



# Abundant Living Ministries

*Encouraging Christian Living since 1978*

July 2020

We meet people (even some we consider “close” friends) who ask, “Is Abundant Living still operating?”

We certainly are. And, please help us spread the word! We are meeting with individuals and couples, adapting to their preference... in person, by phone, or by ZOOM video. We might say it is more convenient than ever, for the counselee.

During the last months, fewer people have scheduled to talk with our six counselors. That is quite understandable but we are thrilled to be back “full tilt,” always happy to encourage new friends as we point toward Jesus and HIS instructions!

So, yes, please do spread the word. These might be helpful:

Office Phone	<a href="tel:(717)626-9575">(717) 626-9575</a>
Email	<a href="mailto:Information@AbundantLivingMinistries.org">Information@AbundantLivingMinistries.org</a>
Internet Web Address	<a href="http://AbundantLivingMinistries.org">AbundantLivingMinistries.org</a>
Facebook Page	<a href="https://Facebook.com/ALM4U">Facebook.com/ALM4U</a>

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On page 2 of this newsletter, the next-to-last challenge definitely catches my attention, “*You might feel inadequate to bring about change in our nation or the entire world. But you CAN make a difference in your own family and neighborhood!*” That’s my kind of thinking!

I can feel overwhelmed when a project is HUGE. I need to break the assignment down, into small pieces, and tackle the small pieces one at a time. The thought of changing the entire nation... or winning the entire world for Christ seems like too much. But, by just taking one day at a time, I CAN make a difference for Christ.

In fact, when I get up each morning, I often say out loud:

- ◆ I am an **able minister of the gospel of Jesus Christ** (my paraphrase of 2 Cor. 3:6).
- ◆ TODAY, somehow, somewhere, with someone... I’m going to make a difference for Christ!
- ◆ I will smile at a sad-looking face.
- ◆ I will speak an encouraging word.
- ◆ I will pray for a sick person.
- ◆ I will give to a needy person.
- ◆ I will tell the Good News of the gospel to someone who doesn’t know.
- ◆ Because TODAY... somehow, somewhere, with someone... I AM going to make a difference for Christ!
- ◆ BECAUSE I AM an **able minister of the gospel of Jesus Christ!**

This gives purpose and focus for my day... without feeling pressure that I need to change the whole world!

We ARE able ministers of the gospel of Jesus Christ.  
Somehow, somewhere, with someone... We will make a difference!

John (for Sharon and the rest at ALM)



# From Panic to Peace

**QUESTION:** Reports of national and international chaos have me feeling almost panic-stricken. I especially fear for my children and grandchildren. I need help in escaping this vice-grip of fear!

**RESPONSE:** In hard times, we need a fresh dose of hope. The good news is, we serve the SOURCE of hope. HE will help you:

**Stop dwelling on disturbing news reports.** Turn off the "screens" and increase your time reading/listening to Scripture, biographies of great Christians and reports of faith-in-action around the world. Focus your thoughts on what **GOD** is doing, not what Satan is doing.

**Memorize Scriptures about peace and hope...** Nahum 1:7, Isaiah 49:14-16, Psalm 36:5-9, Matthew 6:25-34, II Corinthians 9:8, Hebrews 6:19-20, I Peter 1:3. Quote them out loud frequently!

**Tackle a new project.** Putting your focus and energy into productive jobs will help keep your mind on things much more worthwhile than doom and gloom. The satisfaction of completing a task will build a more positive outlook on life.

**Invite family or friends to mention a blessing for which they are grateful.** The sky looks brighter when you focus on blessings rather than the challenges.

**Sing, sing, sing!** Music is a powerful weapon for fighting fear-filled thoughts. God instructed singing and instruments

to be used daily in the temple. He knew music's potential to strengthen people physically, emotionally and spiritually. Saturate your waking hours with songs that build faith and hope. Sing along... heartily!

**Promote laughter.** Read a joke out loud each day to the family. Play table games. Enjoy an outdoor family activity. Scripture says, "a merry heart does good like medicine!"

**Pray for your neighbors and reach out to them in kindness.** You might feel inadequate to bring about change in our nation or the world. But you can make a difference in your own family and neighborhood!

**Ask God for a fresh filling with His Holy Spirit.** One of the Holy Spirit's jobs is to impart hope to believers. It is easy for our minds to become so clogged with the cares of this world, that peace and hope are blocked. Pour out your concerns to the Lord and ask HIM to refill you with His power and peace!

On a pier at Brighton, England stands a sundial on which is inscribed: "Tis always morning somewhere in the world." Days of darkness come. But Jesus encourages us to not worry about tomorrow. He cares for us and will watch over us, no matter what tomorrow brings! The peace He gives is more than we can even understand... and it is precisely what He wants to give us every day... yes... TODAY!



Sharon Charles

## Lay Christian Counselor Training

*For those who wish to be more effective people-helpers.*

**6 Monday evenings:**

**Oct 5 - Nov 9, 2020 7:00-9:00 PM**

**\$120 per person or \$150 per couple  
(cost includes textbooks)**

Call the ALM office or email Chris at  
[info@AbundantLivingMinistries.org](mailto:info@AbundantLivingMinistries.org)

## Open Arms

Childbirth Class

**Five Consecutive Thursdays**

**Oct. 8 - Nov. 5, 2020 7:00 pm**

Covering the important information offered in a hospital course, *Open Arms* adds a distinctively-Christian perspective. You will enjoy meeting other expectant couples as you gain practical help in preparing for a great labor and delivery. There is no cost for this course.

**Register by contacting the ALM office.**

## Contact Information

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**Email:** [info@AbundantLivingMinistries.org](mailto:info@AbundantLivingMinistries.org)

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