

THE JOURNAL

A Shepherdess International Resource for Ministry Spouses

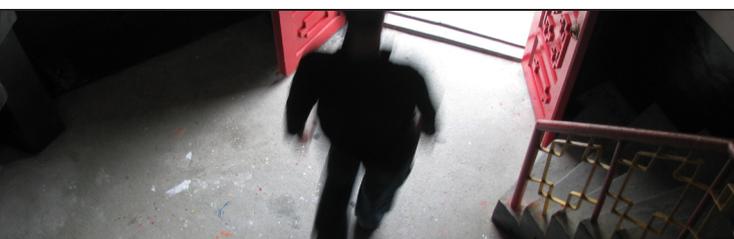
VOL. 29 - SECOND QUARTER 2012

A close-up photograph of a man and a woman smiling warmly. The man is in the background, wearing a white button-down shirt. The woman is in the foreground, wearing a bright yellow sweater. They are both looking towards the camera with genuine smiles.

TOGETHER
FOR A PURPOSE
FINDING A SHARED MINISTRY

THE JOURNAL

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The Journal: A Shepherdess International Resource for Ministry Spouses is a quarterly publication produced by Shepherdess International, an entity of the General Conference of Seventh-day Adventists Ministerial Association.

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- **It's boring.**
- **It isn't going to do any good to just read a few verses. So why bother?**
- **It's so hard to understand.**
- **There is so much I need to read and so little time.**
- **It's easier to read an interesting book.**

Do these kinds of thoughts come into your mind when you try to read the Bible? It sure happens to me!

I don't believe they are our thoughts. I think they are from Satan. He is trying to discourage us from reading God's Word because he knows the power we receive in reading God's Word.

Don't listen to Satan's lies! Even if you only have time to read a few verses, it is still more powerful to meditate on a verse of Scripture than to read many pages in some other book.

"One sentence of Scripture is of more value than ten thousand of man's ideas or arguments" (*Testimonies*, vol. 7, p. 71).

In the 1800s, George Muller prayed for God to help him show the world that if we make God our first priority every day, He will provide for us. He quit his paid job, and through prayer

God blessed him with enough money to take care of some 10,000 orphans over the years, with money left over to fund foreign missionary work.

Because of the many needs of the orphans, George would start his day praying for long lists of requests. His experience with God became dry and dull. So he changed things. He decided the first thing he needed to do was get his soul happy with God. He began by meditating on the New Testament verse by verse. As he read, he allowed God to lead him into praise, thanksgiving, confession, or intercession.

"The words that I speak to you are spirit, and they are life."

John 6:63, NKJV

"The time devoted to a study of God's Word and to prayer will bring a hundredfold return."

In Heavenly Places, p. 135

and joy in his walk with God.

I have followed this plan for a couple of years and can testify that it is great!

"In daily study the verse-by-verse method is often most helpful. Let the student take one verse, and concentrate the mind on ascertaining the thought that God has put into that verse for him, and then dwell upon the thought until it becomes his own. One passage thus studied until its significance is clear is of more value than the perusal of many chapters with no definite purpose in view and no positive instruction gained" (*Education*, p. 189).

Our world church leadership is inviting each Seventh-day Adventist around the world to join in a Bible reading plan called "Revived by His Word." The goal is for each of us to read and pray through just one chapter daily. We will start with Genesis 1 on April 17, 2012, at Spring Council and end with Revelation 22 at the General Conference Session in July, 2015.

I am so excited! All over the world we are praying together for the outpouring of the Holy Spirit daily at 7 a.m. and 7 p.m. in different time zones. And now we have the privilege of joining together in reading and praying through God's Word. I believe we are going to see amazing things happen in our church. We will soon have more information available on www.revivalandreformation.org. Please join us. 

IS YOUR ZEAL LANGUISHING?

The Desire of Ages, p. 389-391

Based on John 6:22-71

by Ellen G. White



*“Then Jesus said to them, Most assuredly,
I say to you, unless you eat the flesh of the Son of
Man and drink His blood, you have no life in you.”*

John 6:53, NKJV

To eat the flesh and drink the blood of Christ is to receive Him as a personal Saviour, believing that He forgives our sins, and that we are complete in Him. It is by beholding His love, by dwelling upon it, by drinking it in, that we are to become partakers of His nature. What food is to the body, Christ must be to the soul. Food cannot benefit us unless we eat it, unless it becomes a part of our being. So Christ is of no value to us if we do not know Him as a personal Saviour. A theoretical knowledge will do us no good. We must feed upon Him, receive Him into the heart, so that His life becomes our life. His love, His grace, must be assimilated.

But even these figures fail to present the privilege of the believer's relation to Christ. Jesus said, “As the living Father hath sent Me, and I live by the Father: so he that eateth Me, even he shall live by Me.” As the Son of God lived by faith in the Father, so are we to live by faith in Christ. So fully was Jesus surrendered to the will of God that the Father

alone appeared in His life. Although tempted in all points like as we are, He stood before the world untainted by the evil that surrounded Him. Thus we also are to overcome as Christ overcame.

Are you a follower of Christ? Then all that is written concerning the spiritual life is written for you, and may be attained through uniting yourself to Jesus. Is your zeal languishing? Has your first love grown cold? Accept again of the proffered love of Christ. Eat of His flesh, drink of His blood, and you will become one with the Father and with the Son.

The unbelieving Jews refused to see any except the most literal meaning in the Saviour's words.

**It is by
beholding
His love, by
dwelling upon
it, by drinking
it in, that we
are to become
partakers of
His nature.**



The life of Christ that gives life to the world is in His word.

ers on the word. When His visible presence should be withdrawn, the word must be their source of power. Like their Master, they were to live “by every word that proceedeth out of the mouth of God.” Matt. 4:4.

As our physical life is sustained by food, so our spiritual life is sustained by the word of God. And every soul is to receive life from God's word for himself. As we must eat for ourselves in order to receive nourishment, so we must receive the word for ourselves. We are not to obtain it merely through the medium of another's mind. We should carefully study the Bible, asking God for the aid of the Holy Spirit, that we may understand His word. We should take one verse, and concentrate the mind on the task of ascertaining the thought which God has put in that verse for us. We should dwell upon the thought until it becomes our own, and we know “what saith the Lord.”

In His promises and warnings, Jesus means me. God so loved the world, that He gave His only-begotten Son, that / by believing in Him, might not perish, but have everlasting life. The experiences related in God's word are to be *my* experiences. Prayer and promise, precept and warning, are mine. “I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved *me*, and gave Himself for *me*.” Gal. 2:20. As faith thus receives and assimilates the principles of truth, they become a part of the being and the motive power of the life. The word of God, received into the soul, molds the thoughts, and enters into the development of character.

By looking constantly to Jesus with the eye of faith, we shall be strengthened. God will make the most precious revelations to His hungering, thirsting people. They will find that Christ is a personal Saviour. As they feed upon His word, they find that it is spirit and life. The word destroys the natural, earthly nature, and imparts a new life in Christ Jesus. The Holy Spirit comes to the soul as a Comforter. By the transforming agency of His grace, the image of God is reproduced in the disciple; he becomes a new creature. Love takes the place of hatred, and the heart receives the divine similitude. This is what it means to live “by every word that proceedeth out of the mouth of God.” This is eating the Bread that comes down from heaven. ☪

By the ritual law they were forbidden to taste blood, and they now construed Christ's language into a sacrilegious speech, and disputed over it among themselves. Many even of the disciples said, “This is an hard saying; who can hear it?”

The Saviour answered them: “Doth this offend you? What and if ye shall see the Son of man ascend up where He was before? It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.”

The life of Christ that gives life to the world is in His word. It was by His word that Jesus healed disease and cast out demons; by His word He stilled the sea, and raised the dead; and the people bore witness that His word was with power. He spoke the word of God, as He had spoken through all the prophets and teachers of the Old Testament. The whole Bible is a manifestation of Christ, and the Saviour desired to fix the faith of His follow-

Is your zeal languishing?
Has your first love grown cold?



TIME TRAVELING ADVENTURES

by Galina Stele

“The word of the living God is not merely written, but spoken. It is God’s voice speaking to us just as surely as if we could hear it with our ears. If we realized this, with what awe we would open God’s Word, and with what earnestness we would search its pages.”

Ellen White, Review and Herald, Mar. 31, 1903

What a delight it would be if we could communicate with God face to face as did Adam, Eve, Moses, or the Apostle John on Patmos Island! After such an unforgettable experience, I’m sure we would be busy giving interviews and telling our friends again and again what God looks like! It would be thrilling to be swept away in space and time and become one of Jesus’ disciples.

Bad news—there’s no such thing as a time traveling capsule to carry us back to those times. Good news—we have something that can still carry us there where we can meet God Himself and those who lived in Bible times, even if it’s not face-to-face.

Did you know that it takes about a week to read the Bible through: 52 hours and 20 minutes for the Old Testament, 18 hours and 20 minutes for the New Testament? That is 70 hours and 40 minutes.¹ But how can we convert our Bible reading into an exciting trip?

There are different approaches to Bible

We have something that can carry us back to Bible times so that we can meet God Himself!

study. A variety of methods is good because all of us are different. Through the guidance of the Holy Spirit, each of us should choose what is the most appealing and works best for ourselves.

One of the most fascinating methods for me is inductive Bible study. I think of it like this:

Imagine running out of water in the desert. Your throat aches, your lips are parched, your whole being cries out for water. Then you see a lush green oasis in the distance. You run eagerly to the well and drink deeply of the cool water. Similarly, the three stages of inductive Bible study—observation, interpretation, and application—give you the rope, bucket, and cup you need to drink in the Word of Life.

