

Promise Ministry Center (PMC)

A Promise of Health and Wellness

Inspirational Healing for the Mind, Body, Soul and Spirit

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DISCOVERY OF ANSWERED PRAYERS

Is featured within the Devotions segment of PMC. “*Discovery of Answered Prayers*” are writings on testimonies from my experiences with God. This is a place to share things I have learned combined with scripture to encourage your journey. I invite you to send in your testimonies and share your “*Discovery of Answered Prayers*” of your experiences with God so they can be featured in the Devotions segment of PMC.

HUGS - **H**=Hope and Healing is in Jesus, **U**= Unfailing, Unwavering, Unconditional

Love of Jesus, **G**= God is Love, God’s goodness, **S**= Savior, Sanctification

King James Version	New Living Translation
Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again. Luke 6:38	Give, and you will receive. Your gift will return to you in full—pressed down, shaken together to make room for more, running over, and poured into your lap. The amount you give will determine the amount you get back. Luke 6:38
Therefore encourage one another and build up one another, just as you also are doing. 1 Thessalonians 5:11	So encourage each other and build each other up, just as you are already doing. 1 Thessalonians 5:11
Let us not lose heart in doing good, for in due time we will reap if we do not grow weary. So then, while we have opportunity, let us do good to all people, and especially to those who are of the household of the faith. Galatians 6:9-10	So let’s not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don’t give up. Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith. Galatians 6:9-10
And there are differences of administrations, but the same Lord. 1 Corinthians 12:5	There are different kinds of service, but we serve the same Lord. 1 Corinthians 12:5
As every man hath received the gift, <i>even so</i> minister the same one to another, as good stewards of the manifold grace of God. 1 Peter 4:10	God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another. 1 Peter 4:10

A friend reminded me how the simplest things in life can be so important and powerful and that God has given all of us the ability to minister. There is a church within all of us.

His word tells us “***For with the same measure that ye mete withal it shall be measured to you again***”, *Luke 6:38 (KJV)*. So his word lets us know that he expects us to take care of others and that the same way we take care of others, he will take care of us. I have often heard people say that what you make happen for others God will make happen for you.

Often we get so busy in our day-to-day routines and challenges of our lives that we forget how simple God’s plan is. With this **discovery** I realized we need to get back to the basics.

I was checking on a friend whose father's had been diagnosed with a serious illness. She was being the wonderful daughter and woman of God by supporting her father and family as she cared for him during his illness. She was taking her father to his doctor appointments, caring for him at home; feeding him, dressing, administering his medication as well as supporting her mother emotionally and providing transportation for her. In addition to her new role as a result of her father’s illness she was working, taking care of her children and attending church and participating in church activities.

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In our conversation she shared how she was beginning to feel a sense of sadness as she was caring for her father. We talked about how during these times we must draw near to God asking for and using his strength to go on. We have to face the real emotion we are experiencing so that we know what to ask God to help us with thus knowing what to pray for. We cannot do anything about what we will not acknowledge. She shared how she has moments of just crying feeling that she needed strength and hugs and feeling like she did not want to be around people a lot.

When she said she needed hugs I said, "well I can do that". She said hugs gave her strength. I gave her a hug and I remember thinking to myself, I can give her a hug each time I see her. The more I thought about it, I was not just giving a hug I was giving the love of Jesus, the spirit of the Lord which in turn becomes strength and so much more. It becomes whatever the person needs when the hug is given in the love and spirit of Jesus.

That is why we must do our part to display the love of Jesus at all times. We must keep our minds focused on the Lord to keep our spirits uplifted. We do this so we can be ready to minister when the time comes and the opportunity presents itself.

God has given all of us something to give to others. It is up to us to activate what he has placed within us. We are the church, we all have ministry within us. There are so many different ways to minister to someone's spirit. God has given us many gifts and talents. A hug is one of many.

A hug is such a simple thing. To think something so small can have such a big impact and change the course of someone's day and life. It can lift their spirits and begin the transformation of their thoughts. It can give someone strength to move forward, to help build their faith, to bring someone to Jesus!

