

June 2016

→ **MINISTRY UPDATE** ←

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# UPDATE

Memorial Day brings back a lot of memories, good and bad. I get a lot of thank you's and feelings of appreciation these days for my service. It wasn't always like that. It helps to heal some things. Rejection can destroy the will, cause loss of hope and start someone on a downward road.

Most people have come to believe that bullying children in school can cause serious anger and consequences if not corrected. I tell you that it affects grown-ups as well as children. Hurts and bruises don't heal if it keeps on being hit or scraped. That's why the Bible teaches us to speak life into someone: John 6:63.

At Hand Up, about 33% of our clients are veterans. Maybe veterans are more susceptible to drugs and alcohol. Only God knows. I know they do better with a clean living environment and having some structure. This city is paying deeply for the misguided power of a few who put about 120 men homeless in 2012. Seldom a day goes by now without a sex offense. And less than 5% of them are re-offenders. God specializes in making sinners clean

and brings the self-righteous to judgment.

I have one friend who spent five years in captivity in North Vietnam. He then escaped and made it back to American forces, after which he stepped on a land mine and lost a lot of the muscle in his right arm and leg. For him, it's never over. And now because of self-medicating with alcohol, he has to register as a criminal. He has issues we can't imagine. I'm asking you to pray for him rather than judging him. He lost his wife to COPD last year. And they've considered taking his right arm off. This is the type of hero we should be honoring. He gave until it hurts—all the time. His name is Basil Zimmerlee. Please pray for him.

Please pray for that the means will be provided to provide more housing for the homeless human beings who would love to have the chance to live right, and have a job, and some place to sleep at night. We live in a world of hurt and in the most opportune time to let the light of Christ shine in a world full of darkness. Please help us shine that light. All the words in the world are not going to help these people. It requires getting involved. Now is the time. Let's spend our time and money on the love of Christ, not on religion and trying to please people. True love will cost you something.

Also, we would like to know if there is any interest in having a 20 year celebration. We would love to have the men and women share their testimony with you among other things. If we get some response on this, we will work on making it happen.

God's grace is sufficient,  
*David Nichols*

## OVERCOMING

It was one year ago on Memorial Day that DHS came to my house, took my 4 boys and told my wife she had to divorce me. In this, God has taught me some things.

Each new day of your life is a gift from God that He wants you to live fully. But if the pain you've suffered in your past is still impacting your life now, you can't fully embrace the new life God offers you.

The key to overcoming your past pain is making choices that invite God's hope into your life. Here are some choices you can make to heal from your past and enjoy hope from now on:

**Transform your pain instead of transferring it.** If you don't find ways to learn from your past pain, you'll likely be doomed to repeat the mistakes you made in the past and transfer your pain to everyone with

whom you interact. So ask God to break the hold that your past has over you and show you what useful lessons you can learn from it so you can begin moving forward. God is much more powerful than your history, and when you trust Him, God will start to transform your pain into healing and wisdom in your life.

**Leave shame behind.** Silence the voice of shame in your life so it won't block the healing that God wants to give you. Listen to the Holy Spirit's voice telling you that God loves you completely and unconditionally, regardless of what has happened in your past. Even though God knows the worst about you, He wants to redeem you anyway. Realize that it's pointless to dwell on your regrets, since you can't go back and change your past – all you can do is keep moving forward.

**Confess that you're not okay.** Don't waste any more time or energy pretending to be fine when you're really hurting, lonely, confused, or frightened because of your past pain. If your pain was caused by some sin of yours in the past, confess that to God, repent from the sin, and ask Him to forgive you. If your pain was caused by someone else sinning against you, admit to God that you need to forgive the person who hurt you, and ask God to empower you to do so.

**Pursue healing.** Turn to the ultimate Healer, Jesus Christ, to help you heal. Seek Jesus' guidance for every step of your healing journey, knowing that He specializes in taking what's broken and restoring it to how it should be.