“All over the field of revelation are scattered glad springs of heavenly truth, of peace and joy. These glad springs of truth are within the reach of every seeker. The words of inspiration, pondered in the heart, will be as living streams flowing from the river of the water of life. . . . Whenever we study the Bible with a prayerful heart, the Holy Spirit is near to open to us the meaning of the words we read.”²

INDUCTIVE BIBLE STUDY

The inductive method of searching Scripture means in-depth study of a specific Bible passage. It is especially good when you are dealing with a story, or part of a story, which has a complete thought. It is good both for personal devotions and small groups.

To maximize the benefits of inductive Bible study, you need the guidance of the Holy Spirit and ample time to thoroughly investigate the passage. This may mean extending your study over several days. With a small group, the leader should do her homework before the meeting and then lead a group discussion through the stages. It is also an excellent preparation for sermons.

Inductive Bible study includes three stages:

- Observation
- Interpretation
- Application³

Observation deals with the facts of a story. The main observation questions:

- Who?
- What?
- When?
- Where?

Why do we ask these questions? Imagine arriving at a train station and realizing something happened

Observation: Ask questions to find out what was happening in the story.

just before our arrival. We see a crowd gathered around a policeman, a man in handcuffs, a crying woman, and some upside down boxes. What kind of questions would you ask to find out what happened? Probably something like this: What has happened here? Who are that man and woman? Who are all these people standing around? Why is the woman crying? What has the man done?

Studying a Bible text is similar. We arrive on the story after the action has happened. We have to ask questions to gather information.⁴ Some answers are obvious from the text, while others are more hidden.

Look at Mark 2:1-12, where Jesus healed a paralytic. To answer the question “Where?” you may want to know more about Capernaum—its location, history, and any events connected with Jesus in this town. You might also ask other questions: In whose house did the action take place? How did typical houses (and roofs) look at that time? How many people could a normal house accommodate? What kind of people might have been in the crowd? Who were the scribes?

Obviously, to answer these questions we need to go to the library or the Internet. It takes extra time, but the trip can be thrilling!

Interpretation is the second stage. Here we investigate key phrases and words which help us to discover the author’s meaning. We have to pull the facts together to compose a big picture and answer a different set of questions:

- What did the passage mean for the people to whom it was written?
- What is the main idea of the passage and key phrases?
- Why did this specific occurrence happen as it did?

This part of our “trip” is real discovery. We explore customs, traditions, idioms, and expressions of that time. We will use commentaries, dictionaries, writ-

Interpretation: Explore customs, traditions, idioms, and expressions of that time, and main ideas of the passage.

ings of Ellen White, and different translations as our modes of transportation. But what a reward! The real meaning of the passage, often hidden from busy tourists, will be our carefully excavated pearl.

The interpretation stage is key to understanding the Bible. It

helps us draw accurate conclusions and avoid reading our own ideas into the passage.



LEADING A SMALL GROUP INDUCTIVE BIBLE STUDY

Every small group has its own meeting format. A typical format might include the following: greetings, praise and worship, ice-breaker activity (see sidebar for tips), Bible study, sharing about witness and mission activities, closing songs, and prayer time.

During the Bible study time, you want to help each group member to discover the meaning of the text for herself and apply it to her own life. Walk the group through the three stages of inductive Bible study using open-ended questions such as those suggested in the article and below. These will stimulate thought and discussion.

Observation: Who? What? When? Where? Focus on facts, events, heroes, locations.

Interpretation: What did it mean then? Focus on key phrases, words, idioms, traditions, customs.

Application: What does it mean today? How can I apply it to my life? Focus on personal needs.

Small groups are very good places for praise, worship, and informal prayers. Use different prayer approaches. And always remember that the Holy Spirit is your honored guest!

Back in the story about the paralytic we can ask: Why did Jesus make it backwards—first forgiveness of sins and then healing? What ceremony was required for forgiveness of sin back then? What did it mean for Jesus to have neglected the traditional sacrifice?

Application is when we ask:

- What does it mean for me today?
- How can I apply the lessons from the passage to my life?
- What kind of conclusions or directions does it have for me?
- Does it call me to make some change in my life?
- Does it point to some examples I can follow or to some promises I can rely on?

SOME TIPS ON ICEBREAKING:

- An icebreaking question is a sharing question that puts people at ease and builds fellowship.
- It is a “bridge” between praise/worship and Bible study.
- You can find samples on the Internet or in small group materials, or create them yourself.
- Icebreakers shouldn’t be threatening or have yes/no answers.
- Icebreaker activities can address people’s past, present, future, feelings, preferences, dreams, etc.
- Examples:
 - o Name the places you lived in your childhood. What place did you like the most?
 - o Who is your favorite Bible hero?

Back to our passage, some good questions might be: Do I need God's forgiveness in some area of my life? What sins are paralyzing me spiritually? How many friends do some people need in order to be brought to Jesus? Who am I in this passage?

Application:
With the Holy Spirit's guidance, apply what you've learned to your own life.

Imagine yourself again at the desert oasis. What if you only looked at the water, appreciating its beauty but not drinking it? Would you stop feeling thirsty?

The same thing happens when we study the Scripture, drawing out information, but not applying it to our lives. We will remain thirsty no matter what interesting facts and meanings we discover. We will feel refreshed only when we allow the Holy Spirit to speak to our hearts through the Scriptures. The same Holy Spirit, who inspired the passage's author, will guide us to apply it personally to our lives. He will unlock the Scriptures and convert them into living water for us. A failure to apply the Scriptures to our lives leads to spiritual stagnation and indifference.

"If the student of the Word would take the truths which God has revealed in the leadings of His people, and appropriate these truths, digest them, and bring them into their practical life, they would then be living channels of light."⁵

Inductive Bible study can be used by anyone—new converts, experienced believers, or scholarly theologians. Following these three stages of observation, interpretation, and application will help you work with the text itself and learn how to make it relevant to your situation.

For me, this approach has become a wonderful time capsule, carrying me back to biblical times. My inductive study adventures are always full of discoveries, making the Word of God fresh, meaningful, and real for me. Are you ready to join me? 

- 1 Paul Lee Tan, *Encyclopedia of 7700 Illustrations: Signs of the Times* (Hong Kong: Nordica International, LTD, 1979), 187.
- 2 *Signs of the Times*, Feb. 6, 1893.
- 3 Jeffrey Arnold, *Big Book on Small Groups* (Downers Grove, IL: InterVarsity Press, 1992), 43-47.
- 4 *Ibid.*, 44-45.
- 5 E.G. White, *Ye Shall Receive Power* (Hagerstown, MD: Review and Herald Publishing Association, 1995), 234.



GALINA STELE, D.Min., was born and worked many years for the Adventist Church in Russia. She is married to Artur Stele, and they have one grown son. Galina enjoys reading, writing, teaching, and gardening.

UNFLINCHING SUPPORT

by Ernestina A. Sarfo



After 19 years as a pastor's wife, I know how challenging the work of ministry can be.

There are so many demands on pastors—transfers from one place to another, frequent travels, hectic schedules, board meetings, funerals, intercessory prayers, conflict resolution among members. And that doesn't include the insults and insinuations pastors suffer when they must make bold decisions to rightly protect the church and God's name.

And as pastors' wives we often suffer loneliness when the work takes them away from home for weeks and months.

As I've witnessed all these details, the idea of teamwork bothered me until I was impressed to support my pastor-husband with my prayers. When I shared this idea with him, he gladly embraced it and thanked me. Ever since, I have never ceased praying for him in all aspects of his ministerial work—even when he is preaching.

How could you pray for your husband? How could you give your spouse the unflinching support he needs most? 

ERNESTINA SARFO is a pastor's wife from Central Ghana Conference in Kumasi, Ghana. She has four daughters. Ernestina enjoys reading Bible stories, listening to Christian music, and correspondence. She also conducts seminars for ladies and enjoys teaching the Sabbath School lesson, as well as sharing her beliefs with others.

PRAYER GROUP IDEAS

by Janet Page



THE JOURNAL

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SECOND QUARTER 2012

The following ideas may help you make small-group prayer time meaningful and powerful.

PRAISE AND THANKSGIVING

“Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name” (Ps. 100:4). “Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms. . . . O come, let us worship and bow down: let us kneel before the Lord our maker” (Ps. 95:2, 6). Starting your prayer time with thanksgiving and praise is a powerful and special experience. Mingle requests with praise and thanksgiving. Bible prayers by men such as Daniel, Elijah, and others always began with praise, thanksgiving, or confessing who God is. “We do not pray any too much, but we are too sparing of giving thanks. If the loving-kindness of God called forth more thanksgiving and praise, we would have far more power in prayer. We would abound more and more in the love of God and have more bestowed to praise Him for.”¹ I encourage you to read *Testimonies for the Church*, volume 5, pages 315-317. It is so good!

NO OBSTRUCTIONS

“Beloved, if our heart condemn us not, then have we confidence toward God. And whatsoever we ask, we receive of him, because we keep his commandments, and do those things that are pleasing in his sight” (1 John 3:21, 22). What a difference it makes to spend the first few minutes of your prayer time clearing the path for God to hear your prayers as a group. Allow God to impress your minds with any sin you need to confess. Make this a silent time when each

person does this individually. It would be helpful to read the booklet *An Encounter with God in Prayer*,² by Juanita Kretschmar. On page 36 in this booklet you will find step-by-step directions for leading the group through a time of confession. This has been a powerful experience in my life, and I believe it can be in yours too.

