



# Abundant Living Ministries

*Encouraging Christian Living since 1978*

June 2022

Sharon and I have encountered many similar situations. In this specific case, a wife recently announced her desire to leave her marriage. She no longer wishes to discuss what GOD has to say about their situation. Instead, she makes her case for divorce, citing references to books, studies, articles... written by individuals who do not honor the Lord.

Meanwhile, the husband, through this most-difficult time, has been drawn back to the Lord and to TRUTH as revealed in the Bible.

As you can imagine, conversation between them is nearly impossible... because they have two opposing **starting points**. There is a huge difference between the wife's statement of **opinion** and the husband's statement of **truth**. Although, I imagine they both are convinced that their statements are "true." We (who are rooted in Christ and who learn TRUTH from His Word) have the ABSOLUTE standard for our statements.

I recognize there are many life issues on which we Christians may not agree 100%. Even on matters of theological beliefs, we may have differing understandings. But **on so many life issues, Scripture is clear... CLEARLY CLEAR.**

And yet, we meet individuals who have, for years, professed a relationship with Christ... who now shift their understanding of "truth" away from God's Word. I suppose this is often in their pursuit of personal pleasure and satisfaction. Or perhaps the result of long-term influence by ungodly secular culture or even (sadly) errant teaching within churches.

Meanwhile, we who have established TRUTH as the foundation of our lives don't need to go any farther than Scripture... since GOD'S statements are ABSOLUTELY accurate. I have a very-simple "LIFE VIEW" which may be of encouragement and direction for you.

## A SIMPLE LIFE VIEW

1. **God IS!**
2. **God is GOOD and God is LOVE. This means that He loves ME... every day and ALL DAY LONG!**
3. **God is not a killjoy or a spoilsport. He doesn't search for ways to make life miserable for me. NO! Every instruction He gives me is for my benefit... here on earth AND, in preparation for eternity!**
4. **THEREFORE... I can wholeheartedly entrust myself into HIS care. I can follow His every instruction (with NO PUSHBACK) because HIS WAY is always best!**

If the first three statements are accurate (and they ARE!), then Statement #4 is a no-brainer.

HOWEVER - If I find myself resisting the 4th Statement (which is the *obedience* piece), I need to ask myself which of the earlier three statements I do not actually believe. I suppose that most of us get snagged sometimes with the 3rd Statement... not really convinced that HIS ways are for our greatest benefit. We fail to recognize God... NOT as our "rule maker..." but as our **Life Giver**. It's not that I MUST obey His instructions. It's that, because Christ lives WITHIN me, **I GET TO live in this greatest freedom... freedom from sin... freedom to enjoy life HIS way!**

Let's enjoy living HIS way!

John (for Sharon and the rest at ALM)

P.S. You may wish to print your own copy of the "Simple Life View." To do this, on your internet search page,

- Enter the address [AbundantLivingMinistries.org](http://AbundantLivingMinistries.org)
- Scroll down to the very bottom, center, and click on **ENJOY THE LATEST FROM ALM**.
- Below the listed newsletters, look for the listing of **PAMPHLETS**.
- Click on **A Simple Life View**.



Many individuals blame their problems and struggles on a psychological condition or disorder. Or perhaps on a painful life experience which occurred many years earlier. They so deeply desire peace and calm in their lives, as they search for a quick-fix formula for instant cure.

In many cases (although certainly not all), the key to resolving their problem is pretty simple... they simply need to **decide** to **STOP**! Imagine the relief and improvement individuals will experience as they simply choose to ...



... **blaming other people and circumstances for the way you feel!** No one or nothing **MAKES** you feel the way you do... you decide how you will react emotionally. You're either the master of your feelings, or you're mastered by them! Choose to abolish your own emotional slavery.



... **saying, "I CAN'T!"** What you really mean is, "I won't!" Instead say, "I CAN," or at least start with, "I'll try!" Quote Philippians 4:13... *I can do all things through Christ who gives me the strength.*



... **spending more than you're earning!** Your many *wants* are not necessarily *needs*. Less debt... less stress. The measure of your wealth is in how much you can live without and still be content!



... **complaining!** Pity parties aren't fun for you or anyone who attends, so don't bother throwing one! There's always something to be thankful for, no matter what the situation. Read the story of Pollyanna who hoped to receive a doll, but instead was sent a pair of crutches. Instead of sulking and pouting, she rejoiced because she had healthy legs and didn't need the crutches!



