

Think Stephen

January ~ February 2018

Rejoice in the Lord always; again I will say, Rejoice. ⁵ Let your gentleness be known to everyone. The Lord is near. ⁶ Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
(Philippians 4:4-7)

Jello & Ice Cream

About a month before my surgery, I had been doing some “research” on-line (big mistake) and found some info (scary) about the procedure that made me a little (okay, a lot) anxious!

During my quiet time the next morning, I chose this scripture from Philippians to read and pray every day. As I began this practice, it was like I was breathing in God’s peace. God works in mysterious ways and He brought a calm to my soul that I cannot explain, and that peace stayed with me all through my surgery and recovery.

Besides taking time to pray and dwell in this scripture, I began to reflect on the other things that were helping me to heal. This list is obviously not complete, but here are some nuggets I learned about healing:

- * Rest. Naps are good. It is okay to take the time to slow down and listen to your body and let go of some of the “have-to’s” that we put upon ourselves.
- * Take one step at a time and don’t push yourself. It is okay to be inward focused for a season. This will pass but it will take time.
- * Let others care for you. Cherish and nurture the connections you have with family and friends...they are a healing balm.
- * Give thanks for small victories! A walk to the mail box is a big deal...celebrate it and be thankful for every little thing that feels “normal”.
- * And finally, eat Jello and ice cream. One night in the hospital, that was all I wanted (so very much *unlike* me) and I am sure my kids will never let me forget it! Do what you need to do to take care of yourself.

I couldn’t help but think that not only do these little nuggets apply to our physical healing but our emotional and spiritual healing as well. I share them hoping they will speak to you or to your care receivers. And so, as we enter this new year, may we always turn to God’s Word to bring peace to our souls. May we know the times when we need to slow down, be inward focused, and celebrate small victories. And...may we know when we just need to indulge in Jello and ice cream!

With the love of Christ,
Barbara

Stephen Dates

January 8	Stephen Leaders	1:00-2:30
January 25	Continuing Education <i>Effective Ways of Dealing With Significant Changes in Your Life</i> Presenter: Interface-Samaritan Counselor	6:30-7:30
	Support Groups Devotional: Phil Wetz	7:30-8:30
February 12	Stephen Leaders	1:00-2:30
February 22	Continuing Education <i>Effective Ways of Ministering to Folks Experiencing Change</i> Presenter: Interface-Samaritan Counselor	6:30-7:30
	Support Groups Devotional: Tracy Allison	7:30-8:30

Stephen C.E.

Mark your calendars for a three-part continuing education series on “Change” presented by one of the counselors at Interface -Samaritan Counseling Centers:

January 25 ~ *Effective Ways of Dealing With Significant Changes in Your Life*

February 22 ~ *Effective Ways of Ministering to Folks Experiencing Significant Changes*

March 22 ~ *Effective Ways of Caring For Ourselves as We Care for Others*