TWOS OR THREES

It is nice to have more people, but you only need two or three. “Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven. For where two or three are gathered together in my name, there am I in the midst of them” (Matt. 18:19, 20). “Our Savior follows His lessons of instruction with a promise that if two or three should be united in asking anything of God it should be given them. Christ here shows that there must be union with others, even in our desires for a given object. Great importance is attached to the united prayer, the union of purpose.”³

ONCE A WEEK

Be sure and meet regularly. Meet once a week if possible. It is best to meet in person, but if this is impossible, pray together on the telephone.

SENTENCE PRAYERS

Instead of having each person pray a long prayer, ask each person to pray only two or three sentences at a time. It makes it much easier to listen, and you give the Holy Spirit time to impress each of you with what He wants you to pray. Also, someone may want

to pray a verse of scripture or start a song for the group to sing together during the prayer time. It is a beautiful experience! God loves for us to pray His word back to Him in expressions of praise or promises. "Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord" (Col. 3:16). You'll be amazed at how long a group can pray and enjoy it.

**We do not
pray any too
much, but
we are too
sparing of
giving thanks.**

BIBLE PROMISES

Ask God to lead you to promises in His word that you can claim for the person or situation that is the subject of your prayer. We are told to put our finger on the promise and bring it before the Lord, thanking Him in advance for the answer according to His will. "He is pleased with the faith that takes Him at His word. The mother of Augustine prayed for her son's conversion. She saw no evidence that the Spirit of God was impressing his heart, but she was not discouraged. She laid her finger upon the texts, presenting before God His own words, and pleaded as only a mother can. Her deep humiliation, her earnest importunities, her unwavering faith, prevailed, and the Lord gave her the desire of her heart. Today He is just as ready to listen to the petitions of His people. His 'hand is not shortened, that it cannot save; neither His ear heavy, that it cannot hear.'"⁴ Be sure and write down the promises He leads you to so you can remember to claim them in the future.

AGREE TOGETHER

When someone prays a request to God, be sure some others pray for that same request and agree together; it is powerful! Don't think that because one person has prayed the request, no one else needs to. "Again I say unto you, That if two of you shall agree

on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven" (Matt. 18:19). How encouraging it is to be lifted up in prayer.

HOLY SPIRIT

Be sure to ask the Holy Spirit to show you how or what you should pray for in a person's life or in a particular situation. Claim Romans 8:26: "Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered."

TAKING PRAYER REQUESTS

Don't ask for prayer requests from the group; instead, tell people to pray their requests and encourage others to join in agreement and pray for those requests. Here's why: time! Talking about the requests will take up most of your prayer group time. Satan is thrilled if he can keep us talking about the problem instead of praying about the problem. Group members will often begin counseling and suggesting solutions. The power is from God! The more we pray, the more His power is unleashed.

PRAYER REQUEST NOTEBOOK

Buy a stenographer's notepad or use a spiral bound notebook. I would suggest drawing a line down the middle of the paper. Put the requests in the left column and the answers in the right. It is so exciting and faith-building to look back and see how God has answered your prayers.

YOUR DAILY TIME

This is so important! What is life all about if we are not spending time daily at the feet of Jesus, talking with Him and reading His word? If you will make God first priority in your life, it will open such a beautiful experience for you. "From the secret place of prayer came the power that shook the world in the Great Reformation. There, with holy calmness, the servants of the Lord set their feet upon the rock of His promises. . . . It is a part of God's plan to grant us, in answer to the prayer of faith, that which He would not bestow did we not thus ask."⁵



Bible texts cited in this article are quoted from the King James Version (KJV).

¹ Ellen G. White, *Testimonies for the Church*, 5:317.

² Kretschmar, Juanita, *An Encounter with God in Prayer*, can be ordered by contacting A Key Encounter, P.O. Box 177, Big Pine Key, FL 33043-0177; email: PrayingKs@aol.com; phone: 305-292-2070.

³ White, *Testimonies for the Church*, 3:429.

⁴ White, *Testimonies for the Church*, 5:322.

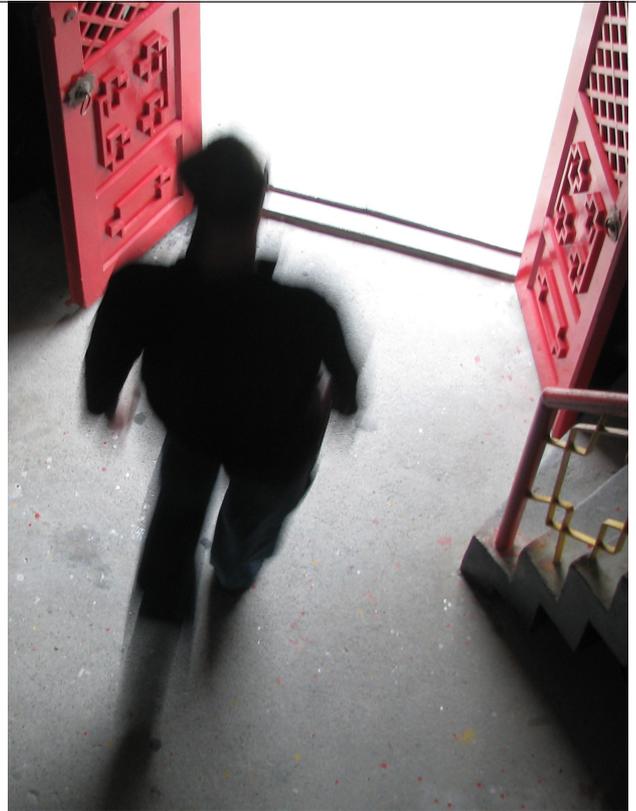
⁵ White, *The Great Controversy*, 210, 525.



YOU HAVE THE POWER TO MAKE YOUR HUSBAND LEAVE THE MINISTRY

> Part 3 of 3

by Sarah K. Asaftei



THE JOURNAL

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SECOND QUARTER 2012

It's not as hard as you might think. A little complaining and whining here. A little lack of confidence in his abilities there. The occasional comment about how you wish he'd chosen a career that made more money or had more stability. . . .

Most pastors come to a point sometime in their ministry where they wonder if they really made the right career choice. It's hard not to wonder if you're providing properly for your family, especially if your wife isn't content. And when rough

When you can't find anything to love about life as a pastor's wife, you're effectively making your husband choose between pleasing you and obeying God.

patches come, it's a rare man who doesn't at least wonder to himself how things might have been easier if he'd traveled a different path.

Back when my husband was a seminary student, I remember spending an afternoon at the tennis courts with another pastoral couple. After

a few doubles games, the other pastor's wife and I took a breather on the sidelines. She started telling me how much she hated being a pastor's wife.

"All these people expect me to talk to them at church, when I don't even want to be there! What makes them think I want to listen to their problems?"

I was speechless. And if you know me, that'd make you chuckle. But I honestly didn't know what to say.

Later that night, I shared the conversation with my husband. He wasn't surprised. He knew that her husband felt torn between his wife and his ministry. Church members kept wondering what they'd done to offend her. Why didn't she like them?

He's not a pastor anymore. Eventually, her distaste for his calling drove him to switch careers. These days he carries a gun and a badge. I don't know if she's any happier than she was before.

That doesn't necessarily mean that it's always

He will lose his spark, the fire in his bones. Now he's just another guy, going through the motions.



SARAH K. ASAFTEI is a pastor's wife and mother of two living in Tampa, Florida. She works as development specialist for the General Conference Ministerial Association and does marketing at skaMEDIA productions. She grew up as a missionary kid and loves international travel, photography, blogging, and film production—especially when it is about making strong families for Jesus.

wrong to stop being a pastor. Sometimes God calls us to a certain type of ministry for a season rather than a lifetime. Or maybe God has a different avenue of service, and he never meant for

If it were easy, everyone would be doing it.

your husband to be a pastor in the first place. I'm not trying to judge those special situations.

But that's not the same as when your spouse is a fabulous pastor, clearly called to a life of ministry, and you just can't seem to stop longing for a different life. When the pastor loves both his job and his wife—but his wife hates his job—then something has to change. Unless, of course, he's willing to live in misery or lose his marriage (see the first two articles in this series).

Let's assume that your husband loves you very much. (At least I certainly hope he does!) Because you mean the world to him, he decides to do whatever it takes to make you happy, at the cost of his own dreams and calling. In this case, that means finding a new career.

You're thrilled. Now it's going to be all better. Now he will be at home every night. He can sit right beside you in church, if you still go to church. He won't get random phone calls in the middle of the night. People won't be knocking at your door asking for help or handouts. Life is going to be great, right?

Somewhere, at least one or two readers are secretly wishing this would happen for your husband right now. But have you really thought it through? Once he quits pastoring, what will he do? Where will he go? Who will he become?

How long do you think he will be able to hide the threads of resentment weaving in his heart because you wanted him to leave the calling that shaped his identity?

Now you won't be just his lovely wife. You will be the reason why he is no longer fulfilling his divine calling as a shepherd. He will gradually lose his spark, that fire in his bones that made him feel like a man. Are you ready for that?

If he truly loved being a pastor, then after a while he will no longer feel like the man he was

before. No longer a leader of people. Now he's just another guy, going through the motions, surviving each day.

Would that make life better? Is that the husband you want? Is it worth it?

Or is God maybe calling you to join your husband in a ministry adventure that you can't yet comprehend? Nope—it isn't going to be easy. But most valuable experiences come with some sweat and tears.

If it were easy, everyone would be doing it. 🗨️

Tips

FOR DISCOVERING (AND EMBRACING) YOUR CALLING AS A PASTOR'S WIFE...