... **holding grudges!** Resentment chains you to the past. Forgive and be freed to move forward. *If you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.* (Matt. 6:14, 15)



... **thinking about yourself first!** Selfishness makes you miserable. Give generously of yourself, your time, your money and discover genuine happiness! *The Lord Jesus himself said: "It is more blessed to give than to receive."* (Acts 20:35)



... **procrastinating!** Many great accomplishments are never achieved, because people never get around to them. Begin and finish projects... by doing a little every day, starting today.



... **refusing to make decisions!** Wishy-washiness paralyzes you. Use the good brain the Lord God gave you and make a choice. Then choose to let the peace of Christ *rule* in your heart!



... **fearing the worst!** Choose courage and confidence. The worst usually doesn't happen and even if it does, you spare yourself a lot of stress and anxiety when you refuse the worrying.



... **explosive expressions of anger!** Don't be a perpetual toddler, throwing grown-up tantrums! Unkind words do damage, often coming back to bite you. Instead of lashing out, hold your tongue and wait until you can converse calmly and rationally. *Everyone should be quick to listen, slow to speak and slow to become angry.* (James 1:19) *Reckless words pierce like a sword, but the tongue of the wise brings healing.* (Proverbs 12:18)



... **frowning!** A sour expression invites sadness. It will end up ruining your day and it doesn't win many friends either. Generate happiness in your spirit by choosing to put a smile on your face... whether you feel like it or not! *A cheerful look brings joy to the heart.* (Proverbs 15:30)



... **hanging around foolish people!** Peer pressure is powerful... for adolescents and adults as well. Be friendly to everyone but choose your closest pals very carefully. Their lifestyles and attitudes are sure to rub off on you! *He who walks with the wise grows wise, but a companion of fools suffers harm.* (Proverbs 13:20)



... **being an enabler!** Don't encourage inappropriate behavior by rewarding it... either in yourself or others. Care enough to correct. *Do not regard him* (i.e. the one who is doing wrong) *as an enemy, but warn him as a brother.* (2 Thessalonians 3:15)



... **living for the weekend!** You miss the enjoyment of the present, if you're always wishing for the future. Pull your thoughts back to "now" and decide to enjoy it to the max. Whistle, hum, sing, or smile while you work. Envision Jesus right beside you, cheerfully helping you with your tasks. Whatever you do, work at it with all your heart, as working for the Lord, not for men. (Colossians 3:23)



... **spreading dirt about people!** Squelch gossip by saying something positive. And if you can't say something good, at least keep quiet! *Teach the older women* (and this is good advice for all ages and genders) *not to be slanderers.* (Titus 2:3)



... **overanalyzing life!** This can lead to psychoanalysis paralysis! Quit making life so complicated. It's actually pretty simple. Follow God's rules for the best results from start to finish! *For me to live is Christ and to die is gain.* (Philippians 1:21) In other words, spend your life serving Christ and then, when it comes time to die, there will be no regrets... only anticipation of life with Christ in heaven.

Jesus told an adulterous woman, "I don't condemn you. Go and SIN NO MORE!" Surely He would not have given such a command if He knew she was incapable of carrying it out. On the contrary, He had total confidence that she could STOP IT!

To stop a habit, a sin, or a bad attitude, we must first reach a point of desperation and desire. Only counterforce will stop a boulder that's rolling down a hill. Likewise, in order to stop the "bad stuff" in our lives, there must be a counterforce. That comes by relying on the power of the Holy Spirit and the transforming truth of Scripture. They supply ample strength if we utilize them. That adds one more "stop" to the list... **STOP... relying on your own strength to change!** Invite the Holy Spirit and God's truth into the situation! Then **START** expecting a fresh season of victorious Christian living!

**I can do all things  
through Christ  
who gives me strength**  
Philippians 4:13

Written by  
Sharon Charles





# Upcoming Events at ALM



## Open Arms

Childbirth Class

Four Consecutive Thursdays

July 7-28, 2022

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.



SAVE  
THE  
DATE

## Lay Christian Counselor Training

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

**5 Monday evenings:**

**October 3 - 31, 2022**

**7:00-9:00 PM**

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

*Call or email the ALM office  
for more information or to register for the class.*



## Contact Information

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