



We want to share a recent change in how we operate, and to express our continued gratitude for your faithful partnership in this ministry.

As of this fall, we are no longer using the leased office space that has previously housed our counseling ministry. We've moved to a home-based model, continuing to provide Christ-centered family counseling from our own home. The other couple on our staff team has made a similar transition and is also now working from home.



This shift has not only allowed us to reduce overhead costs, but has also made our ministry more personal and flexible, helping us serve families in a warmer, more relational environment.

We're pleased to let you know that the former office space is not going to waste - it is now under the stewardship of YWAM (Youth With a Mission), who plan to use it in their own family ministry efforts. We see this as a beautiful continuation of the work God has been doing in that place, and we're excited to see how He continues to use it in this next season.

Thank you for your ongoing prayers, encouragement, and financial support. Because of you, we're able to continue walking alongside families and individuals in need of hope, healing, and restoration.

With grateful hearts,

John (for Sharon and the rest of us at ALM)

I Should Do... I Will Do... It's DONE!

Question: I have so many good intentions... things like planning wholesome activities for our children; writing personal notes with encouraging words, to friends and family members; establishing that good habit I've been thinking about for so long; or, tackling that long-overdue task around the house. And that's to name only a few!

But I think I'm stuck! It seems that, day after day, I tell myself, "I'll get to it tomorrow," but tomorrow turns out to just be a repeat of today. **Do you have any encouragement for this continual procrastinator?**

Response The problem you describe is a very-common challenge. May I suggest that you consider some of the following strategies, to start you on the road from frustrating aspirations to victorious attainment?

PRAY! That's right! Rather than focusing on what *you want to do*, or even what you think you *should do*, the better question is, "What does **God** want me to do today?" I remember a missionary commenting, "There are always enough hours in every day to do every single thing that God wants me to do today."

Perhaps the greater challenge is in discerning God's will for today! Many people (myself often included) wake up thinking about their own agenda and give little thought to what Jesus might want them to focus on, or where He might want them to go.

Before you get out of bed in the morning, take a minute to ask the Lord to direct your day and give you strength and motivation for HIS assignment!

START SMALL. No matter how lofty your goals might be, nothing gets accomplished without a first step. Set aside your 20-item to-do list and choose *one small task* to tackle. Maybe you've been wanting to take a meal to a

sick church member, but finding the time and energy seems impossible. Start with something small and easy.



Pick up a pint of soup at the supermarket and deliver it. Done! Or, when you're preparing your own supper, just prepare a little extra for the shut-in.

Perhaps the weeds are threatening to take over your property. The very thought of how many hours it will take to pull them, seems way too daunting. Try setting the timer on your phone for 15 minutes, determining that you will quit the weed-pulling when the alarm goes off. You will be amazed what can be accomplished in just 15 minutes.

Remember... doing a *little something* is certainly much better than doing *nothing*! It's interesting that Jesus multiplied a *little* lunch to feed a *huge* crowd. And God didn't allow His children to drive out their enemies all at once... instead He said, "*little by little*" you will drive them out.. Yes, a *tiny* step may be the *first* step to realizing a *big* result!

BARTER WITH YOURSELF. If motivation to even begin a task is lacking, promise yourself that if you invest 15 or 30 minutes for that job, you will then reward yourself in some way. For example, "I will spend 30 minutes cleaning out one drawer, *and then* I will read a favorite book for 30 minutes." Or, "I will first take the time to read a good story to my child at naptime, *and then*, while he sleeps, I will work on my hobby." Or, "I will take 15 minutes to write an encouraging note to a neighbor or friend who is hurting, *and then* I will take the nap I've been needing."

MAKE MINUTES COUNT! Perhaps you don't start a job because you know you don't have a sufficient block of time to complete it. So, quit focusing on completing a

task in one shot. For example... Maybe you've been wanting to write memoirs for your grandchildren. Just get started! Jot down one single memory in a notebook while waiting in the car to pick them up after school.

You want to knit a baby blanket for a friend? Carry a bag with yarn and needles in the car, so you can pull it out and do a few rows while waiting for an appointment.

How about this idea? Keep supplies for cleaning in several handy spots, so that a quick wipe down of the bathroom or kitchen can be completed in a flash, without wasting time chasing down the supplies.

CHECK YOUR HEALTH! Your lack of drive may stem from a physical or emotional ailment. Proper treatment might correct this, giving you fresh wind. A more nutritious diet might eliminate some of the sluggishness. And, although it is often hard to get inspired to exercise, *getting outdoors and moving* is probably one of the best ways to ramp up your zip!

SET YOUR MIND FOR ACTION! It's really a choice! Every accomplishment begins with a first step. And a first step begins with a decision. As 1 Peter 1:13 instructs, "Therefore, *get your minds ready for action...* and set your hope completely on the grace that will be brought to you when Jesus Christ is revealed (NET)."



Remind yourself that, with Jesus' gracious strength, nothing is impossible... not even those "should-do's" that have been plaguing you for so long.

When your thoughts say, "I can't," argue with your mindset. Choose to replace "I can't" with "I CERTAINLY CAN BECAUSE JESUS IS HELPING ME!"

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