- **FRIENDS:** Surround yourself with pastors' wives who love their life the way it is. Don't indulge in relationships where you feed negative feelings about being married to the pastor. Avoid cultivating or continuing relationships with those who whine and complain about their role.
- **ADMIT IT:** Be honest with yourself and your pastor husband about how you feel. Are you isolated? Do you need to make a plan to help you develop positive relationships? Communicate clearly about finding the support you need so that you can become more united and happy as a team.

TOGETHER FOR A PURPOSE

FINDING A SHARED MINISTRY

by Karen Holford



When Bernie and I were very new in ministry, we were sent to an isolated church that was going through a difficult time. Soon we were overwhelmed and discouraged. It felt like nothing we did was ever right or good enough.

Then our friend Jeff called us. We'd gone to seminary together, and now he was preparing several couples for marriage. He invited us to work with him on a weekend of seminars for engaged couples. We had a toddler and a crazy busy life, but we went along—often writing our next seminar while Jeff was presenting his! At the end of the weekend we were exhausted, inspired, and invigorated.

Completely unintentionally, we had stumbled across our shared ministry! Twenty years later we are still regularly involved in couple and family ministry. Our own marriage has inevitably been enriched and strengthened by preparing seminars, taking further studies, and learning from the couples we counsel. The demands of ministry could easily send us off in different directions, but we reconnect deeply several times a year when we minister to other couples.

Ministering together is not for every ministry couple. It has profound challenges as well as joys, and working on a shared project isn't always easy. We may still find ourselves doing some of the work alone, we may still struggle with our different ideas about how and what we should do, but many couples are finding that even a small shared ministry can enhance their closeness and happiness.

DISCOVERING GOD'S UNIQUE MINISTRY FOR YOUR MARRIAGE

Take a piece of paper each and write seven lists.

1. **My spiritual gifts:** These are the gifts of the Holy Spirit listed in the Bible, such as being generous, teaching, being kind and merciful, serving, leading, etc. Read Romans 12:6-8 and 1 Corinthians 12:8-10, then list the gifts you believe God has given to you.
2. **My natural talents:** These are the special gifts that you were born with and nurtured over the years, such as being able to sing or play an instrument, writing, public speaking, financial skills, creativity, etc.
3. **My skills:** These are other skills you've learned and practiced over the years, such as being able to fix a car, grow vegetables, decorate a home, ride a bike, cook, etc. They aren't spiritual gifts or talents, but they are very useful skills that you have learned over the years.
4. **My education:** You have learned how to do some things because of your education and training background, such as nursing, teaching, accounting, creating a web site, leading a choir, etc.
5. **My interests:** These are the things that interest and inspire you. Again, they may be similar to things you have put in the other lists,



KAREN HOLFORD has been married to Bernie for 28 years. They say, “OK, there are times when trying to minister together drives us both a little crazy because we’re so different! But some of our closest and happiest moments have been when we’ve been ministering together and feeling totally part of God’s plan.”

but there may be some interests you have that don’t fit under any other category, such as an interest in health, learning about other cultures, traveling, community affairs, reading, etc.

6. **My passions:** These are the things you feel passionately about. Maybe it’s working with children, or sharing your faith, or health ministries, or serving the poor, etc.
7. **My ministries:** These are all the ministries you have enjoyed over the years. Perhaps you enjoyed working at a summer camp or helping disabled people get out and about. Maybe you enjoyed creating a prayer room at a retreat or being the hostess at an evangelistic event. List the ministries you’ve been involved with that left you feeling fulfilled in some way.

BLENDING YOUR GIFTS

Now look at each of your lists and prayerfully consider what God has given you. Pray that He will guide you to fill an important need in your community or circle of influence. Look for any common threads in your lists, such as passions and skills for working with children, or running a cooking class, or developing an outreach web site, or running family life seminars.

As you discuss and explore your unique blend of gifts, talents, interests, skills, passions, education, and ministries, you may discover some ministry that excites you both. Maybe, like us, you’ll minister a couple of times a year at a marriage retreat. Perhaps you’ll work together in a Pathfinder class for an hour a week. Maybe you’ll go overseas and build schools for one week a year.

COUPLES MINISTERING TOGETHER

Steve and Meg are passionate about making church a place where children and families want to be and where they are always learning about Jesus. Meg is especially good at finding fun ways to involve the children in Steve’s worship services.

Paula loves teaching children about health and making it fun. Her husband, Bob, is great at playing the guitar and writing easy-to-learn songs. So they visit local schools during health-emphasis weeks, helping children to learn about healthy choices and teaching them fun songs to reinforce their message.

Now it’s your turn. How could God show His love for the world through your unique couple ministry?

6 REASONS FOR SHARING A MINISTRY

1

Ministering to others can bring you closer together as you talk, make plans, pray, work, and celebrate the joys and challenges together.



2

It may be better for you to share a joint ministry, and work together, than for each of you to work in isolation with separate ministries, which can more than double the time you are apart from each other.

3

Doing something kind for others is one of the best ways to experience joy, peace, and love for yourself, too.

4

Discovering a shared ministry leads you to fill a unique role together as part of God’s purpose for your relationship.

5

The enjoyment and sense of purpose you have in your shared ministry can help you to weather the storm when you face challenges in your local churches.

6

You can spend time together working on projects you enjoy, and your spouse can still count it as ministry time!



I ALWAYS WANTED TO BE A PASTOR'S WIFE

by Antoinette Uwizeye



I was born in a pastoral family, so I got to practice ministry while I was young. For me, this created a deep love for the church. Since I was young, I dreamed of marrying a minister so I could stay involved in ministry for the rest of my life.

Of course, we had many challenges—unexpected visitors; moving often and living without any plan; living far from schools, hospitals, and shopping; and moving away from family and friends.

Still, my parents taught me to be content, no matter the circumstances. Just as Paul said, “I have learned the secret of being content in any and every situation, whether well fed or hungry” (Phil. 4:12, NIV). I remember when I was young we sometimes had no salt because we lived far from any shopping or trading market. My mother would say, “Don’t go and get salt from the neighbors; remember, we do not have salt today, but many do not have food. We have to teach them about God’s goodness and how He provides.”

“I have learned the secret of being content in any and every situation, whether well fed or hungry.”

Phil. 4:12, NIV

My parents taught me by words and by their good example. They wanted us (my

siblings and me) to become hard workers. During the holidays we worked in the fields, gathering firewood or fetching water on foot. Sometimes we would spend more than four hours to get twenty liters of water. This taught me to work hard.

My mother, who was a PK before she was a pastor’s wife, had many skills. She could bake whole wheat bread and provide for our many visitors even though we lived in a village without access to shopping. This was very common for pastors’ families in Africa. Everybody knew they could sleep in the pastor’s house. There were no hotels, no guesthouses, so we accepted any kind of visitors. Some were crazy, some were thieves or drunks. They were not welcome in the village, so they came to the pastor’s house. Many times we had to give up our food and beds for them. We knew very young that our parents’ work was full of sacrifice.

I never remember my parents showing any dissatisfaction in their ministry. I remember my dad saying, “Wherever God will send me, I will go anytime. I am happy to serve the Lord.” My mother was very proud of being a pastor’s wife. I remember when

We knew very young that our parents’ work was full of sacrifice.

I remember my dad saying, “Wherever God will send me, I will go anytime. I am happy to serve the Lord.”

everything you want.” Then he would count all his blessings.

We were taught never to complain, and I remember my mother reciting to us, “Taste and see that the Lord is good; blessed is the man who takes refuge in him. Fear the Lord, you his saints, for those who fear him lack nothing. The lions may grow weak and hungry, but those who seek the Lord lack no good thing” (Psalm 34:8-10, NIV). And, “Better the little that the righteous have than the wealth of many wicked; for the power of the wicked will be broken, but the Lord upholds the righteous. . . . I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread. They are always generous and lend freely; their children will be blessed” (Psalm 37:16, 17, 25, 26, NIV).

If you have chosen to serve the Lord as a minister’s spouse—don’t give up. Someday you will see that your choice was the best you could have made. And if you found yourself in this ministry by accident, trust in God because there are no accidents for Him.



Antoinette Uwizeye is Shepherdess coordinator for East-Central Africa Division.



SURVIVAL TIPS

For the Pastor’s Wife

by Frankie Roland

When my husband and I started in ministry in the late 1950s the pastor was supposed to provide housing and meals to all visiting evangelists and other church officials.

This was fine with us because we made new friends that lasted a lifetime, and in later years our children looked forward to “visits” from evangelists as much as when their grandparents came.

Sometimes we grieved because some of the parsonages didn’t have nice guest rooms as far as privacy or plentiful heat or air conditioning was concerned. Other times our children gave up a room to accommodate them. However, an older minister’s wife gave me some valuable information, and I carried it throughout 39 years of pastoral ministry.

She said, “Cook what you have and never apologize. Do the best you can with what you have. Offer the best room you have and trust God to make it comfortable.”

Although I agonized over putting a man of God in a room with slanting eaves on a hot September day, I knew it was the best I had to offer.

When another evangelist was on a special diet and needed items I couldn’t afford on my budget, I again knew I offered the best balanced meal I could afford.

Before our ministry ended, churches were putting evangelists and special speakers in motels and gave food vouchers to eat out. That was a good thing, but at the same time our children missed out on breaking bread with their favorite visiting preachers and missionaries.

God bless the memory of that minister’s wife who helped me to offer the best food I had and also the best room accommodations.

Got a survival tip that someone shared with you once upon a time, or that you have learned along the way? Send it in to share here at: development.gc.ministerial@gmail.com.



