

July 2024



## Mission Possible Words of Hope Ministries

*"I have so much to do today that I should spend the first 3 hours in prayer."* Martin Luther

*"Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere."* Ephesians 6:18

I want to share with you in the next 2 newsletters about the importance of prayer, when, where and how to pray and also things that may hinder your prayer life.

Jesus gives us the example of setting aside time alone to pray. Mark 1:35 tells us that Jesus arose before daybreak and went to a solitary place to pray. Luke 6:12 tells us that Jesus went out to a mountain to pray and he prayed all night. In the morning, he got up and named his 12 disciples. We know our Lord spent time in prayer on the Mount of Olives before he was betrayed. (Luke 22:39-46; Matthew 26:36-46 & Mark 14:32-42). John 17 is all a prayer of Jesus. Clearly, prayer was very important to Jesus. In fact, did you realize that Jesus is petitioning God in prayer on our behalf at all times? Hebrews 7:24-25, says, *"But because Jesus lives forever, His priesthood lasts forever. Therefore He is able, once and forever, to save those who come to God through Him. He lives forever to intercede with God on their behalf."*

Jesus has showed us by example that it is important to spend time in prayer, but we also need to pray because there is a devil! Satan is constantly trying to deceive the children of God. Ephesians 6:11 tells us to *"Put on all of God's armor so that you will be able to stand firm against all the strategies of the devil."* You can read more about the armor of God in the next vers-

es of Ephesians chapter 6. 1 Peter 5:8 says, *"Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour."*

Another reason to pray is to ask God for things. James chapter 1:5-8, *"If you need wisdom, ask our generous God, and He will give it to you. He will not rebuke you for asking. But when you ask Him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind. Such people should not expect to receive anything from the Lord. Their loyalty is divided between God and the world, and they are unstable in everything they do."*

God gives the Holy Spirit through prayer. Acts 4:29, *'And now, O Lord, hear their threats, and give us, your servants, great boldness in preaching Your word. Stretch out Your hand with healing power; may miraculous signs and wonders be done through the name of Your holy servant Jesus. After this prayer, the meeting place shook, and they were all filled with the Holy Spirit. Then they preached the word of God with boldness."*

I hope that the previous paragraphs and words from the Bible, stress the importance of prayer in the lives of all Christians. In all times and in all places, I hope you will take the time to spend time with our almighty God in prayer.

In Him,

*Sally*



# Are You Resilient?

Do you wonder what it takes to weather life's most difficult challenges?

As written by Brene' Brown, Ph.D., LCSW and researcher, in her book, *The Gifts of Imperfection*, there appears a list of the five most common factors identified during her research for resilient people.

1. They are resourceful and have good problem-solving skills.
2. They are more likely to seek help.
3. They hold the belief that they can do something that will help them to manage their feelings and to cope.
4. They have social support available to them.
5. They are in communication with others such as family or friends.

Dr. Brown goes on to write that the people she interviewed also reported spirituality being the foundation for their resilience. She defined spirituality as follows:

"Spirituality is the recognizing and celebrating that we are all inextricably connected to each other by a power greater than all of us, and that our connection to that power and to one another is grounded in love and compassion. Practicing spirituality brings a sense of perspective, meaning and purpose to our lives."

She further explains that the foundation of spirituality exhibited by the people she interviewed led to the discovery of 3 other significant patterns that are essential to resilience:

1. Cultivating hope - a belief in a higher power and a belief in one's own skill and ability.
2. Practicing deep awareness – noticing one's thoughts, emotions, physical state and actions as it relates to our interaction with others and our environment.
3. Letting go of our tendency to avoid or numb our emotional discomfort, our vulnerabilities and

our psychological/physical pain – accepting that good (endurance, insight, strength, wisdom) can develop from a place of suffering. Reflect on the book of Job in your Bible and examine whether Job exhibited these principles of resilience that Dr. Brown identified in her research.

I also believe that being open to change and flexible with our expectations of self and others can be a component of reliance. So, consider following the Serenity Prayer –

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

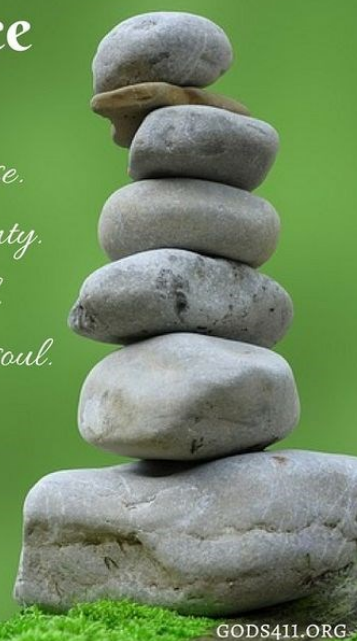
Here is a quote from Elizabeth Kubler-Ross:  
*"People are like stained glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their beauty is revealed only if there is a light from within."*



<b>Derrik V.</b>	<b>7/3</b>	<b>Larry K.</b>	<b>7/14</b>
<b>Michael W.</b>	<b>7/5</b>	<b>Travis B.</b>	<b>7/17</b>
<b>Brian H.</b>	<b>7/7</b>	<b>Orlando C.</b>	<b>7/20</b>
<b>Kirston A.</b>	<b>7/11</b>	<b>David T.</b>	<b>7/20</b>
<b>Paul K.</b>	<b>7/11</b>	<b>James B.</b>	<b>7/23</b>
<b>Craig C.</b>	<b>7/12</b>	<b>Timothy F.</b>	<b>7/25</b>
<b>Hazel E.</b>	<b>7/14</b>	<b>Aaon S.</b>	<b>7/25</b>

