

# THE JOURNAL

A Shepherdess International Resource for Ministry Spouses

VOL. 28 – FOURTH QUARTER 2011



YOU HAVE  
**THE POWER**  
TO MAKE YOUR HUSBAND LIVE IN MISERY

# THE JOURNAL

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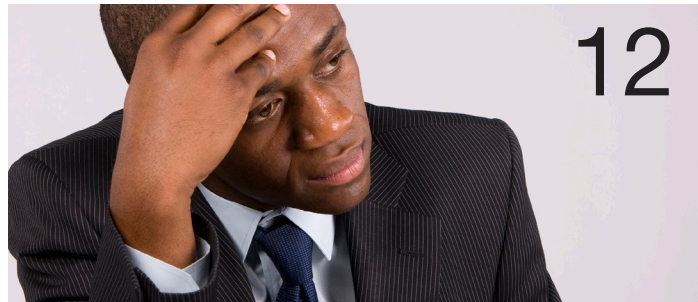
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*If my people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, I will hear from heaven, ...”*

2 Chronicles 7:14, NKJV

**B**eth and Lorie\* came running in for the final 10 Days of Prayer meeting. Out of breath Beth said, “Remember my son? The one whose conversion we’ve been praying and *fasting* for? He called me last night and said, ‘Mom, I have been reading.’”

“Good, I am glad! I am paying a lot of money for you to be reading at that college!” she told him.

Beth had joined the Seventh-day Adventist Church when her son was headed into his teens. He’d never taken to her new religion and was living a worldly life.

“Mom, you don’t understand,” he explained. “God spoke to me and told me I was to love Him more than you or my girlfriend. And that I was to read the Bible.”

Next, Lorie jumped into the conversation. “Let me tell you what happened to me this morning. I had asked you to pray for my mother’s conversion. She was very upset when I became a Seventh-day Adventist and told me to never talk to her about my new religion. This morning she called and said, ‘I called my priest, and I told him that the only people

I see with joy and peace are Seventh-day Adventists, and I am going to become one.”

Beth and Lorie were so happy, and everyone in the room joined together praising God for what He had done. Through the Holy Spirit, there is power in united prayer!

Have you ever been involved in 10 Days of Prayer and Fasting? Now don’t panic. When people hear the word *fasting* they usually get a fearful look on their faces. Fasting can be done in many ways. The point is to fast the way God leads you.

Balance is important. You can find counsel on fasting in the Bible and Ellen White’s writings. In this issue there is also an article on fasting.

On the back page of *The Journal*, you will find an announcement of the world church’s 10 Days of Prayer called Operation Global Rain. It runs from January 4-14, 2012. So, why 11 days? Church leaders wanted to include the Sabbath, which is the 11<sup>th</sup> day, and make it a special day of celebration for what God has done. Be sure you read Atonte Myers’ article “Not Yet Time for Pentecost!” It is about her experience with a 10 Days of Prayer event that changed her and her church.

About the cover, Sarah Asaftei’s three-part series “You Have the Power ... To Make Your Husband Live in Misery” begins in this issue. It is so true, isn’t it? As pastors’ wives, we can either kill our spouse’s pastoral ministry or help make it powerful!

I first realized this when I was converted several years ago because of people praying for the Holy Spirit in my life. My husband, Jerry, was a spiritual man and good pastor. But as God changed me, it affected my husband and caused his experience with Jesus and his ministry to grow. (Church members were praying for him too.)

Please let me know what God is doing in your lives. Your experiences are powerful and so encouraging. And remember to send your prayer requests ([pagejanet@gc.adventist.org](mailto:pagejanet@gc.adventist.org)). We pray over them daily.

Praying that you will join us in the 10 Days of Prayer. I believe we are on the threshold of God doing mighty things for His people!



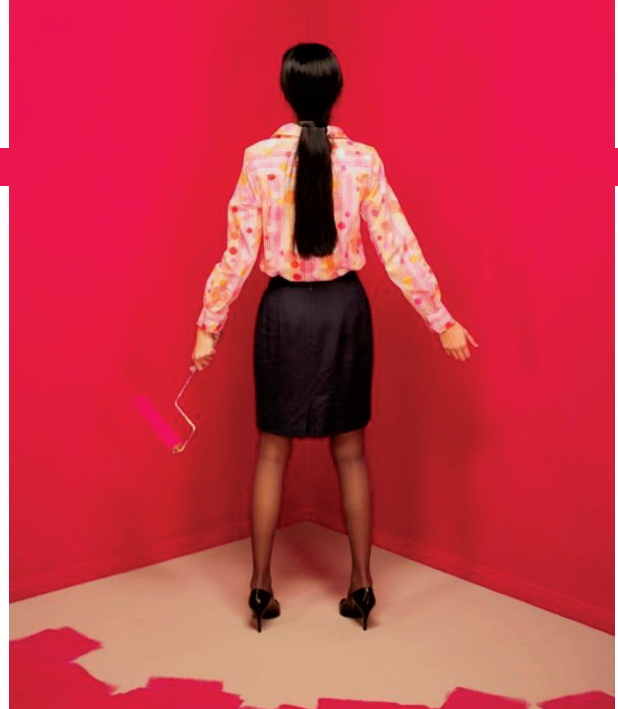
\* Beth and Lorie are not the real names.

*“Could there be a convocation of all the churches of earth, the object of their united cry should be for the Holy Spirit. When we have that, Christ our sufficiency is ever present. We shall have every want supplied. We shall have the mind of Christ.”*

Manuscript Releases, Vol. 2, p. 24

# MY OWN WORST ENEMY

by Rae Lee Cooper



*“What is this self inside us, this silent observer, / Severe and speechless critic, who can terrorize us, / And urge us on to futile activity, / And in the end, judge us still more severely, / For the errors into which his own reproaches drove us?”*

T.S. Eliot

Recently I had the opportunity to tell some would-be visitors how to get to our church. I felt very confident with the directions I gave because I drive there regularly myself. However, at one point in my instructions, I made a small error. I told them that when they came to a certain highway, they should head west. In reality, they should have turned east. Several hours into their attempt to find our church that Sabbath, they ended up miles away in the opposite direction, confused and frustrated.

Do you ever say or do things which end up being embarrassing mistakes? Do you wish you could crawl into a hole afterward and disappear forever? Do you scold yourself? If so, perhaps you use some of these remonstrations:

“I can’t believe I made such a dumb mistake!”

“How stupid of me!”

“What was I thinking?”

“I always mess up!”

“I can’t do anything right!”

At times do you feel you are *your own worst enemy*? I know I do!

## WHO’S LISTENING, ANYWAY?

We spend a lot of time talking to ourselves non-verbally. Often we take ourselves to task for our failures and our self-inflicted, embarrassing moments. Sometimes we say cruel things to ourselves which we would *never* say to another human being. We try very hard to be kind, patient, honest, respectful, and non-judgmental with others, yet we are willing to be unforgiving and harshly critical of ourselves.

## WHY AM I SO HARD ON MYSELF?

Positive or negative, our self-talk stems from our level of

self-worth. Perhaps it’s also because we think it doesn’t matter what we say to ourselves. In truth, however, it matters very much. Moods, feelings, and our sense of self-esteem are further affected by what we say to ourselves. Our bodies listen, too, and the results are reflected negatively in our heart rates, blood pressures, immune responses, stress levels, and wear and tear on our internal organs.

There is also a connection between our level of self-esteem and the abuse we will or will not allow. If we don’t think highly of ourselves, we won’t expect others to think highly of us either. This would explain why some people seem to endure so much more taunting, teasing, bullying, and verbal or physical abuse, which others reject without a second thought. Even our relationships are a reflection of how we relate to ourselves.

