the brain while experiencing trauma. (Emotional Intelligence, by Daniel Goleman pg.205) Sometimes it is obvious, but other times it is less evident and the trauma becomes accepted as a normal part of life.

Some people who experience lack of support and/or trauma use drugs or alcohol; others cope in ways that are not recognized. Family members of addicts, those who are mentally or physically ill, or abusers are affected by trauma in a different but just as significant way. The addict or alcoholic may receive services and the recovering person may receive attention for their accomplishments and bond with other people in their recovery circles, while the family members' needs are overlooked or told they are sick. Sometimes actions or attitudes that are healthy and would produce good results or interactions if the other individual were healthy, end up with negative results. Often trying to talk about their hurt or needs brings on negative reactions from others. Family members sometimes need to figure out how to live with dysfunction, with less support.



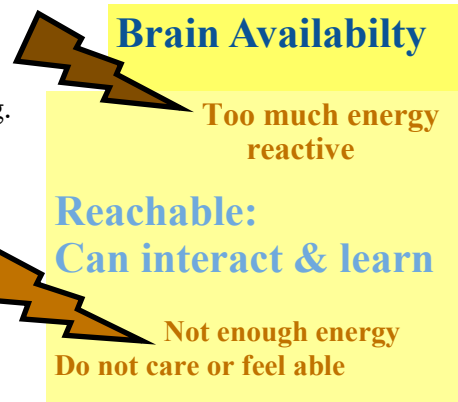
In healthy situations when a trauma occurs relearning takes place such as, someone having a negative encounter with water and then later learning to swim. When trauma is experienced and the relearning does not occur, the trauma repeats itself in the memories and in the defenses to other situations.

Six concepts in the healing process stand out:



*It's not denial
I am just selective about
the reality I*

- 1) Denying the event or the level of the impact of the event can prevent healing.
- 2) A person's brain operates on three levels of energy. We are only able to relate to, connect to others and learn new material if we are operating in the center level. Learning about and recognizing this is helpful.
- 3) There are helpful processes that contribute to healing.
- 4) It is often when affirmation or love is expressed that pain surfaces and needs to be addressed.
- 5) And once healing takes place the memory or trigger is not gone but does allow us to recognize and choose how we will react to it.



6) Even though not everyone understands it, there is great healing in prayer and forgiveness.

Next Month in part 2 of Healing From Trauma and Forgiveness we will explore how these concepts can help with healing and how forgiveness relates to and plays a part in our healing.

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