**Embrace your past.** Accept the reality of

what happened in your past that has caused you pain, without denying it or minimizing its effect on your life. Let go of your desire to have life go the way you'd planned it. Surrender your past to God, so He will take it and use it for good purposes. Talk openly about your past with other people who are struggling with similar types of pain, if you sense God leading you to share what you've learned with them. Doing so can usher hope into their lives as well as your own.

**Choose trusting God over pleasing God.** Instead of trying to make up for your past failures by working hard with religious rituals you hope will please God, choose to trust God's promise that He loves and accepts you unconditionally. Rather than trying to reach God through your efforts, trust in His grace.

**Accept God's surprising gift of radical grace, and be graceful with others.** Unlike the limited, strings-attached grace that other people (even those in church) offer you, God Himself wants to give you completely unconditional grace – grace you can count on, no matter what you've done in the past. That grace is surprising, yet real. God sees past your past sin when He looks at you; He focuses on the fact that you're one of His beloved children. No matter how others may label you as a second-class person due to your past mistakes, God always sees you as a first-class person. Express your gratitude to God by following His command to forgive the people who have hurt you

in the past – relying on God's help to do so.

**Discover the true meaning of God's will for you.** You can free yourself from the burden of worrying about aligning your decisions with God's will when you realize that knowing God's will is simple. God's will isn't about figuring out specific details about your circumstances, such as which job you should pursue or where you should live. Instead, God's will is simply about giving your best effort to loving God and loving people in any circumstances. Recognize that God has given you the freedom to make your own decisions about specifics in your life, as long as you follow the basic principle of God's will, which is to choose the most loving course of action while trusting God. Don't worry that poor decisions you made in the past may have caused you to miss out on God's will for your life. You can always get back in line with God's will for your life when you trust God to redeem your mistakes and try to make loving decisions from now on.

**Be grateful.** Choose to be grateful for all the good gifts that God constantly pours into your life. The more you choose gratitude, the less power your painful past will have over you.

**Overcome fear.** You can move past your fear of the unknown and into a hopeful future when you ask the Holy Spirit to renew your mind each day. Then you'll be able to approach any situation from a faithful perspective. Focus on God's love, which drives out all fear, and you'll experience more hope in your life. —*Jeff Wendel*

# A LETTER RECIEVED

do for the men there and your other ministries. I pray daily for the ministry.

Sincerely, Jolene Sindt

Dear Sir;

I want to tell you how much we do appreciate that our son, Shannon was in the Hand Up Ministries for six years. We give the leaders of the organization and the Lord the credit for the change in Shannon. I've told you this before but I can't forget what a change Shannon has made in his life. Also, the Lord is with you and your ministry.

We went to see him this past Sunday and had snacks with him. We were in the dining area where he eats his meals—behind us were two ladies in their wheelchairs drinking their coffee. Shannon knew they were the ladies that sat with him at their meal time and he invited them to join us. Both were in wheelchairs—one lady was one hundred years old but was able to visit with us. They told us how much they enjoyed Shannon and want us, his parents to know this.

He is very well liked by all the workers and cares for those that live there. He is the youngest one there. Only three men there plus over 30 women.

Just want you to know how the Lord has used your ministry. Shannon uses the Daily Bread as his devotional. He says this is what the Bible Study group used when he was there at Hand Up. He attends the church services weekly there at the home.

Thank you again for the work you

**We appreciate all our partners and donors. It is your support that enables us to assist individuals back into society as new brothers and sisters in Christ.**



*“People are often unreasonable and self-centered. Forgive them anyway.*

*If you are kind, people may accuse you of ulterior motives. Be kind anyway.*

*If you are honest, people may cheat you. Be honest anyway.*

*If you find happiness, people may be jealous. Be happy anyway.*

*The good you did today may be forgotten tomorrow. Do good anyway.*

*Give the world the best you have and it may never be enough. Give your best anyway.*

*For you see, in the end, it is between you and God. It was never between you and them anyway.”*

—Mother Teresa