Poor self-esteem can show up in our everyday conversations. Someone tells us they love the casserole we brought to the church fellowship lunch, and we shrug off the praise by saying, “Oh, it didn’t turn out very well this time.” Or we receive a compliment on an outfit we are wearing, and we resist the comment with “This old thing? I’ve had it for years.” If our self-esteem is low, we will find it very hard to accept personal praise.

## IT’S MY PARENTS’ FAULT, RIGHT?

Influences exerted on us in childhood have a powerful effect. Although parents have the primary influence on the attitudes and ways of thinking their children develop, they aren’t the only contributors.

Teachers, caretakers, siblings, peers, relatives, and others give us thousands of messages that reveal their negative and positive thoughts about us. A young, impressionable child will



**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.

believe these messages and internalize them; thus, the level of self-esteem is formulated. As kids, we survive as best we can, and then we spend our adult years trying to manage life's situations with the emotional and psychological coping strategies we formed when we were younger.

And it's not just other people's words that affect our lives; self-criticism and harsh self-judgments make us feel worse about ourselves. They make us believe we really *are* dumb, awkward, fat, forgetful, unable, etc. Decades ago, the great French philosopher Rene Descartes stated this simple concept: *Cogito, ergo sum*. Translated, it means, "I think, therefore I am."

### SO I'VE GOT A PROBLEM. IS THERE ANY HOPE FOR CHANGE?

The good news is that we don't have to be victims of circumstance. We can learn to turn negative thinking into positive thinking. The process is simple, but it will take time, practice, and prayer because we will be creating a new habit. Positive thinking doesn't mean we are ignoring life's unpleasant situations; rather, it means we will approach unpleasantness in a more positive and productive way, and we will start by improving our self-talk.

Anytime is a good time to make a change. Here are a few helpful suggestions:

1. *Notice your pattern.* Listen to the tone of your self-talk. Using self-talk that is optimistic and hopeful has stress management benefits, productivity benefits, and even health benefits. Did you make a mistake? Forgive yourself and learn from it. In Luke 6:35-38, we are told to *love* our enemies, to *be merciful* even as our heavenly Father is merciful, and to *forgive* even as we are freely forgiven. This counsel applies to how we treat ourselves (our own worst enemy) as well as how we treat everyone else.

2. *Stop those thoughts.* When you notice you are saying something negative in your mind, stop your thought mid-stream. Say out loud to yourself, "STOP." Speaking out loud will have more power in halting the thought process. Turn the negative thought into a positive one. Did you get stuck in a traffic jam on the way to an important meeting? Turn the situation into an opportunity—to talk to the Lord, to take deep breaths and relax, to listen to soothing music, or to visit with your passenger (if you have one). Unexpected negative situations which cannot be changed can often become positive opportunities.

3. *Avoid self-limitations.* When we say, "I can't handle this," "I can't do this project," and so on, we very likely won't be able to do it. The subconscious mind tends to believe the words we speak and the thoughts we have. Try turning this negative statement into a question, such as, "How could I handle this?" or "What does God have in mind for me in this?" Using positive self-talk brings more positive energy into our lives and opens the channels for rational evaluation and

creative thinking.

4. *Keep a sense of humor.* Give yourself permission to smile and laugh, especially when the going gets rough. Looking for something in a tense, stressful situation to be glad about or to laugh about not only has healthful benefits but can also lighten the tension, encourage a better perspective, and facilitate a better solution. "A merry heart doeth good like a medicine . . ." (Prov. 17:22).

5. *Surround yourself with positive influences:*

a. *Music:* Listening to music that is soothing and uplifting can be a great boost to developing positive self-talk. Besides the wealth of beautiful classical music available today, the words of familiar hymns can feed the soul with encouragement and peace.

b. *Books:* Stories of faith, victory, answered prayer, and accounts of lives lived with strength and courage in spite of problems can encourage a positive outlook. The master book—the Bible—contains many inspiring accounts of ordinary human beings who made many mistakes but became extraordinary because they chose to be part of God's family and His great plan. What great love our God demonstrated in their lives—and He loves us just as much. Listen to this statement: "God regards us as His children. He has redeemed us out of the careless world and has chosen us to become members of the royal family, sons and daughters of the heavenly King."<sup>1</sup> We are daughters of a King, royal princesses! How amazing is that? Talk about a self-esteem booster!

c. *Positive people:* Ideal friends provide support when we are down, fun when we are up, wisdom when we need it, and positive regard continually. They can encourage us to greater heights and acknowledge our strengths even when we can't. Pay attention to how your friends make you feel and choose to associate with people who provide positive energy in your life.

### CONCLUSION

If you tend to have a negative outlook, becoming an optimist overnight would be an unrealistic goal. But with practice, your self-talk will include less self-criticism and more self-acceptance. In your self-talks, include the Lord in your conversations. He hears your thoughts anyway, and including Him will open the door for divine guidance, assurance, and peace. Then share your positive moods and experiences so that you can provide enjoyment and an emotional boost to those around you.



### Information Sources:

B. J. Gallagher, *Why Don't I Do the Things I Know Are Good for Me?* (New York: Berkley Books, 2009)

[www.arthritis.org/negative-self-talk](http://www.arthritis.org/negative-self-talk)

Stress.About.com

<http://www.eddinscounseling.com/http://www.eddinscounseling.com/1122>

*The Holy Bible*, King James Version

<sup>1</sup> Ellen G. White, *Christ's Object Lessons*, p. 142.

# NOT YET TIME FOR PENTECOST!

by Atonte Myers



As I walked through the door Sabbath morning and read the title of my husband's sermon, "Why We're Not Yet Ready for Pentecost," I thought, "Good. This will be a great sermon to rebuke all the lazy church members!" What I didn't know was that this sermon was for me. As he took us through the steps that the disciples took to receive the outpouring of the Holy Spirit, I was convicted of my wretched condition and stood for the appeal. The appeal was "Am I willing to meet for 10 consecutive days and plead for the outpouring of the Holy Spirit?" Not 10 days of preaching, but just praying and agonizing with God along with my church brothers and sisters.

I really didn't know what to expect. I remember thinking, "Is anyone going to show up night after night to pray?" The first night our fellowship hall was full, with church members crying out to God and pleading for Him to take all known sin out of their lives. Each night the topic would change, but always dealing with revival and reformation. We prayed about true repentance, forgiveness, witnessing, and family issues, along with other things we all struggle with. Many who came out for the 10 days of prayer were not regular attendees of prayer meeting. They were expecting a long, drawn-out prayer service, but were pleasantly surprised that the one hour of praying together had energy that made the hour go by very quickly. We did something that is called short sentence prayer. Many times people don't attend prayer meeting because of the long prayers that weary the saints. With short sentence prayer each person prays by using two to three short sentences each time they pray. That way everyone gets a chance to pray.



**"THEIR PRAYERS ARE LONG AND MECHANICAL. THEY WEARY THE ANGELS AND THE PEOPLE WHO LISTEN TO THEM. OUR PRAYERS SHOULD BE SHORT AND RIGHT TO THE POINT. LET THE LONG, TIRESOME PETITIONS BE LEFT FOR THE CLOSET, IF ANY HAVE SUCH TO OFFER. LET THE SPIRIT OF GOD INTO YOUR HEARTS, AND IT WILL SWEEP AWAY ALL DRY FORMALITY."**

*Counsels for the Church, p. 292*



**GO YE THEREFORE, AND  
TEACH ALL NATIONS,  
BAPTIZING THEM IN THE  
NAME OF THE FATHER,  
AND OF THE SON, AND OF  
THE HOLY GHOST.”**

Matthew 28:19

Many people really appreciated this style of praying and attended night after night. There were up to 70 people, when we normally had maybe 20 come out for our regular prayer meetings.


On the final night we had a communion service. People who had not spoken to each other for years, and would normally pass each other in the church hallways, were crying, hugging, and apologizing for anger and bitterness.