5 Tips for Better Health

by Rae Lee Cooper



1 CHEER YOURSELF UP TAKE A WALK

Exercise is a bona fide mood booster, whether or not you are depressed. If you're down in the dumps, try climbing out by breaking a sweat.

A four-year study, which published results in the *Journal of Clinical Psychiatry*, found that depressed patients who do not find relief from their medication could improve, or even go into remission, by adding aerobic exercise.

After 12 weeks of daily sweat sessions, 30 percent of the depressed volunteers (who had been depressed for an average of seven years) achieved full remission, while another 20 percent showed significant improvement. For men, vigorous exercise worked better than moderate levels. For women, moderate exercise, like a brisk walk, was more effective when they had a family history of mental illness. Those without fared better with higher-intensity activities (*Cleveland Clinic 360-5*, Oct. 26, 2011).

2 CHECK YOUR SNACKING HABIT

To avoid unwanted calories, stop habitual snacking. Routine snacking makes us crave food during certain times, such as when we are watching TV, watching a sports game, or traveling, even when we're not hungry.

Check your snacking habit. Try to eat only when you're hungry, and then choose something healthful like carrot sticks, cherry tomatoes, grapes, oranges, apples, nuts, or dried fruit (*Cleveland Clinic 360-5*, Oct. 29, 2011).

RAE LEE COOPER is a registered nurse. She and her husband, Lowell, have two adult married children and three adorable grandchildren. She spent most of her childhood in the Far East and then worked as a missionary with her husband in India for 16 years. She enjoys music, creative arts, cooking, and reading.



3 THE POTATO A HEALTHY CHOICE AFTER ALL

The poor potato! We load it with butter, cheese, or sour cream, or we fry it into French fries or chips. Then we have the nerve to call it fattening. But if you take away all the condiments and oil, potatoes are neither high in calories nor nutritional slouches.

A plain medium potato has just 150 calories and nearly 30 percent of your day's vitamin C—and it's a good source of folate and iron. To get all the health benefits that plants offer, enrich your diet with vegetables that run the full color spectrum (*Cleveland Clinic 360-5*, Oct. 28, 2011).

4 PROTECT YOURSELF

Reduce your risk of breast cancer by eating a diet that's rich in lignans, which are protective plant compounds found in flaxseed, beans, and whole grains.

The more plants you include in your diet, the better off you'll be. Case in point—a study in the *American Journal of Clinical Nutrition* found that diets rich in lignans were associated with a significantly lower risk of breast cancer in postmenopausal women.

Structurally similar to estrogen, lignans may protect against cancer by lowering estrogen levels in women. Many foods that contain lignans are also rich in other healthful plant compounds, like polyunsaturated fatty acids and fiber. Though flaxseed is the most concentrated source of lignans, other good sources include sesame seeds, pumpkin seeds, kale, apricots, and broccoli (*Cleveland Clinic 360-5*, Oct. 10, 2011).

5 KICK THIS HABIT

Can't get by without your daily fix of diet soda? You might want to rethink the habit. Drinking diet soda every day may raise your risk of a heart attack, stroke, and death.

Research presented at the International Stroke Conference found that those who drank diet carbonated beverages every day had a 61 percent greater risk of a heart attack, stroke, or other deadly cardiac event. This isn't the first research to find a link between diet soda and health issues.

A 2009 study found that diet soda was also associated with type 2 diabetes and metabolic syndrome—a cluster of symptoms, including obesity, belly fat, high blood pressure, and high cholesterol, that increase the risk of heart disease, stroke, and diabetes. Though these studies do not prove that diet soda is the cause of these conditions, it does sound a warning bell.

If you have a serious soda habit, you might want to think about cutting back and drinking water, or even seltzer, instead (*Cleveland Clinic 360-5*, Sept. 28, 2011).



A HEART FULL OF COMPASSION

by Gina Wahlen

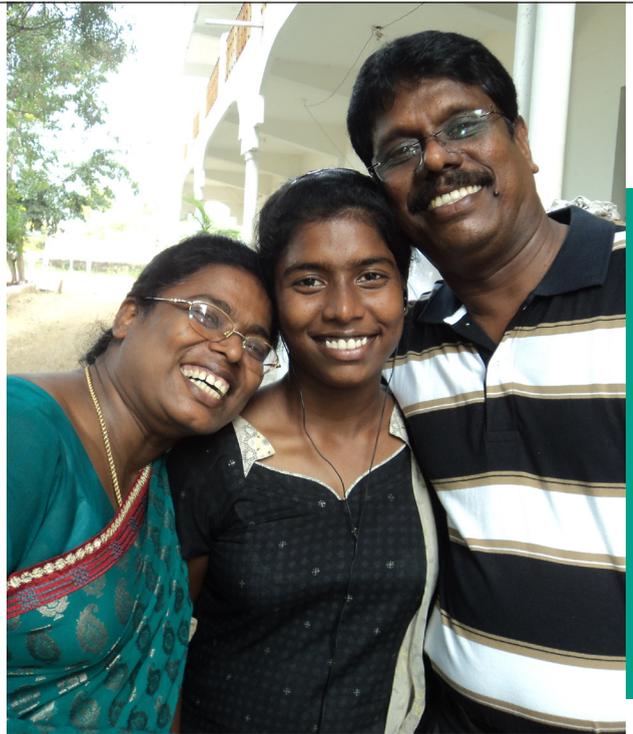
Lalitha knew what kind of man she would marry—“a tall and handsome chap.” But when she finally met “the one,” she was also “very much impressed by his preaching, teaching, singing, and his gentleness.”

For his part, Pastor Paul couldn’t help but notice the young church school teacher who was very active in all of the church activities—preaching and teaching Sabbath School classes for the youth and adults in his church, located in Kovilpatti, India. Another pastor in the area acted as mediator for the hopeful couple, contacting both Lalitha’s and Paul’s parents to obtain permission for them to marry. Approval was given, and the two were married in Kovilpatti on April 14, 1988.

Exactly one year later—April 14, 1989—Lalitha and Paul received their “first anniversary gift from God,” a baby boy whom they named Joe. Two years later, another gift came when their daughter, Jane, was born. Joe, now 23, is a nursing graduate working at the Manipal Medical College in Karnataka, India. Jane, 21, is completing her nursing studies at the J.K.K. Nattraja College of Nursing in Tamil Nadu.

A HEART FOR MINISTRY

For the past 24 years, Lalitha and Paul have been serving and ministering in various capacities including pastor, departmental directors, secretary, and regional director. Presently, Paul is



Lalitha with daughter and husband.

serving as the director of Theni-Periyakulam Region for the Adventist Church in India. Lalitha is in charge of a “small school” of 300 children in grades Pre-K through 5. In addition to her school responsibilities, she also serves as the director of women’s ministries, children’s ministries, and the Shepherdess department.

In the evenings, Lalitha enjoys going with her husband for home visitations. “A visit can do so much to help or comfort a troubled soul,” she said. When their children were young, Lalitha would take them along “so that they could learn from an early age the blessing of giving to and caring for others.”

Lalitha also accompanies her husband to funeral services and has a quiet ministry for those in grief. “I don’t say anything special to the mourning, but I just sit with them, and my presence alone can bring them comfort, letting them know that we care for them.”

AT HOME

When at home, Lalitha enjoys gardening, where she grows greens, brinjals (Indian eggplant), bitter gourds, tomatoes, bananas, green chilies, and more. Most of the family’s vegetables come from the garden, where Lalitha spends a little time each morning and evening watering and nurturing her plants. “They are good for our health. And I save lots of money, too,” she adds.

GINA WAHLEN enjoys meeting people from around the world and has lived in many wonderful places, such as Russia, England, the Philippines, California, and Nebraska. She currently lives in Maryland, where she writes about people, adventures, and God. She and her husband, Clinton, have one son, Daniel, and one daughter, Heather.



“It was my belief that if I didn’t cry before the Lord today, they [the children] would make me cry in the later part of my life,” she says.

While she loves ministry, Lalitha has learned that there are many challenges to being a pastor’s spouse, including being a good example and living up to what is preached. In addition, she found that bringing up children in the

As a result of much prayer, Lalitha says that “the Lord has blessed us with God-fearing and well-disciplined children.” In addition, they are healthy and physically fit, musical, and meritorious in their college studies and other extracurricular activities.

During his first two years of university studies, their eldest child, Joe, faced a difficult challenge when his exams were scheduled on Sabbath. However, he decided to be faithful to God and refused to sit for his exams on that day, passing a greater test than what the university was providing. As a result, God honored Joe, who was later sponsored by his university to visit Middlesex University in London, England.

pastoral family was a great task. “Members expected our children to take part in church activities such as singing, reciting memory verses and Bible passages, and taking part in temperance speech and poster contests.” But in addition to these expectations, Lalitha and Paul wanted to teach their children the will of the Lord and to show them how to serve Him faithfully. As the children were growing up, Lalitha was constantly on her knees, crying to the Lord for His wisdom and for the well-being of her children. “It was my belief that if I didn’t cry before the Lord today, they [the children] would make me cry in the later part of my life,” she says.

SHOWING COMPASSION

Although both children are now grown, the Paulmoneys continue to have young children in their home. In 2003 when Paul and Lalitha were returning home from shopping, their hearts were deeply touched when they saw two little ones—a brother and sister—sleeping on the streets during the winter. When they spoke with the children, they learned that the children’s mother had simply left them on the street and absconded. They had no idea where she was. The Paulmoneys brought the brother and sister home with them and put



Lalitha reaching children with health evangelism.

them in school. Now they are in the eighth and sixth grades.