We never know how someone is feeling on the inside, what is going through their minds, what kind of support they have in their lives or need in their lives.

This brings to mind my frequent visit to my granddaughter's pre-school and kindergarten classroom. Each time I would leave the class I would give my granddaughter a big hug and kiss and say I Love you. I soon found that at the end of each visit as I was approaching my granddaughter to give her a hug and kiss, there would be other children coming over with their arms extended for a hug also. Before long when I arrived at class the children would come over for a hug and when it was time to leave I had to hug most of the class before I could leave. I mentioned it to my sister who also volunteered at the school regularly and she had noticed the same thing. We realized that the hugs we were giving could be the only hug those children were getting and it could be making a major impact in their lives showing them some love, the love of JESUS!

Hats off to my friend as she is being a care giver to a sick loved one, working a full time job, maintaining her household taking care of her family, supporting other family members, maintaining her church affiliation and most importantly serving the Lord Jesus Christ keeping the faith! A special acknowledgment to everyone being a care giver to a sick loved one. Having walked in those shoes before, I know it requires a lot. I also know that in order to take care of your loved one, you have to take care of yourself. "I can do all things through Christ which strengtheneth me". Phil 4:13 (KJV). So remember to take a moment for yourself and soak in the love of JESUS!

Praise Report! After a few months of enjoying our daily hug ministry encouraging one another and staying in prayer for one another, GOD blessed her father to be cancer free and promoted her to a new job with financial increase and using the business skills in the area of her college degrees! What an awesome God we serve! HALLELUJAH!

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This was just another way that God revealed to me that he places people in our lives for his specific reasons and for specific seasons. Because my friend and I experienced such phenomenal blessings in a short period of time. *The time that God ordained!*

Did you know that hugs;

Are a natural stress reliever.

Make us feel good The simple act of a hug isn't just felt on our arms. When we embrace someone, oxytocin (also known as "the cuddle hormone") is released, making us feel all warm and fuzzy inside.

Lower blood pressure. When someone touches you, the sensation on your skin activates pressure receptors called Pacinian corpuscles, which then send signals to the vagus nerve, an area of the brain that is responsible for (among many things) lowering blood pressure

May alleviate our fears. - research published in the journal *Psychological Science* revealed that hugs and touch significantly reduce worry of mortality. The studies found that hugging -- even if it was just an intimate object like a teddy bear -- helps soothe our existential fears.

Can be good for our hearts. In an experiment at the University of North Carolina, Chapel Hill, participants who didn't have any contact with their partners developed a quickened heart rate of 10 beats per minute compared to the five beats per minute among those who got to hug their partners during the experiment.

Benefit adults the most. The older you are, the more fragile you are physically, so contact becomes increasingly important for good health. Studies have shown that loneliness, particularly with age, can also increase stress and have adverse health effects. By hugging someone, we instantly feel closer to that person and decrease feelings of loneliness.

Given often to babies helps them become strong, confident adults with less stress.

My prayer: Lord, please bless everyone in a care giver role. Let your love, strength and courage over flow to them. May they be surrounded with your loving angels that will wrap their arms around them so they feel the release of your love. I pray these blessings upon their lives in your miraculous name Jesus, AMEN!

Your response: In the next month, I challenge you see who you can minister to with a hug or a simple action. Take a moment to talk with those around you; you may discover that God has placed someone in your path that needs something that God has placed within you.

In this time of electronics we have so many ways to encourage one another. See how many ways you can minister to someone this month with a HUG (be it a physical hug, verbal hug with words of encouragement or electronic hug). Take a moment to inventory your gifts and talents to see what ministries God has placed within you.

I WANT TO HEAR FROM YOU!

Send me your testimony to be featured in "*Discovery of Answered Prayers*". Submit your testimony today.

SIGN UP TO RECEIVE THIS DEVOTION BY EMAIL!

You can receive these devotionals by email as soon as they are published.

To get started submit your email address.

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