This experience provided much-needed healing for our church and led my husband to think about what would happen if all the churches in our area prayed together at the same time for the same thing for 10 days! Then he wondered about all the churches in the conference. Even better, what about all the SDA churches around the world? After receiving support from the local conference, *Operation Global Rain* (OGR) was born in 2007. The first worldwide 10 Days of Prayer movement had over 1,800 hundred churches in over 80 countries.

Testimonies started flooding into our inbox on how OGR revitalized prayer meetings, changed lives, and healed relationships. Our most recent OGR was held January 5-15, 2011. Again hundreds of churches participated around the world.

When I think of our great commission in Matthew 28:19, “Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost,” I wonder how we can accomplish this work when there are billions of people in the world and we are relatively small in number. The Lord showed me that only through

humbled hearts, true repentance, and praying together as the apostles did will we receive the outpouring of the Holy Spirit needed to spread the message around the world. At the conclusion of our first 10 Days of Prayer, the following Sabbath our church was packed. Some just walked in off the street and others felt impressed to come back to church after many years! We rejoiced and knew it was God answering our prayers.

Hundreds of churches praying is good, but we have thousands around the world. If all the Seventh-day Adventist churches humbled themselves and prayed for the outpouring of the Holy Spirit for 10 consecutive days at the same time, we could have faith that God would hear those prayers and something supernatural would happen! 



**ATONTE MYERS** lives in San Luis Obispo, CA, with her husband and four children. She is vice president of Power of the Lamb Ministries. She enjoys working with her husband in ministry. She and her husband host “Battles of Faith” on 3ABN. Atonte loves spending time with her family and friends.

## NOTE

To learn more about  
OPERATION GLOBAL RAIN visit  
[www.revivalandreformation.org](http://www.revivalandreformation.org).

# The Pastor's Wife

by Lois E. Reynolds

Loneliness is a very real feeling we all have experienced at some time in our lives. It can be easy to feel isolated and alone as a pastor's wife, especially if you feel your husband's congregation compares you to the previous pastor's wife. It can be very disheartening if your husband's flock thinks of you only as "the pastor's wife," someone outside of their circle, someone not part of the congregation.

I have experienced such situations. At the age of 42, I married my husband; I was not prepared to take on the role of the "pastor's wife." There were no classes I could attend on how to become a "pastor's wife." I had no mentor. No one explained to me I would be living in a fishbowl.

I soon realized I could no longer be just a member of my new church home, for I was now "the pastor's wife."

My new husband informed me he did not want me to hold church offices. He said it would weaken the church because when it came time to transfer to another district, the church would have to fill my offices. He said I would have to do as "the pastor's wife."

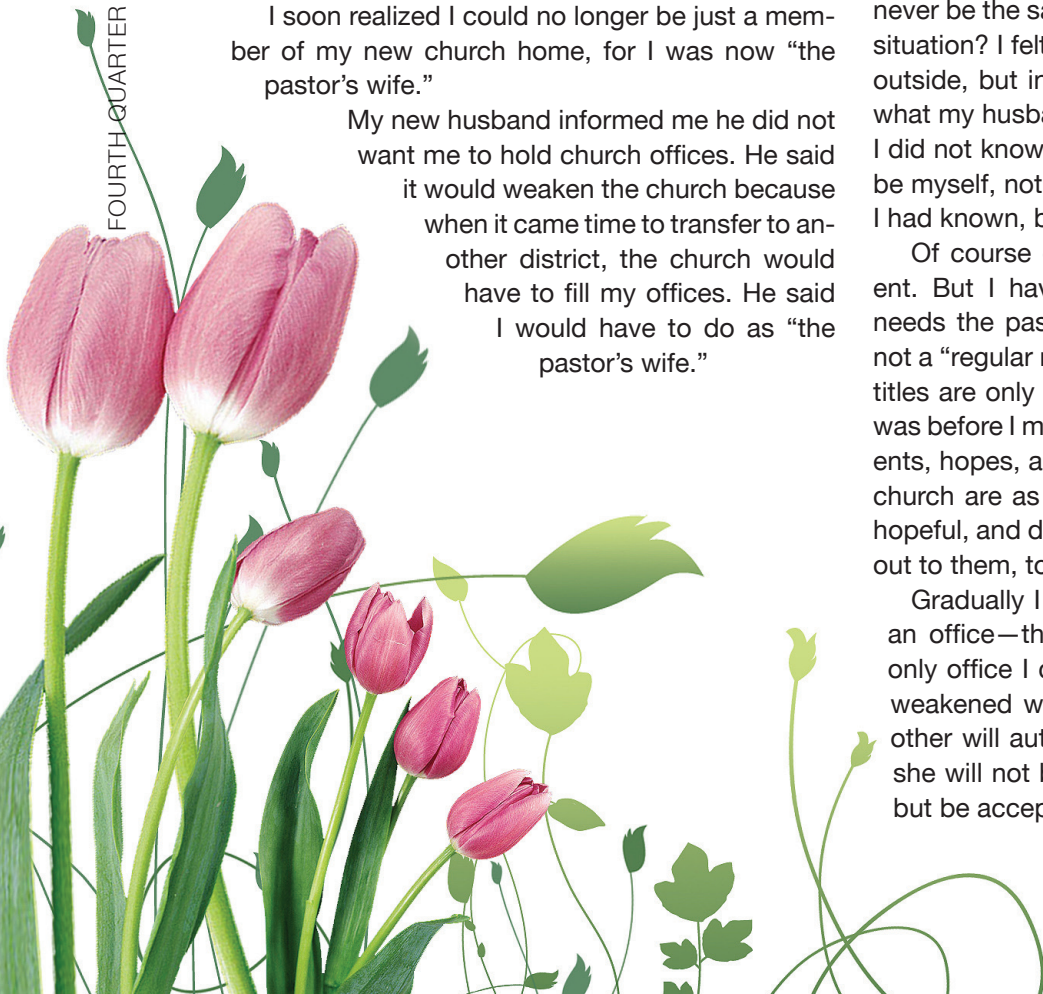
I resisted his request for I had always held church offices. I enjoy working in the church. So I held many church offices, and I did leave the church looking for members to fill my offices. I was also tired from all my church work, substitute teaching, caring for three of our five children still at home, housework, yard work, being "the pastor's wife." Yet, though I stayed busy and tired, I remained lonely.

I wanted to be just a regular member, but the congregation wanted me to be "the pastor's wife." I felt displaced. I wanted to belong, to attend church and be one of "them" as I had been in my former church. I longed for a few close friends. My life as a "pastor's wife" certainly differed from my old life.

Gradually I began to realize that my life would never be the same. How was I to deal with this new situation? I felt so inadequate. I was friendly on the outside, but inside I felt so alone. I tried to guess what my husband's congregation wanted from me. I did not know. I finally decided God wanted me to be myself, not a composite of other pastors' wives I had known, but my unique self.

Of course every church congregation is different. But I have learned that every congregation needs the pastor's wife to be "the pastor's wife," not a "regular member." I have also discovered that titles are only titles because I am still the person I was before I married my husband. I have needs, talents, hopes, and dreams. And the members of our church are as I am. They too are needy, talented, hopeful, and dreamers. I have the privilege to reach out to them, touch their lives, and love them.

Gradually I came to realize that I really do hold an office—the office of "pastor's wife." It is the only office I can fill that will not leave the church weakened when I have to say goodbye, for another will automatically take my place. Hopefully she will not be compared to me for good or bad but be accepted for who she is.







**TRUST IN THE LORD AND DO GOOD; DWELL IN THE LAND AND ENJOY SAFE PASTURE.”**

Psalm 37:3, NIV

I am no longer lonely. The loneliness disappeared without notice. I think it was when I stopped thinking about myself and started concentrating on how to show the members of my churches I accept them just as they are.

I began to make phone calls just to say hello; phone calls to check on my brothers and sisters who are sick, hurting, or lonely; phone calls of encouragement, sympathy, sharing, and prayer.