Two other boys were taken in by Lalitha and Paul as well. One recently graduated from a nearby Adventist academy and is now pursuing theology at Spicer Memorial College, and the other boy is in tenth grade. "It gives us great satisfaction and immense pleasure when we help the poor and needy," Lalitha says. "We can see the rays of hope in their faces. We always tell them that Jesus loves and cares for them."

Looking to Jesus as their example, Lalitha and her family seek to practice compassion. "Jesus did not preach about compassion, but He was very compassionate," she says. "When someone is compassionate, a cost is to be paid. Jesus gave Himself on the cross for the whole humanity. But compassion can also be a smile, a prayer, a drink, a meal, a comforting touch. It can be giving money, shelter, clothing, time, care, tears, forgiveness, mercy, peace, and comfort.

"We are to show our love and compassion through our deeds and kindness. We want to let others see Jesus in our lives through our compassion."



Lalitha with Women's Ministry Conference coordinators.

"But compassion can also be a smile, a prayer, a drink, a meal, a comforting touch."

Another way that Lalitha is showing compassion is through her local church's adult literacy program, which conducts classes at 15 centers in the region. More than 300 students are attending, and through these classes five branch Sabbath Schools have been started, six Bible study groups are meeting, and seven people are getting ready to be baptized.

"We are very much indebted to our church because we have been blessed through it," Lalitha says. "This remnant church has shown us the Way and the Truth for life eternal. As Adventist Christians, each one of us has the responsibility of sharing the desire of our Lord Jesus Christ that the gospel should be preached to all nations, kindred, tongues, and people. Let us be co-laborers with God in finishing up the gospel work."



Lalitha's son, Joe, in first place.



REVIVED BY HIS WORD

READING THROUGH THE BIBLE TOGETHER

Historically, the Seventh-day Adventist Church has founded its existence in the Bible. Adventists are a Bible-based, Bible-believing, Bible-reading people. A new Seventh-day Adventist world church initiative titled "Revived by His Word," coordinated by the Revival and Reformation Committee, is aimed at strengthening the spiritual experience of each church member.

"The study of God's Word leading to a life-changing experience with Jesus is at the very heart of revival." Mark Finley, assistant to the world church president for evangelism.

"My soul clings to the dust; revive me according to your Word." (Psalm 119:25)

"Having been born again, not of corruptible seed but incorruptible through the word of God which lives and abides forever." (1 Peter 1:23)

"And now brethren, I commend you to God, and to the word of His grace which is able to build you up and give you an inheritance among all those who are sanctified." (Acts 20:32)

*"There is nothing more calculated to strengthen the intellect than the study of the Scriptures. No other book is so potent to elevate the thoughts, to give vigor to the faculties, as the broad, ennobling truths of the Bible. If God's word were studied as it should be, men would have a breadth of mind, a nobility of character, and a stability of purpose rarely seen in these times."
Ellen G. White, *Steps to Christ*, pg. 90*

"Nothing can possibly replace listening to God speak to us through His Word." Armando Miranda, vice president for the world church. The study of God's Word has three major components leading to revival:

1. It provides a foundation for true revival.
2. It stimulates, fosters and sustains true revival.
3. It counteracts false revivals.

Nothing can replace listening to God speak to us through His Word. Prayerfully meditating on scripture is a primary source of spiritual strength.

The Initiative Summarized

Church members are encouraged to read or listen to one chapter of the Bible each day beginning April 17, 2012, the first day of Spring Meeting.

The reading plan begins with world church President Ted Wilson joining the division presidents in reading Genesis 1 responsively. The presidents will conclude the initiative by reading Revelation 22 during the 2015 General Conference Session in San Antonio, Texas.

During the 1,171 days from Spring Meeting 2012 through the beginning of the General Conference Session on July 2, 2015, participants will cover the 1,189 chapters in the Bible. By reading one chapter each day and two chapters during the General Conference Session, millions of participating members will complete their journey through the Bible. An online component, featured on the Revival and Reformation website and sponsored by the world church's Ministerial Association, allows participants to share devotional thoughts.

United by His Word

"Revived by His Word" will become much larger than reading or listening to one chapter of the Bible each day. It will direct the attention of the entire world church to the importance of knowing Jesus through His Word and encourage families to read the Bible together. In cultures where the Bible is not readily available, this initiative will encourage elders to gather the church family to read the Bible aloud. It is simple, practical and affordable.

"Revived by His Word" can unite the entire church around God's Word and make a difference in millions of lives. It can be a catalyst for regular, systematic Bible study. The goal of "Revived by His Word" is to encourage every church member to allow the Holy Spirit to transform their lives as they meditate and pray over one chapter of the Bible a day.

"I would like to invite every church member to join the worldwide family of the Seventh-day Adventist Church in reading one chapter of the Bible a day, beginning April 17, 2012, and concluding during the General Conference Session in the summer of 2015. I am confident that this journey through the Bible together will draw us all closer to Jesus. As we prayerfully read and meditate upon God's Word, we each will be led to a renewed experience with the Savior as we look forward to His soon second coming."

Ted N. C. Wilson

Revival
and
REFORMATION

www.revivalandreformation.org

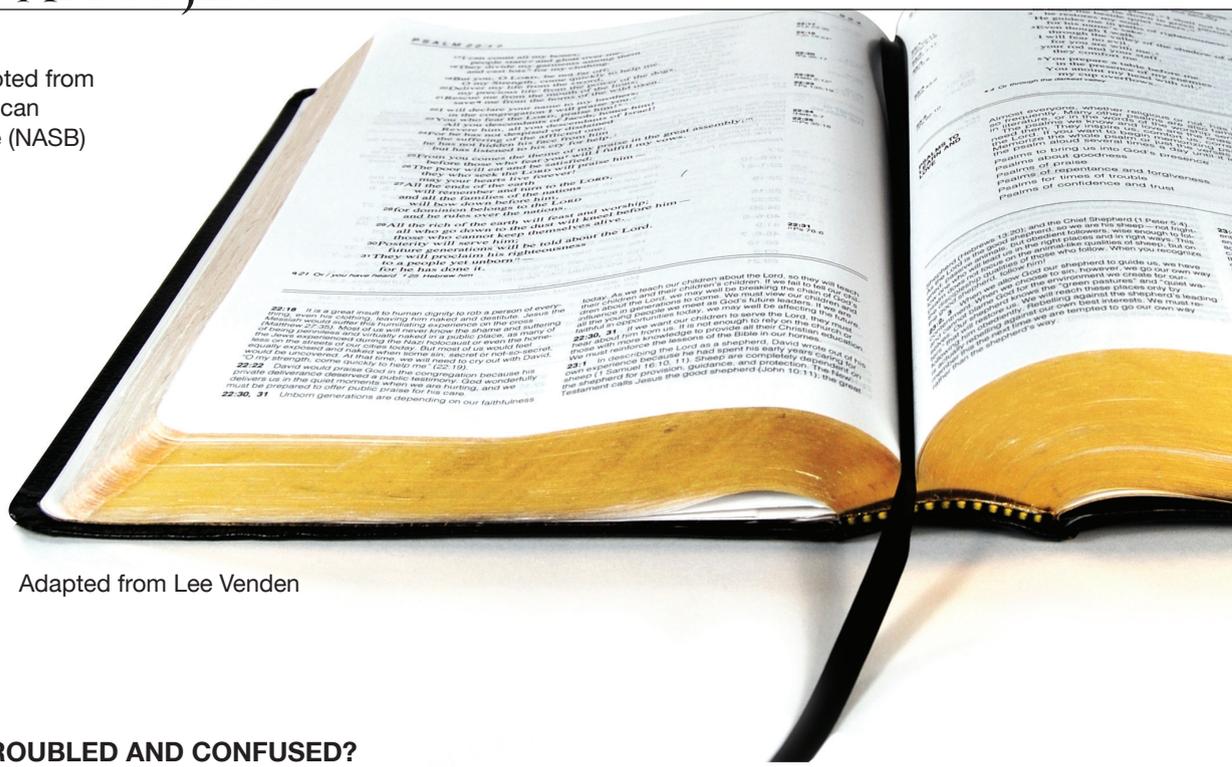


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IT'S ALL ABOUT JESUS

Bible texts quoted from the New American Standard Bible (NASB)



Adapted from Lee Venden

THE JOURNAL

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SECOND QUARTER 2012

ARE YOU TROUBLED AND CONFUSED?

He is the Wonderful Counselor

"And His name will be called Wonderful Counselor, Mighty God, Eternal Father, Prince of Peace." Isa. 9:6

ARE YOU TENSE?

He's the Prince of Peace

"The Lord will give strength to His people; the Lord will bless His people with peace." Ps. 29:11

ARE YOU UNCERTAIN?

He's the Cornerstone and the Solid Rock

"For You are my rock and my fortress; For Your name's sake You will lead me and guide me." Ps. 31:3

ARE YOU LET DOWN?

He is faithful

"For the Lord is good; His lovingkindness is everlasting and His faithfulness to all generations." Ps. 100:5

ARE YOU DEFENSELESS?

He's the Advocate

"And if anyone sins, we have an advocate with the Father, Jesus Christ the righteous." 1 John 2:1

ARE YOU IN THE DARK?

He is the Light

"I have come as Light into the world, so that everyone who believes in Me will not remain in darkness." John 12:46

ARE YOU SURROUNDED BY DIFFICULTIES?

He is the Deliverer

"The righteous cry, and the Lord hears and delivers them out of all their troubles." Ps. 34:17

ARE YOU SIN-FULL?

He is our righteousness

"Gracious is the Lord, and righteous; Yes, our God is compassionate." Ps. 116:5

ARE YOU HELPLESS?