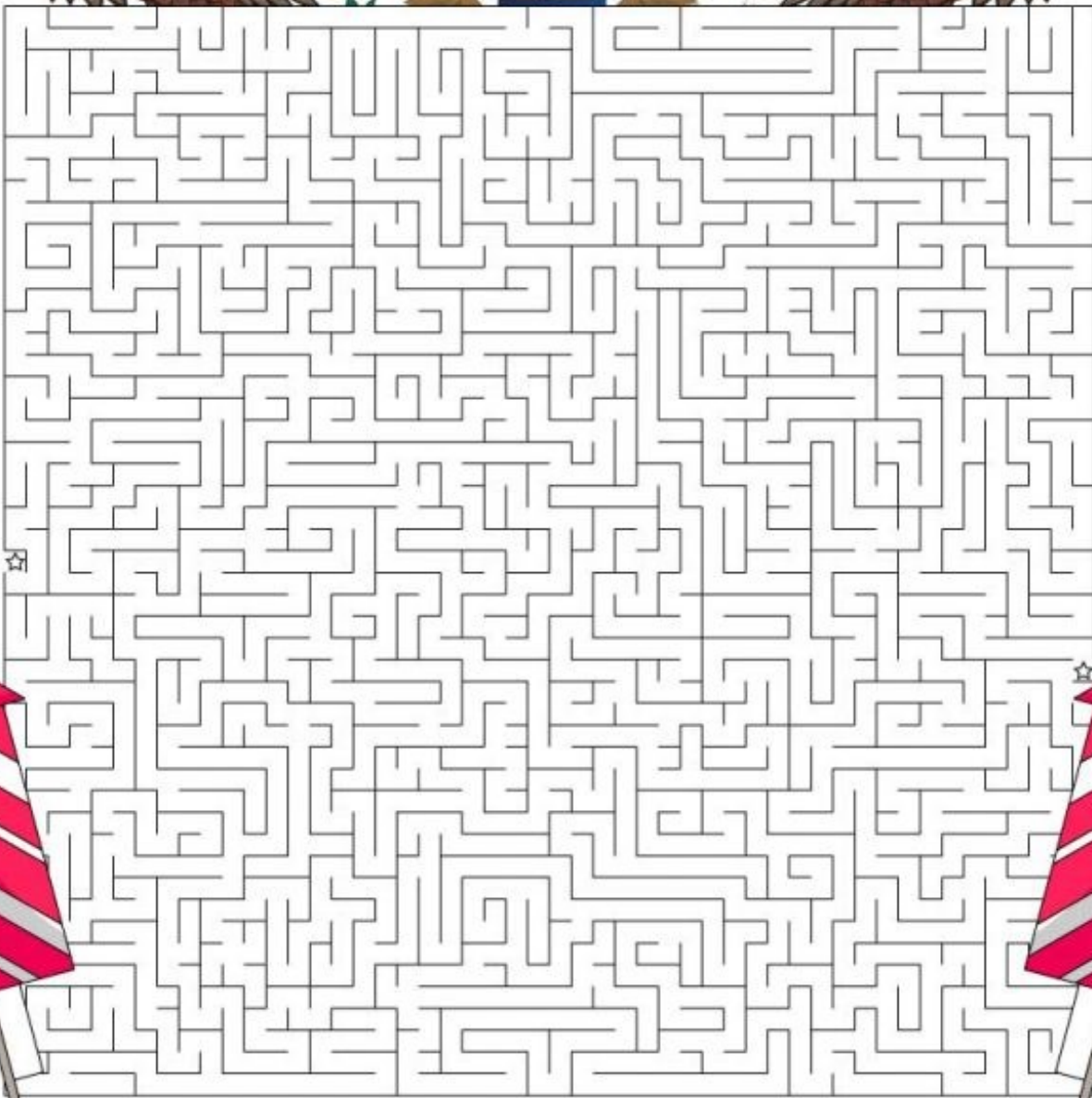
## Prayer for Peace

*Peace go with you.  
 God's quiet within me noise.  
 God's hope within uncertainty.  
 God's rest within the toil.  
 God's presence within your soul.  
 Peace go with you.*



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# 4th of July Maze!



START



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**Mission Possible  
Words of Hope Ministries**


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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Psalm 119:105	Isaiah 40:31	Jeremiah 29:11	Proverbs 3:5-6 	Philippians 4:13	Romans 12:12
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Joshua 1:9	Psalm 37:4	2 Corinthians 4:16	Matthew 11:28	Proverbs 3:5-6	Psalm 32:8	Isaiah 41:10
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Proverbs 16:3	Psalm 37:5	James 1:5	Psalm 25:4-5	Proverbs 16:9	Psalm 119:105	Psalm 73:23-24
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
James 1:22	Psalm 119:11	Romans 12:2	Ephesians 4:22-24	Colossians 3:16	Proverbs 3:7-8	Galatians 5:22-23
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			
2 Timothy 2:15	Psalm 119:105	Hebrews 4:12	Isaiah 40:31			