Another member and I sent birthday cards to every man, woman, and child in our church family, no matter if they attended church or not. We sent anniversary cards to all the husbands and wives, get-well cards, sympathy cards, and wedding cards. We sent cards to our shut-ins and our boarding students once a month. Not one person on our church books was forgotten.

All through the year I made calls to our members to keep our membership directory updated. I even included the ones who lived out of our area. I wanted them to know they were on my mind. This directly led to transfers, renewed church attendance, and better communication.

Visitation is so important. Visits to shut-ins and people in the hospital and nursing homes bring untold pleasure. A simple “I love you and am thinking about you” will brighten many people’s lives.

Several years ago I began giving a hug to each woman after church, perhaps so I could receive the hugs I needed. There are many lonely women in your churches; I know there are in mine. They have told me how much our hugs mean to them. Share their joys and hopes and dreams. Share their tears and hurt and pain. Share their disappointment and frustrations. Share God’s answers to your prayers. Share meals together. Study the Bible together. Pray together. Be ready for any emergency. Be ready to have fun. Be ready to do what you can.

No one could have prepared me for this office. I would have been ready to say, “I am not cut out to be a pastor’s wife.” Maybe you have said that yourself. Perhaps you feel overwhelmed by the ministry, discouraged, and frustrated by your husband’s work schedule, inadequate to fill everyone’s

expectations. We are not above such human feelings. Jesus knows what life on this earth is like. Talk to Him. Pour out your heart to Him. Ask Him to meet your needs.

Be yourself. Use the talents you have, the gifts God has given you. No one can expect more. And most of all be friendly, honestly friendly. People know the difference between put-on friendliness and genuine interest.


We are not made from a cookie cutter. We are different because God wants us that way. He has a plan and a work for each one of us. You will have your own unique ministry, and when you do, you will not feel lonely. You will experience contentment.

“Trust in the Lord, and do good; so shalt thou dwell in the land, and verily thou shalt be fed. Delight thyself also in the Lord; and he shall give thee the desires of thine heart. Commit thy way unto the Lord; trust also in him; and he shall bring it to pass” (Ps. 37:3-5, KJV). Hold these promises close.

By putting others first, we lose sight of ourselves, and loneliness is gone, replaced by contentment and peace. Every person, young and old, in your congregation is special. Look for the inner beauty in each one. Many are buds just needing a little sunshine to bloom

The ministry is not all roses. There are problems. Satan would have us concentrate on the thorns and forget the roses. I urge you to treat everyone with the same respect and interest and make friends of all. Some people are harder to love, but the Holy Spirit will give you the grace and patience you will need.

Don’t be afraid to love with all your heart. Sure it hurts when you have to say goodbye and move to another district, but you can’t truly love without being vulnerable.

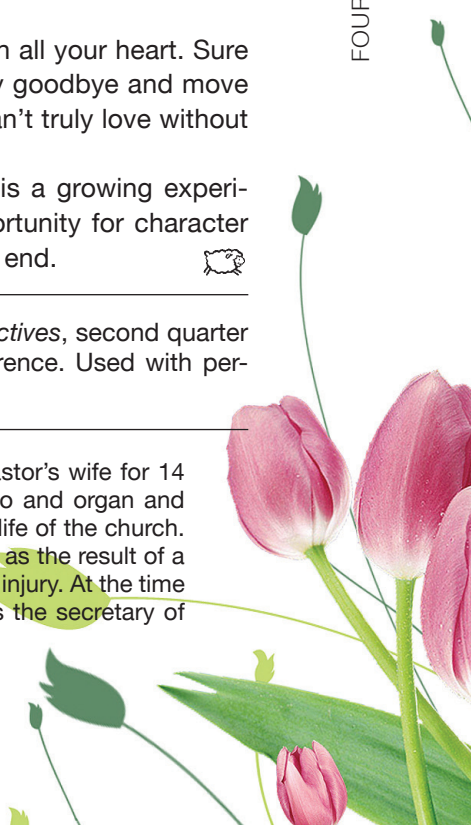
Being “the pastor’s wife” is a growing experience for me—a definite opportunity for character growth and blessings without end. 

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This article appeared in *Perspectives*, second quarter 1994, Central California Conference. Used with permission.

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**LOIS REYNOLDS** was a pastor’s wife for 14 1/2 years. She played both piano and organ and was very actively involved in the life of the church. She passed away Dec. 16, 2000, as the result of a fall from a ladder, creating a brain injury. At the time of her death, she was serving as the secretary of Dinuba Junior Academy.





# THE POWER OF PRAYING TOGETHER

Quotes from Ellen White's Writings

## A POWER GREATER

"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" (Matthew 18:19, 20). "Ask of Me, and I will answer your requests."

"The promise is made on condition that the united prayers of the church are offered, and in answer to these prayers there may be expected a power greater than that which comes in answer to private prayer. The power given will be proportionate to the unity of the members and their love for God and for one another."

*Manuscript Releases*, Vol. 9, p. 303

## ONLY TAKES 2 OR 3

"The Lord has promised that where two or three are met together in His name, there will He be in the midst. Those who meet together for prayer will receive an unction from the Holy One. There is

great need of secret prayer, but there is also need that several Christians meet together and unite with earnestness their petitions to God."

*In Heavenly Places*, p. 91.

## UNITEDLY MAKE KNOWN YOUR TROUBLES

"It is in the order of God that those who bear responsibilities should often meet together to counsel with one another and to pray earnestly for that wisdom which He alone can impart. Unitedly make known your troubles to God. Talk less; much precious time is lost in talk that brings no light. Let brethren unite in fasting and prayer for the wisdom that God has promised to supply liberally."

*Gospel Workers* (1892 ed.), p. 236

## ENCIRCLE THE WORLD

"A chain of earnest, praying believers should encircle the world. Let all pray in humility. A few neighbors may meet together to pray for the Holy Spirit. Let those who cannot leave home, gather in their

children, and unite in learning to pray together. They may claim the promise of the Saviour: 'Where two or three are gathered together in my name, there am I in the midst of them' (Matthew 18:20)."

*In Heavenly Places*, p. 93

### **NOTHING MORE NEEDED**

"There is nothing more needed in the work than the practical results of communion with God. We should hold convocations for prayer, asking the Lord to open the way for the truth to enter the strongholds where Satan has set up his throne, and dispel the shadow he has cast athwart the pathway of those whom he is seeking to deceive and destroy. We have the assurance, 'The effectual fervent prayer of a righteous man availeth much' James 5:16."

*In Heavenly Places*, p. 93

### **JUST WHAT MEMBERS NEED**

"Solicit prayer for the souls for whom you labor; present them before the church as subjects for their supplication. It will be just what the members of the church need, to have their minds called from their petty difficulties, to feel a great burden, a personal interest, for a soul that is ready to perish. Select another and still another soul, daily seeking guidance from God, laying everything before Him in earnest prayer, and working in divine wisdom. As you do this, God will give you the Holy Spirit to convict and convert the soul."

*Testimonies to the Church*, Vol. 6, pp. 80-81

"Why do not believers feel a deeper, more earnest concern for those who are out of Christ? Why do not two or three meet together and plead with God for the salvation of some special one, and then for still another?"

*Testimonies to the Church*, Vol. 7, p. 21

### **MAKING PROGRESS**

"We must be much in prayer if we would make progress in the divine life. When the message of truth was first proclaimed, how much we prayed. How often was the voice of intercession heard in the chamber, in the barn, in the orchard or the grove? Frequently we spent hours in earnest prayer, two or three together claiming the promise; often the sound of weeping was heard and then the voice of thanksgiving and the song of praise. Now the day of God is nearer than when we first believed, and we should be more earnest, more zealous, and fer-

vent than in those early days. Our perils are greater now than then. Souls are more hardened. We need now to be imbued with the Spirit of Christ, and we should not rest until we receive it."