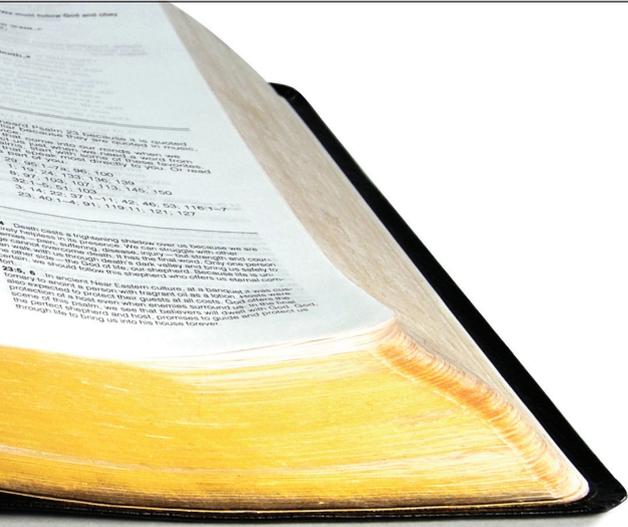
He is Savior

"For I am the Lord your God, the Holy One of Israel, your Savior." Is. 43:3

ARE YOU SEARCHING?

He is the Way, the Truth, and the Life

"Jesus said to him, 'I am the way, and the truth, and the life; No one comes to the Father but through Me.'" John 14:6



He always was, He always is, and He will always be—unmoved, unchanged, undefeated, but never undone.

WHAT JESUS IS

- Jesus is the first and the last.
- He is the beginning and the end.
- He is Alpha and Omega.
- He is the keeper of creation and the Creator of all.
- He's the architect of the universe and the manager of time.
- He is light, love, longevity, and Lord.
- He is goodness, grace, guide, God.
- He is holy, righteous, mighty, powerful, pure.
- He is Savior, Sanctifier, Redeemer, Friend.
- He is peace.
- He is joy.
- He is comfort.
- He is hope.
- He is eternal.
- He's the Ancient of Days.
- He is Ruler of rulers and King of kings.
- The schools cannot explain Him.

The leaders can't ignore Him.
The world can't understand Him; armies can't defeat Him.
The Pharisees couldn't confuse Him. Herod couldn't kill Him. Nero couldn't crush Him. Hitler couldn't silence Him.

PROMISES

- He will never leave you. He will never forsake you. Josh. 1:5
- He will never mislead you. Ps. 18:32
- He will never overlook you. Matt. 6:26
- He will never forget you. Is. 49:15
- When you fall, He will lift you up. Ps. 37:24
- When you fail, He will forgive. Is. 1:18
- When you are weak, He is strong. 2 Cor. 12:9
- When you are lost, He is the Way. John 14:6
- When you are afraid, He is courage. Is. 41:10 & 13
- When you are stumbling, He is steady. Ps. 18:36
- When you are hurt, He will heal. Ps. 30:2
- When you are broken, He mends. Ps. 147:3
- When you are blind, He leads. Is. 42:16
- When you are hungry, He feeds. Ps. 107:9
- When you face trials, He's with you. Ps. 34:19
- When you face persecution, He will shield you. Ps. 7:10; 2 Cor. 4:8, 9
- When you face problems, He will comfort you. 2 Cor. 1:3, 4

ALL WE NEED

- When you face loss, He will provide. Phil. 4:19
- He is everything for everybody, everywhere, every time, every way.
- He is God.
- He is faithful.
- He is enough!



WORKING TOGETHER

by Frankie Roland

When our oldest daughter was a baby, she hated to lie on her stomach. She would cry and cry until finally I would pick her up and reposition her.

Since I was with her every day, I didn't notice anything amiss until I took her for a photograph at three months old. The photographer asked in a surprised voice, "Can't she hold her head up any better than that?"

Suddenly I saw what the photographer saw—that her head was leaning decidedly to the right side.

"Better check with her pediatrician before those neck muscles tighten up any further," she suggested. I thanked her and called the doctor as soon as we were home.

"It's almost time for her three-month appointment anyway," Dr. Bone said. "Bring her on in."

After checking her neck and observing how she leaned her head to the right, he said, "I want you to put her on her stomach in the crib for fifteen

"And the eye cannot say unto the hand, I have no need of thee: nor again the head to the feet, I have no need of you."

1 Cor. 12:21, KJV

minutes every other time you put her down for a nap. If she cries, ignore it and keep her in that position. We must strengthen her neck muscles. When she cries and lifts up her head, it will begin the process of strengthening."

It was excruciating to listen to my daughter cry while lying on her stomach. She would lift up her little head and search the room for me. Sometimes I patted her back, other times I ran from the room in tears, but I knew it was best for her and followed the doctor's orders.

It took about three months for the lazy neck muscles to decide to do their job and hold up that

little head. The doctor saw her every two weeks to note progress and told me to keep up the good work.

I still have the picture the photographer took that day. Each time I see it, I am reminded that there is a spiritual message here. The gifts that God has given us will become weak if we do not use them.

God gives us each gifts to be exercised for the common good of the body of Christ. In 1 Corinthians 12:7-31, Paul talks of these gifts God bestows. Some of us have the gift of wisdom, others the gift of faith, and others can preach the Word, but all are to use these gifts to better humankind.

If there were no preachers, how would the gospel be spread? If one had no faith, how would we hold on in hard times? If no one was wise, who

would administer the duties of the church?

We each have a gift, and some have more than one. We must exercise the muscles of our gifts to edify the body of Christ. We cannot afford to let our gifts lie dormant and become weak, like neck muscles unable to hold up the head.

We may be able to live and function with a lopsided neck, but it is not very comfortable. Instead, let's seek to function at our best, working together to keep the body strong.



FRANKIE ROLAND is a retired elementary educator. She and her retired minister husband have four children and four grandchildren. They recently moved to Colorado Springs to be near their two daughters and 11-year-old granddaughter, Thea. Frankie has started a writing group in the retirement community where they reside.



If people think that your husband's sermons aren't even important enough for his own wife to be there—they'll either wonder what you have against them or think there's no point in *them* showing up.

You don't have to be a party-planning guru or be in charge of lots of church social events. You don't have to be on every committee or even *any* committees if you don't want to.

But you **DO** need to make a point to show up regularly. If you don't, people will naturally (even rightfully) wonder all kinds of things. Is the pastor's wife really a woman of faith, or is she doubting? Has the congregation made some egregious error so offensive that it keeps her away, and if so, who did it? Is the pastor's marriage having problems?

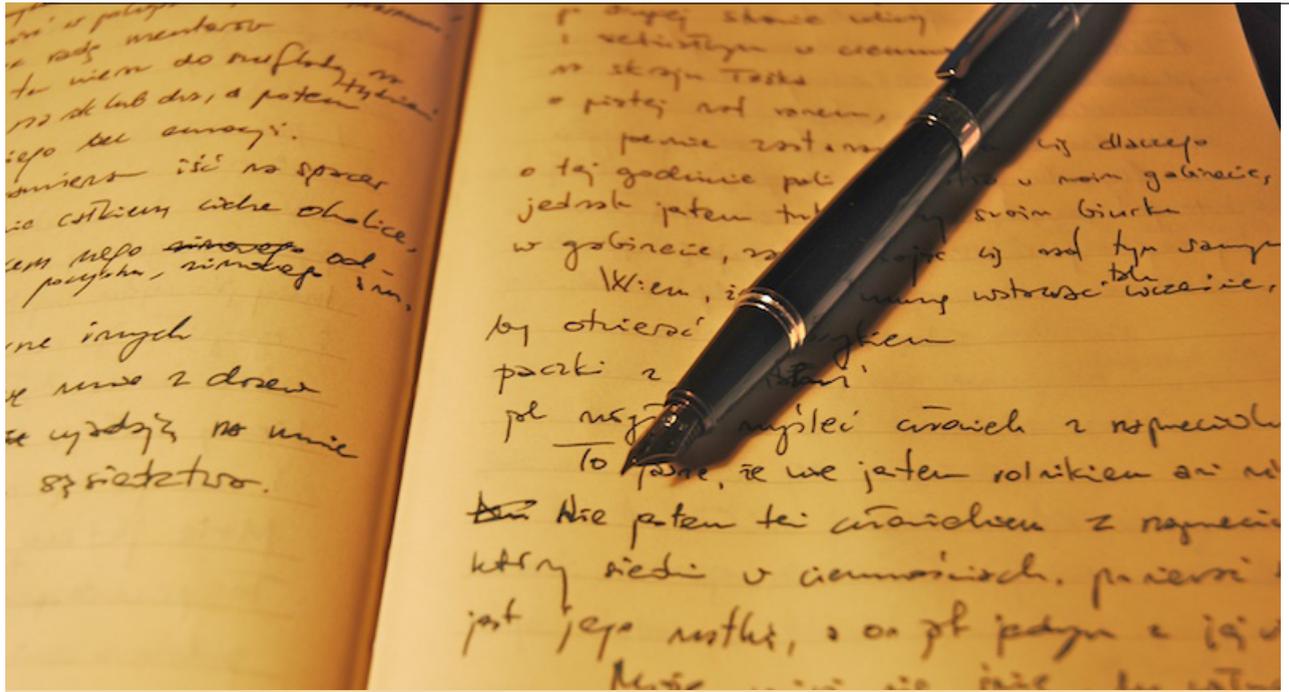
Sure, if you have small kids with early bedtimes, there are going to be events that you skip. When you do, make sure people know that you send your regrets and would have loved to come if you could.

