



Abundant Living Ministries

Encouraging Christian Living since 1978

July 2022

The Last Chapter's Not Written Yet!

About eight weeks ago, I had surgery on a leg. The surgeon told me, ahead of time, to anticipate 3-6 weeks for recovering. No problem... I could handle that. BUT... within a few days at home, my leg had swollen and the pain was so severe that every step took my breath away.

When I visited the surgeon at the two-week mark, I was assured that "this is all normal." And, that I could expect a recovery time of 4-8 weeks. I'm no great mathematician but I know the difference between 3-6 and 4-8, I didn't like the new projection. But, HEY, I WILL DEAL WITH IT!

Imagine my dismay when, at my next visit, I was told to anticipate 8-12 weeks for recovery. And... most recently, the comment was, "Well, you know, it takes an entire year to fully recover from this surgery."

Now wait! They keep moving the goalposts! 3-6, 4-8, 8-12, a year! This doesn't seem right. Why didn't they give me all the details out front? Why didn't they give me the full picture?! I don't like such surprises.

Coming home from the "It takes a year" comment, I said to Sharon, "I sometimes criticize the younger generation for being very much into 'instant gratification.' Well, I must also have one foot in that camp because I am sure getting impatient with this recovery. I WANT IMMEDIATE RESULTS!"

What a life lesson! We face difficult issues and challenges. We cry out to the Lord, asking for His help and we so want IMMEDIATE response (and an answer which we *like*). Sometimes the Lord answers immediately... and just the way we requested. But, other times, it seems that He delays or takes us on a route different than the one we had anticipated.

Can I be patient??? I think of the recent Supreme Court decision concerning abortion. It took almost **50 YEARS** for the Court to recognize the error of their ways and reverse their decision. Much of today's population wasn't even alive when that destructive ruling was made in January of 1973. What patience... and what persistent prayer was offered by faithful believers, crying out to God for a change in this murderous law.

Not only with health challenges, and not only with political issues... but also with general family problems, I am called to **patience**. I am asked to remember that, ***"The last chapter's not written yet."*** **LOVE believes and hopes for the best. Love is PATIENT.**

We don't know how every last chapter will turn out. When facing the discouraging, disappointing, and challenging situations of life, **let's continue to cry out to God in faith; and also with patience!** We know that, according to Romans 8:28-29, God uses EVERY SITUATION in our lives to make us more and more into the very likeness of Jesus!

Hang in there... the last chapter's not written yet!

John (for Sharon and the rest at ALM)

P.S. As I say sometimes (but not often enough)... thank YOU so very much for your continued financial gifts. ALM is approaching its 42nd anniversary... 42 years of providing counseling services without an established fee. And that's only possible because of those who, like you, compassionately share in this mission.



Interestingly, activities that produce body wellness, often have spiritual equivalents. If believers would work as diligently at these faith-building exercises, as they do at physical fitness regimes, they would soon enjoy significant improvement in their relationship with God. So, let's get to work on **spiritual fitness**!

HYGIENE

Wash away the spiritual filth that has been building up in your life. Ask for God's forgiveness and turn away from sinful habits. Stop filling your mind with music, literature and media that promote immorality and muddy your soul with guilt. *If we confess our sins, He is faithful and just to forgive us our sins and to **cleanse** us from all unrighteousness.* (1 John 1:9, NKJV)

NUTRITION

Eat up God's Word! Spend time reading, meditating on, and applying Bible truth. God's instructions are His prescription for abundant living! But they must be **digested** to have positive effect. *How sweet are Your **words** to my taste, Sweeter than honey to my mouth!* (Psalm 119:103)

HYDRATION

Drink in Jesus! Spiritual survival depends on a vibrant relationship with the Source of living water. Talk to Him throughout the day. Communicate about your joys, con-

cerns, dreams, challenges. The closer you draw to Him, the more refreshed you will feel. *Whoever believes in me, as Scripture has said, rivers of **living water** will flow from within them.* (John 7:38)

REST

Entrust your worries to Jesus! Tell Him your concerns. Then, leave your burdens with HIM. Don't exhaust yourself carrying what HE wants to carry for you. *Come to me, all you who are weary and burdened, and I will give you **rest**. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find **rest** for your souls* (Matthew 11:28 ,29).

GOOD MEDICINE

Supplement your life with God's vitamins! Choose cheerfulness rather than gloominess. Choose gratitude instead of grumbling. Sing and laugh lots. *A cheerful heart is good **medicine**, but a crushed spirit dries up the bone.* (Proverbs 17:22) *Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.* (Ephesians 5:19, 20).

INJURY CARE

Forgive! God's remedy for healing painful hurts is choosing forgiveness. It is not a cure-all but, without it, spiritual vitality is impossible. *Resentment kills a fool.* (Job 5:2)

EXERCISE/THERAPY

Establish healthy routines! Memorize Scripture and quote it repeatedly. Maintain regular prayer times. Meet with others weekly for encouragement. *Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.* (1 Cor 9:25)



Written by
Sharon Charles

**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.*

Lay Christian Counselor Training

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



Contact Information

Mailing Address:
Physical Location:
Website:
Email:
Phone:

400 E 4th Avenue, Lititz, PA 17543
541 W 28th Division Hwy, Lititz, PA 17543
www.AbundantLivingMinistries.org
info@AbundantLivingMinistries.org
(717) 626-9575 **Facebook:** www.facebook.com/alm4u