*Testimonies to the Church*, Vol. 5, pp. 161, 162

"Our Savior follows His lessons of instruction with a promise that if two or three should be united in asking any thing 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. God hears the prayers of individuals, but on this occasion Jesus was giving especial and important lessons that were to have a special bearing upon His newly organized church on the earth. There must be an agreement in the things which they desire and for which they pray. It was not merely the thoughts and exercises of one mind, liable to deception; but the petition was to be the earnest desire of several minds centered on the same point."

*Testimonies to the Church*, Vol. 3, p. 429

### **WHY NO MORE FAITH AND POWER?**

"I asked the angel why there was no more faith and power in Israel. He said, 'Ye let go of the arm of the Lord too soon. Press your petitions to the throne, and hold on by strong faith.'"

*Early Writings*, p. 73

### **WITH YOUR BIBLE**

"There are many who long to help others, but they feel that they have no spiritual strength or light to impart. Let them present their petitions at the throne of grace. Plead for the Holy Spirit. God stands back of every promise He has made. With your Bible in your hands say, I have done as thou hast said. I present Thy promise, 'Ask and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.'"

*Christ's Object Lessons*, p. 147

### **EXPECT GREAT THINGS**

"He longs to have you reach after Him by faith. He longs to have you expect great things from Him. He longs to give you understanding in temporal as well as in spiritual matters."

*Christ's Object Lessons*, p. 146



# YOU HAVE THE POWER

## TO MAKE YOUR HUSBAND LIVE IN MISERY

>Part 1

by Sarah K. Asaftei

**Y**es, you read it right. In *misery*. Because of *you*. “That’s horrible!” you say. “I’m not that kind of wife. Marriage is about making each other happy!” Which is true. But what about when you don’t like what your husband does for a living? And what about when that job is his call from God?

Some of you are reading this and starting to mumble to yourself already. You know you can’t stand the fact that you’ve been “forced” into the role of being a pastor’s wife. You despise the pressure. You’re terrified by the demands. You loathe the fact that your husband is always on call. You’d be thrilled if he came home one day and announced that he was changing careers to something—*anything*—else.

Some of you can’t relate to all that angst and frustration. You don’t mind your husband being a pastor. Sure, the hours can be frustrating when he gets phone calls or visitors early in the morning or late at night. And yes, it isn’t fun sitting alone in church (when you actually go). But mostly, his life of ministry doesn’t affect you much. You do your thing, and he does his. And ministry is definitely *his* thing, not yours.

Or maybe you’re reading this and sitting a tiny bit straighter in your seat with a little sanctified pride. You’re not like those other ministry wives! You just love being the pastor’s wife. You like the influence it gives you. You’re friendly to everyone at church, involved in several ministries, and lots of people come to you for advice. You’re so proud of your husband in the pulpit that you could just burst. And you have lots of ideas about how he should do his job, too. In fact, sometimes you think to yourself that you could do his job just as well—or maybe even better. And maybe you could. But (without launching into a discussion about



**CAN TWO PEOPLE WALK  
TOGETHER WITHOUT AGREEING  
ON THE DIRECTION?\***

Amos 3:3, NLT

whether you *should* be the pastor) the fact is that you’re not. He is. And he can sense when you think you’re better than he is.

I used to insist that I’d *never* marry a pastor. Most of the theology students I knew were lazy, egotistical, or fanatical, and some were a blend of all three. Then I met my husband, and God tweaked my perspective. But I’ll freely admit various moments when I’ve met all three of the above descriptions.

However, none of those attitudes leads to a happy home or a satisfied marriage. And they definitely don’t foster a successful ministry. Powerful pastors come from peaceful homes, where they know that they are loved and supported by the most valuable person in their lives—their spouse. When life at home is harmonious, your pastor-husband is free to focus his energy on his calling.

Don’t get me wrong. I don’t mean that you should be a doormat. I definitely don’t mean that you should avoid communicating about problems just to keep the peace. And I absolutely don’t mean that you should pretend to be someone you’re not.

I *am* saying that if you’re not supportive of your husband’s calling, it’s going to have negative effects on your home life. Your children will pick up on the tension, and it can have a lifelong, damaging impact on their views of marriage and ministry. Your husband may work longer and longer hours because he’s not getting



support and admiration and peace at home. And your feelings are likely to keep going in a desperate cycle of frustration because your heart just isn't in it.

I *am* saying that if you see ministry as “his job” and not yours, the disconnect will eventually cause cracks in the foundation of your relationship. Your church members can sense when you aren't interested in them. When your husband consistently shows up alone to church activities, they start to wonder if everything is okay in the pastor's marriage. Besides, every member—even the pastor's wife—is called to be a minister according to his or her gifts. You aren't exempt from the basic expectations of service, participation, and ministry that God wants from everyone else in the church body. Yes, being the pastor is your husband's job, but you're a member of the body, too.

I *am* saying that if you think you could do a better job than your husband, be careful to avoid letting other people in on the secret. Listen to yourself and make sure that when you offer advice, it sounds supportive, not like second-guessing. Just because he handles situations differently than you think he should doesn't mean he's doing it wrong. People can tell when you don't trust his judgment. And sadly, some will use that against him.

Any of these attitudes can wreak havoc with your husband's confidence in his ability to fulfill his calling. His courage can be undermined by a spirit of competition just as much as by your irritated frustration at the demands of his job.

Life as a pastor's wife is personally invasive. You already know that. You share your husband with dozens (or hundreds) of other people who often feel that their claim to him is just as valid as yours. You can choose either to embrace the reality of his calling or to make

## TIPS FOR DISCOVERING—AND EMBRACING—YOUR CALLING AS A PASTOR'S WIFE:

- *Prayer.* Pray alone. Ask God to transform your heart. Ask Him to give you new eyes to see His purpose for you in this role. Pray together with your husband also. Ask God to bring you closer together so that you can serve Him better as a team than either of you could serve Him alone.
- *Study.* Ask God what He is asking *you* to do. Just for a moment, disregard the expectations of those around you and seek to discover God's idea for your purpose. Spend time directly in God's Word and ask for guidance while you study.
- *Explore.* Find an avenue of ministry that you love so that you have something to do for God that is your own. If you don't love music, maybe you can work with kids. If that's not your calling, maybe you can help with communication or event planning. Somewhere, there's a ministry role that you'll both enjoy and be good at—you just have to find it.

his existence a living hell. And no godly man wants to face the choice between making his wife happy and rejecting the call of God.

So, as the pastor's wife, you've got a choice to make. You can indulge in resentment or do your part to make home a happy place. You've got the power to make the pastor eager to get home or to make him wish his visitation would last longer so he can delay his return.

He's your warrior. You're his cheerleader. And no, I'm not being sexist. It's just the plain facts. Your attitude gives him the courage to live out his divine calling. Or not.

If you're not on board with your husband's calling, you need to be prepared for the inevitable results. And if you want home to be peaceful, if you want home to be a place your husband can't wait to get back to so he can see you, you might want to pray about a change of heart.



**SARAH K. ASAFTEI** is a pastor's wife and mother of two toddlers. She works as a Development Specialist for the General Conference Ministerial Department and directs media production at the Center for Secular & Postmodern Studies. She grew up as a missionary kid; married an Romanian and loves writing, traveling, evangelism, and photography.

# SPIRITUAL BREAK THROUGH

by Janet Page

**W**ould you like to make your spiritual life come alive? Develop a deeper passion for God? Be able to better discern God's will for your life? See God move in a powerful way in your life, your family, your church, and your community? Have a deeper understanding of Scripture? Have more energy and feel better? Be happier and full of God's joy and peace?

## TRY FASTING AND PRAYER!


**Don't panic and please don't stop reading.** It's really true. Fasting will change your life and the lives of those you pray for.