And yes, there'll be times when you're too sick or you're previously obligated and you just can't make it. But let those be the exception to the rule, rather than the norm.

Just showing up will go a long way toward building relationships and trust among the people you and your PH have been called to serve.



Got a survival tip that someone shared with you once upon a time, or that you have learned along the way? Send it in to share here at: development.gc.ministerial@gmail.com.



Dear Abigail,

I am a young pastor's wife—my husband is the senior pastor. Recently an assistant pastor joined part-time. He is married and has four children, ages 5-12. But his family does not come to church.

The wife attends services only rarely and is not involved otherwise. They go to a nearby church on Sabbath evenings as a family, saying that their children like it better.

Our church has several families with children. We had a children's class when this new pastor began, but he changed it to a nursery for babies only. Now his family says there's nothing for their kids to do. I asked the wife to join the volunteers serving in the nursery, but since her children don't attend, she declined. She says she wants to be involved but won't force her children to come to church when there is nothing for them, so she has to stay home unless she has a babysitter.

I'm ten years younger and have much smaller children (my oldest is 3). We attend every service unless we're sick, and I do my best to mentor the young women, even though I'm not much older than most of them.

Is it normal for pastors' wives to be this invisible? She says she isn't used to being attached to her husband's hip in ministry. But how can he fully invest himself if his wife isn't around?

I wish she would share the vision of the body and be part of it. Many people have asked my husband and me why she doesn't attend. We don't know what to say. My husband hesitates to trust the other pastor's commitment without his family's investment.

I don't want to be legalistic. But I see that the church has a hard time respecting this leadership style. What would you do?

Frustrated and Disappointed

Dear Frustrated,

First, let's talk about you. You are making service a priority at the cost of your own comfort and convenience, especially with small children. Kudos to you for publicly supporting your husband and setting such a great ministry example for your kids!

But here's a tough question. How much of your frustration at this PW comes from feeling that she should be doing *at least* as much as you are? After all, she is older and her children are not so small, right? Has she shattered your dreams of gaining a ministry buddy? Are you sure you're not the tiniest bit jealous that she is invisible while you are working so hard? I'm not condoning her absence—just making sure that you have searched your heart and that your motive isn't rooted in envy or a similar negative emotion.

Now, about her. Do you know her story? Was she involved in their last district but got burnt out? Is there a private health issue? Does she see this as a season where she is most needed at home? Were expectations different in her husband's last church? Is she clueless?

It can be good to protect our children from being overburdened as pastors' kids. But every child (if they want to be a successful adult) must learn that we serve others whether or not it seems "fun" or is designed for our convenience. Going to church with people of all ages and backgrounds is one great way to teach children that we do many things for the good of others. (The book *The Narcissism Epidemic: Living in the Age of Entitlement* by Twenge and Campbell, has some excellent scientific support for this.)

Sadly, there is a growing trend of faceless pastors' wives who feel OK about not supporting their husband's ministry. Shared ministry looks different for every pastoral couple (check out Karen Holford's article in this issue), but the basics of loving people and being willing to use one's gifts are absolutely imperative.

When a pastor's wife is consistently absent, the church body naturally grows concerned. Is the pastor's marriage OK? Does she have an undisclosed illness? Does she hate us? Have we offended her? Can her husband be trusted? (Check out this issue's "Perspectives" column on this subject.) When members ask, I suggest telling them to go and talk to her husband directly. At the least, you will be discouraging gossip.

No pastor can effectively lead a church or convince members to serve sacrificially if his own wife refuses to even attend.

5). Has your husband had a frank conversation with his assistant pastor about the negative impact of his wife's absence?

If open communication reveals a legitimate reason for her absence (such as a private illness or severe depression), then her situation could be tactfully expressed to the church in a way that engages their prayers without compromising her privacy.

May God bless you and your husband as you prayerfully consider how to communicate so that scriptural principle isn't compromised, while the needs of both the congregation and the pastoral families are fulfilled.

Abigail



Every pastor's wife should hold herself to the same (if not higher) standard of attendance and involvement that is expected of any active member. Scripture places an imperative on female leaders to engage in mentoring and teaching younger women by example (see Titus 2:3-5). No pastor can effectively lead a church or convince members to serve sacrificially if his own wife refuses to even attend.

This may be a matter for your husband to address with her husband. Scripture implies that the state of a church leader's family is crucially connected to their eligibility to serve (see 1 Timothy 3:2-

DEAR ABIGAIL is an advice column where pastors' wives can ask for biblical wisdom about their situations, challenges, and difficulties.

In the Bible, ABIGAIL was known for her generosity, intuition, industry, discernment, hospitality, loyalty, strength, and wisdom. Write to DEAR ABIGAIL at dear.abigail.letters@gmail.com.

EURO-ASIA DIVISION

In September 2011, the Euro-Asia Division held a pastoral congress in Moscow. During these meetings Liliya Krupskaya, ESD Shepherdess coordinator, planned a day for the Shepherdess Advisory with a variety of speakers, including Janet Page, GC Shepherdess coordinator, and Galina Stele, former ESD Shepherdess coordinator. There were 150 spouses who enjoyed time together for prayer and fellowship.



Shepherdesses during the advisory in Moscow.



The union Pastoral Wives Association coordinators with Janet Page, GC Shepherdess coordinator (third from left), and Liliya Krupskaya, ESD Shepherdess coordinator (third from right).

THE JOURNAL

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SECOND QUARTER 2012

INTER-AMERICAN DIVISION

The Inter-American Division started a “Shepherdess Continuing Education Program.” In October 2011 the union coordinators met together in Nassau, Bahamas, for the first level of instruction in this program. They are sharing these seminars with pastors’ wives throughout the division. The second level of this program will be held October 2012. Pray for these dear ladies as they study to enhance their ministry.



Evelyn Omana, former SIEMA Shepherdess coordinator, doing a presentation during the Shepherdess continuing education seminar.



Linda Jimenez Salazar; Leticia delos Santos, IAD SIEMA coordinator; and Evelyn Omana, former IAD SIEMA coordinator.



Ladies praying together during the IAD year-end meetings.

I was a door-to-door colporteur from Switzerland. One day I visited the house of a very old lady and sold her a *Life and Health* magazine. Then asked if I could show her the most important book that I normally bring with me—*The Great Controversy*. I have done this each time I finish a sale. I shared with her what was in the book and that it cost 10 Euros. She agreed to buy it.

A few months later I received a letter in very shaky handwriting. I knew it must have come from an old person. The letter was thanking me for the book. It said: “Everyone should have this book. Here is something for you.” It was 200 Francs! The letter was signed with only two letters. I didn’t know who had sent the letter. After praying and thinking it over, I remembered the old lady I had visited.

On Sabbath my whole family went with me to give her flowers and to thank her for the 200 Francs and the letter. When we entered her house I noticed that *The Great Controversy* was lying open on a small table. It was very worn, with fingerprints all over and a lot of highlighted text. Beside the book there was an open Bible. We talked a little, and I asked if I could pray with her. She said yes. So I prayed, and then she prayed for us.

As we were about to leave, she asked us to wait. After going inside, she came back and tried to hand me 500 Euros. I didn’t want to take her money, but she said that I must. So I asked her what it was for.

She explained to me that she was baptized 50 years before in a very charismatic church. During those 50 years she had given her tithes to a Christian organization. However, since she read *The Great Controversy* she knew she could not give her tithes to this organization anymore because they have the wrong day of worship. Because of the book, she now knew that the Sabbath is God’s day. So she decided to give her tithes to the church that provided this book. She told me that these 500 Euros were to buy more of *The Great Controversy* books to give away.

After that, I visited her every week. We had Bible studies, prayed together, I sang to her, and every two weeks she gave me her tithe so I could take it to the church on her behalf. I haven’t heard from her since I moved away four years ago, but I thank God for this powerful book!



STEPHAN FREIBURGHaus | Bogenhofen Seminary Associate Pastor

I saw that if we do not feel immediate answers to our prayers, we should hold fast our faith, not allowing distrust to come in, for that will separate us from God. . . . Our confidence in God should be strong; and when we need it most, the blessing will fall upon us like a shower of rain.

Testimonies, vol. 1, p. 121

Often those who are in health forget the wonderful mercies continued to them day by day, year after year, and they render no tribute of praise to God for His benefits. But when sickness comes, God is remembered. When human strength fails, men feel their need of divine help. And never does our merciful God turn from the soul that in sincerity seeks Him for help. He is our refuge in sickness as in health.

The Ministry of Healing, p. 225

Sometimes answers to our prayers come immediately; sometimes we have to wait patiently and continue earnestly to plead for the things that we need. . . . There are precious promises in the Scriptures to those who wait upon the Lord. We all desire an immediate answer to our prayers, and are tempted to become discouraged if our prayer is not immediately answered. . . . The delay is for our special benefit.

Counsels on Health, p. 380, 381

If you will find voice and time to pray, God will find time and voice to answer.

My Life Today, p. 16

SPRING COUNCIL
APRIL 17, 2012

GENERAL CONFERENCE
SESSION, JULY 2015

REVIVED BY HIS WORD

READING THROUGH THE BIBLE TOGETHER

day... eliciting you... hearts of the redeemed.
16:18 **Pride.** Pride was the primeval sin of Satan before his fall (1 Timothy 3:6; I Corinthians 10:12).
16:25 **ways of death.** See the same verse in verbs 14:12. This is an important truth.

sorrow... 22 A man... but a broken spirit.
17:6 **their fathers.** A great incentive for godly living is the example set for one's children and grandchildren that they may indeed "glory" in their parents.



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