**You don't have to go without food to fast. You could do the following:**

- Leave off desserts.
- Eat simple foods like fruits, vegetables, and bread.
- Skip lunch or supper (use the time to pray).
- Stop eating between meals.
- Do 1, 2, or 3 days of just fresh vegetable and fruit juice (be sure to check with your physician beforehand).
- Omit television, videos, computer, books, stereo, or radio (use time to pray).

**Involve your children.** Children take prayer requests seriously, and they believe God will answer. Some activities are:

- Eat simple foods or eliminate dessert.
- Get a map of your community and have the children join in praying over the streets.

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- Obtain a world map or globe and involve the children in praying for specific areas of the world.
  - Prayer walk the neighborhood.
  - Pray together, pray one subject at a time, keep it short, go back and forth.

**Why fast?** Because God wants us to fast.

*The time will come  
when the bridegroom  
will be taken from them;  
then they will fast.”*

Matthew 9:15, NIV

“Now and onward till the close of time the people of God should be more earnest, more wide-awake, not trusting in their own wisdom, but in the wisdom of their Leader. They should set aside days of fasting and prayer. Entire abstinence from food may not be required, but they should eat sparingly of the most simple food” (*Counsels on Diet and Foods*, p. 188).

**Fast only as God directs you.** As you spend time with God, ask Him to give you a desire to fast

# EVER

and to show you when, how long, and what type of fast.

“For certain things, fasting and prayer are recommended and appropriate. In the hand of God they are a means of cleansing the heart and promoting a receptive frame of mind. We obtain answers to our prayers because we humble our souls before God” (*Counsels on Diet and Foods*, p. 187).

## FASTING IS...

- An attitude of the heart in which we interrupt our life to pray for a specific matter or cause.
- A tool that may be used to glorify God and realize answers to prayer.
- A means by which we can worship the Lord and submit ourselves in humility to Him. 🙏

**JANET PAGE**, General Conference ministerial associate for Shepherdess International and Prayer Ministries, is passionate about knowing Jesus, prayer, and reaching people for Him. As Prayer, Shepherdess, and Women’s Ministries coordinator for the Pennsylvania and Central California Conferences in North America, Janet has seen God work to change lives in miraculous ways when His people come together in prayer. Often a speaker for weekend retreats, she loves sharing her favorite subjects—Jesus and spending time with Him. She also travels with her husband, Jerry, speaking at leadership events around the world. She has two sons, two daughters-in-law, and two young grandsons. You can contact her at [pagejanet@gc.adventist.org](mailto:pagejanet@gc.adventist.org).

## BIBLICAL EXAMPLES

For some fascinating biblical examples of the purpose of fasting:

### *The Disciple’s Fast:*

“To loose the bands of wickedness” from ourselves and others.

Isa 58:6, Matt 17:21

### *The Ezra Fast:*

“Undo the heavy burdens.”

Isa 58:6, Ezra 8:23

### *The Samuel Fast:*

“To let the oppressed (physically and spiritually) go free.”

Isa 58:6, 1 Sam 7:6

### *The Elijah Fast:*

“To break every yoke” conquering mental and emotional problems.

Isa 58:6, 1 Kings 19:4, 8

### *The Widow’s Fast:*

“To share our bread with the hungry” and to care for the poor.

Isa 58:7, 1 Kings 17:16

### *The Paul Fast:*

To allow God’s “light to break forth like the morning,” bringing clearer perspective and insight as we make crucial decisions.

Isa 58:8, Acts 9:9

### *The Daniel Fast:*

So “thine health shall spring forth.”

Isa 58:8, Dan 1:8

### *The Esther Fast:*

That “the glory of the Lord” will protect us from the evil one.

Isa 58:8, Esther 4:16, 5:2

## FOR FURTHER STUDY:

Isaiah 58

*Counsels on Diet and Foods*, chapter 10



## WHEN LIFE HURTS

by Karen Holford

16 THE JOURNAL

FOURTH QUARTER 2011

When James came home after the board meeting, Sarah could see he needed some comfort. Hardly anyone at church knew that his brother was dying, that his father was in the initial stages of dementia, and that he'd been up all night at the police station with one of the church teenagers. She hugged him warmly and handed him a hot drink. Then she led him to the sofa by the fire and sat with her arm around him, giving him space to talk.

Luke knew that his wife was feeling down. Cindy hadn't been able to find work in their new church district, and her mother had just been diagnosed with cancer. She was feeling sad, lonely, and discouraged. He canceled all his appointments for the day so he could be with her. Cindy needed his ministry, too.

God gave us the gift of marriage so that we could take away each other's aloneness and comfort and support each other through challenges and hurts. The English wedding service describes marriage as a place where we "may find strength, companionship, and comfort."

When we comfort each other well, we recover more quickly from the hurts of life, we grow closer to each other, and our love matures. When we

don't know how to comfort each other or how to ask for comfort, our hurts can linger, and our lonely sadness can push us apart, encouraging us to look for comfort in inappropriate places, such as on the Internet and through other relationships and addictions.

### WHAT'S YOUR COMFORT STORY?

So that each can understand where the other is coming from, husbands and wives should discuss what they learned about comforting and sadness when they were children. Here are some questions to talk about:

- Who comforted you as a child? What did he or she do and say that was helpful?
- When you were growing up, what did you learn about being sad, being comforted, and comforting other people?
- Which messages about sadness and comfort that you received as a child came from your culture, your family, or your faith?

As you talk together about your comforting experiences, it's important to remember that different families and cultures believe they are doing their best to help prepare children for a painful world. In many cultures, boys are actively dis-



couraged from crying and are less likely to receive comfort from their caregivers, which can make it harder for them to tell their wives about their distress and more difficult for them to offer comfort to their wives. But we know that Jesus wept, and He knew what to say and do to comfort the sad and suffering people He met.

### COAT-STEALING

Solomon wisely warned us about being careful with the feelings of those who are distressed. Not only did he say that there's a time to weep and a time to laugh (Eccl. 3:4), he also said that when we sing cheerful songs to a sad person, it's like taking a coat away from him or her when it's bitterly cold (Prov. 25:20). Clearly, this isn't a very helpful way to comfort someone who is sad, yet we often respond like this because of our own experiences, culture, fears, and ideas about sadness and comfort. When people experience many uncomforted losses, they may become depressed or build a strong, defensive wall around their feelings to protect themselves from further hurts.

Here are some common responses to other people's sadness that often contribute to their distress:

- Minimizing their sadness: "Oh, it's not really that bad!" or "Don't be sad. Look at all the good things that are happening."
- Invalidating their feelings: "Stop crying! You've been sad long enough! It's time to get on with your life again."
- Spiritualizing away their feelings: "Don't be upset—just have more faith. You need to trust God more. You know He'll make everything work together for good. Don't you believe in the resurrection?"
- Competing with their feelings: "You think that's bad? You should hear what happened to me!"
- Fixing them: "To feel better, you just need to \_\_\_\_\_."

To someone who is sad, these responses are neither understanding nor comforting. They imply that sad people aren't good enough, happy enough, strong enough, or spiritual enough. If their pain hasn't been heard and comforted, discouraged people may emphasize their sadness, trying to get their partners to take their distress seriously. But this may cause their partners to work harder at minimizing the sadness, thus leaving sad people feeling even more alone, as if someone had stolen their coat on a freezing day.

## SOMETHING TO TRY: CREATING A COMFORT MENU

Make a list together of all the things that could be comforting. When you see that your spouse is upset, ask him or her to choose something from the comfort menu and then do whatever is asked.

Here is a list of ideas that other couples have suggested:

- Someone who listens to me without trying to fix me
- A warm hug
- Someone just being close to me for a while
- Going for a long walk together
- Going to bed with a hot water bottle my spouse has filled
- Sitting in a café together eating dessert
- Having someone to hold me when I cry
- Someone else doing my chores for a few days
- Doing something fun and interesting together
- Hearing or reading comforting words from people who care for me
- Someone making my favorite drink as a surprise
- Receiving a bunch of flowers or a thoughtful gift
- Being prayed for in a comforting way
- Reading encouraging and comforting Bible verses
- Doing something kind and caring for someone else who is hurting
- Having someone with me when I'm likely to feel extra sad
- Being able to let those who love me know just how sad I am
- Knowing that my spouse is comfortable listening to me when I talk about my pain
- Knowing that my spouse can anticipate my sadness or tell when I need extra comfort, without my having to say so
- Having time to do something that lifts my spirits, such as a hobby, spiritual activity, exercise, being with friends, walking in nature, etc.



**LIKE TAKING SOMEONE'S COAT IN COLD WEATHER OR POURING VINEGAR IN A WOUND."**

Proverbs 25:20, NIV

Their "coat" is their natural human need to grieve a loss of some kind, and denying this need can add to their suffering instead of relieving it. When someone asks for a coat, Jesus suggested that we give him or her two coats! So we need to work doubly hard at comforting our spouses when they are sad.

**TALKING ABOUT SADNESS**

It's not always easy to talk about sad feelings because many of us have had bad experiences when we've spoken of our distress to others. Here are some things that have helped other couples begin to talk more about their hurts:

- Telling your spouse about your sad feelings:
  - I feel sad because . . .
  - I feel most sad about . . .
  - I'm most likely to feel sad when . . .
  - It's hard for me to talk about these things. Can you just hold me and listen while I try?
  - When I'm sad and need comfort, I'll let you know by . . .
  - Some things you do that I find really helpful and comforting are . . .
  - I appreciate the things you have done to try and comfort me such as . . .
  - I'd like to help you comfort me. I'll let you know the most helpful thing to do, so that you don't have to guess what I need.
  - When I'm feeling comforted, I'm more likely to be able to support you by . . .
- Responding to your spouse's sad feelings:
  - I'm so sorry that you're going through this pain. Tell me more about how you feel so I can understand it better.
  - Your sadness touches my heart, too, and I feel sad with you because I love you.
  - I hurt because you're hurting.
  - I care so much about your pain. What can I do to show you how much I care?

- It sounds to me as if you are really upset/sad/hurting/distressed. I'm so sorry. What's the best thing I can do to comfort and support you?

When your spouse talks about his or her sadness, listen and let him or her know that you've really heard these feelings and concerns. Trying to cheer someone up too quickly can leave him or her feeling even sadder and lonelier. Being sad *with* them will actually help them to feel happier more quickly. This follows Paul's wise advice to "mourn with those who mourn" (Rom. 12:15, NIV) and Jesus' promise to mourners that they will be comforted (Matt. 5:4).

**MOURNING WITH**

When I miscarried our first baby, Bernie and I promised each other that we wouldn't cry alone. We tried hard to be sad *with* each other, so we could share our sorrow and our comfort. This brought us even closer together at a time when we could have found ourselves drifting into separate, sad, and lonely lives or searching for comfort in ways that damage marriages, such as addictions, online relationships, and affairs.

**WHY COMFORT MATTERS**

Being able to soothe another person's distress and pain is a vital responsibility for every Christian, especially within marriage. Ministry marriages are particularly vulnerable because our congregations include many people who are hurt, sad, and distressed. Pastors can be so busy comforting others that they don't have the emotional energy and time to comfort their own spouses. And spouses can feel that everyone else's needs for comfort are more important than their own.

Expressing your own need for comfort, your desire to comfort one another, and finding practical ways to soothe each other also helps you to manage the distress and conflicts in your relationship. These experiences can help you feel closer to your spouse so that you can discover more of the "one-flesh" experience that God intended marriage to be.



**KAREN HOLFORD** is a couples and family therapist and freelance writer living in Auchtermuchty, Scotland. Her husband is president of the Scottish Mission and pastor of the Crieff church.

# GOD HAD BIGGER PLANS

Texico Conference (reported by Rita Stevens,  
Texico Teammates Coordinator)

When we began planning for our Texico pastors' wives ShareHim campaign to the Dominican Republic two years ago, we had no idea that God had started planning this trip 20 years ago. He used our pastors' wives to answer the prayers of three mothers who have prayed for their sons' conversions since they left home as

teenagers many years ago. Throughout the trip we saw their prayers answered, as well as many other miraculous answers to prayers and changed lives.

Even before we left we saw God's blessings. Kathy McKey, union Shepherdess coordinator, and I worked together to plan the trip. Kathy's husband Duane, Southwestern Union vice president responsible for evangelism and ministerial, also worked closely with us. We had to raise \$43,000 for the trip. The union contributed \$10,000 for our site fees. The rest was raised through fundraisers, special offerings, and contributions from family, friends, and churches. We reached our goal just two DAYS before we left. God likes us to have dreams that are bigger than ourselves!

During the planning, one pastor's wife, Lynette, asked to fly out of Abilene instead of Albuquerque because of a mandatory meeting the day before we flew out. We changed her flight, not realizing that God knew something we didn't. Eight days before we left Lynette was hospitalized with acute pancreatitis. After much prayer, she left the hospital after three days with normal lab results and the blessings of her doctor and four young children to go preach in the Dominican Republic. What a miracle!



↓  
*Sixteen pastors' wives from Texico Conference held meetings in Dominican Republic.*

And what a blessing her ticket was already scheduled to leave from her home so she would have strength for the trip.

Several other wives had significant health problems and surgeries less than six months before leaving. But all 20 speaking spots were filled, and the back-up pastor in case someone was ill never had to speak. One pastor's

daughter had a history of seizures, and the week before our departure the seizures occurred nightly. Her father was to be her interpreter so if she had a seizure he could take over. She had a seizure the first night we arrived, but since that time she has not had any seizures.

June 22, 2011, found 16 of our pastors' wives, along with four pastors and two preachers' kids, en route to preach the gospel in the Boca Chica and Santo Domingo area. Carmen Griffith, Southwestern Union women's ministry leader, and Donna Jackson, wife of NAD president, Dan Jackson, also joined us, preaching at additional ShareHim sites. Several wives in our group had never preached. English is the second language for two of them. They felt challenged to say the least, but God blessed their efforts.

We specifically prayed to be filled with the Holy Spirit, for healthy bodies, persuasive preaching, and protection. God answered each prayer. We were divinely protected during our nightly trips to our preaching locations from near car accidents, flat tires, windshield wipers not working in torrential rain, and cars dying in the middle of heavy traffic.

Each night a man named Jacob drove nine of



Kathy McKey sharing with group

us to our respective preaching sites. His last stop was to drop off Ivy, who is originally from the Philippines. Since he had to wait until Ivy finished to begin the return trip to pick up everyone, he decided to listen in the back row to Ivy preach that first night. Afterwards he told her the message was a blessing to him. By the third night, Jacob was sitting on the second row listening to Ivy. Jacob made a decision for baptism after Ivy made her first call. His only problem was getting married. All details were worked out, and he got married twice—once to Dominga, his wife, and once to Jesus Christ! Jacob's mother hugged me on our last night there and shared how she had prayed over 20 years for this day. Now Jacob's 15-year-old daughter and his wife are preparing for baptism. One mother's prayers answered!

Another pastor's wife, Wendy, had a similar experience as she watched a person in her audience struggle with making a decision for Jesus. Jesus won! Afterwards, his mother told Wendy, "My son now has two mothers. I am his physical mother, but you are his spiritual mother." Another mother's prayers answered!

One of our pastor's wives on the trip, Daisy, had been born in the Dominican Republic. Her son Daniel also came with us when a spot opened up at the last minute. Daisy's brother, Joaquin, left home and God at age 13 and sings professionally in the Dominican Republic. Daisy asked him to sing religious songs for her evangelistic series. He agreed but decided to sing at his nephew's meeting the first night instead of his sister's. Daniel's interpreter couldn't read the Bible texts in Spanish, so his Uncle Joaquin ended up being his interpreter. The third night Daniel spoke on the Sabbath. Afterwards Joaquin called his Mom in New York and said, "I get it. I get it. I'm going to be baptized." When Daniel made his first call his uncle was the first to go

forward. His conversion had a powerful impact on others. The third mother's prayers answered!

On the last Sabbath I spoke on "Keys to Getting Your Prayers Answered." I realized after arriving that I had forgotten my power cord. I asked my interpreter to have someone retrieve the 25-foot cord that I had left at the church the first night. A person looked, but couldn't find it. We prayed and I told God I knew that He was all-powerful and that I didn't need electrical power for people to hear about having more power with prayer. However, I also knew He could provide the cord. Shortly, the interpreter told me that the person returned to the exact place where they had looked for the cord, and the cord, was there. The prayer allowed their eyes to be opened. Needless to say, I opened with that story of answered prayer.

For the final night I purchased 100 pounds of rice and put them in one-pound bags to distribute as people left. The last sermon was "Heaven is a Real Place." I told my church that as they left they were receiving temporary physical food, but I wanted them to cherish the spiritual food they had received that would bring them eternal life.

As a result of our ShareHim campaigns throughout the Dominican Republic, 167 people accepted the gift of eternal life and were baptized while we were there. Many others are studying in preparation for baptism now.

On Sunday morning before leaving we had worship on the beautiful Caribbean beach. Jim Stevens, Texico Conference president, told the story of the man who was born blind but now could see. Then Pastor McKey baptized Joaquin. Watching him begin his life anew with Jesus was the perfect ending to our trip. We each left with special memories, answered prayers, new friends, a greater bonding with each other and an even greater desire to Share Him even more!



Prayer session

## NORTH AMERICAN DIVISION

### MOUNTAIN VIEW CONFERENCE

In June, the Mountain View Conference Shepherdess Club met during camp meeting at Valley Vista Adventist Center, near Huttonsville, West Virginia. Participants enjoyed delicious food in a beautifully decorated room with vibrantly-colored place settings. It was a time to relax, share conversations, and meet new pastors' wives. A variety of gifts, such as homemade granola and wooden plaques in brightly-colored flowerpots, were given to the ladies. The new shepherdess president for Mountain View Conference is Sarah Shafer.



*Pastors' wives from Mountain View Conference met at Valley Vista Adventist Center for fellowship.*

## SOUTHERN AFRICA-INDIAN OCEAN DIVISION

### 2011 SOUTHERN AFRICA INDIAN-OCEAN DIVISION ADVISORY REPORT

Our 2011 Shepherdess Advisory took place at Farm Inn in Pretoria with all the union Shepherdess coordinators from the division. It was a spiritual, uplifting encounter, which included special moments of prayer and wonderful fellowship with General Conference personnel.

We gathered together to make plans that will impact the mission of SID Shepherdess International for the next five years. Our Shepherdess Strategic Plan was adopted for the next quinquennium, with its mission and vision of leading Shepherdesses in revival and reformation firmly built upon the five SID Initiatives:

**1. Epaphras Ministry**—A call to dynamic personal and corporate intercessory prayer, fasting, Bible study, and intentional growth. Motivation for this initiative was drawn from Colossians 4:12.

#### ACTION PLANS

- Shepherdesses to be effective ministry mentors and examples to their families, churches, and communities

- Recommend the holding of Bible study and prayer sessions during every major Shepherdess gathering
- Promote the prayer ministry concept throughout the division, including to our children

**2. Paul's Method**—A call to train and equip Shepherdesses with knowledge and skills to lift up Christ and tell the world about Him. Motivation for this initiative was drawn from 2 Timothy 2:2.

#### ACTION PLANS

- Provide resource materials which will include all three official languages of the division—English, French, and Portuguese
- Recommend ministerial secretaries to support Shepherdess coordinators in establishing carefully-planned programs, travel budgets, growth opportunities, and needed resources to ensure the success of Shepherdess International throughout each territory
- Promote an annual union Shepherdess retreat to provide opportunities to share with others who face similar challenges and joys, and to build fellowship, unity, and support

**3. Zechariah Projects**—A call to all Shepherdesses to be involved in public and personal evangelism, each according to her spiritual gifts. Motivation for this initiative was drawn from Zechariah 8:22-23.

#### ACTION PLANS

- See that all Shepherdesses receive the *Journal*, a resource tool
- Help Shepherdesses engage in soul-winning through small-group activities such as intercessory prayer, book distribution, videos, DVDs, etc.
- Task the Ministerial Association with providing financial assistance for Shepherdess activities and programs

**4. Hezekiah Operation**—A challenge to attain self-support and raise the faithfulness of Shepherdesses in tithes and offerings through vibrant stewardship programs. Motivation for this initiative was drawn from 2 Chron. 31:9-12.



*Union coordinators in SID met for an advisory with Janet Page.*



Shepherdess coordinators in SID

**ACTION PLANS**

- Gather detailed statistics and information on Shepherdess families to help address their needs
- Present Christian personal-finance management seminars during ministerial/Shepherdess meetings to teach biblical principles of personal money management
- Promote and encourage Shepherdesses to be God's faithful stewards by producing quarterly resource materials on stewardship

**5. Haggai Venture**—An infrastructural initiative. Motivation for this initiative was drawn from Haggai 1:2, 8.

**Action Plans**

- Foster strong Christian pastoral families by building pastoral homes on lasting spiritual principles
- Recommend the urgent need for pastoral families to own houses

The SID Shepherdess mission is to provide a support system that encourages, empowers, and nurtures the SID Shepherdesses (1) to be spiritually alive in Jesus, (2) to experience personal revival and reformation, and (3) to provide training for the fulfillment of the Gospel Commission as shown in Matthew 28:19 and Revelation 14:6-11.

The SID Shepherdess vision is to have our program fully established and growing in our territory and to see each Shepherdess experience the joy and blessing of working with her pastor-spouse, strengthening their teamwork in ministry.

The convention theme was "Sister to Sister: Bonding Together in Love for the Master," and lectures and activities revolved around this theme. The event strengthened the bonds of love among these women and with Christ, and it presented them with opportunities to serve their congregations and communities to prepare them for the soon return of Jesus.

**SOUTHERN ASIA-PACIFIC DIVISION**

**NORTH PHILIPPINE UNION CONFERENCE**

*First convention held at Pines City for Shepherdesses, head elders' wives, and women elders, as reported by Ellen Roque, NPUC Shepherdess Coordinator:*

In the New Testament, gospel ministers are the elders-at-large, shepherding the churches, while local church elders are the shepherds of the flock. In the qualifications of elders, wives are mentioned because they are partners in ministry.



Attendees at the convention enjoyed singing at the meetings in Baguio City.



The ladies during an exercise break



Re-enactment of the Jewish custom of welcoming the Sabbath

Attendees enjoyed a unique and enjoyable activity—a Kid-dush dinner during vespers. Officiating ministers donned Jewish caps, and ladies wore veils as they re-enacted the Jewish way of welcoming the Sabbath. The event culminated with a recognition service for nearly 80 pastors' wives, elders' wives, and women elders who had conducted in-reach and outreach services during the past three years in their churches and districts.



A group photo from the convention for Shepherdesses, head elders' wives, and women elders

*Leadership and bonding retreat for Preachers' Kids Connecting Together in Christ, as reported by Ellen Roque, Shepherdess Coordinator for NPUC:*

In May, approximately 140 preachers' kids from missions, conferences, and schools in the North Philippine Union Conference excitedly thronged together in the Mountain Provinces Mission's multi-purpose hall in Baguio City for a two-day leadership and bonding retreat.



PKs enjoying fellowship

This event gave the NPUC PKs (pastors' kids, administrators' kids, and other denominational workers' kids) a blessed and grand time to connect again with fellow PKs and, most of all, with Christ. The retreat had six objectives: (1) to have another encounter with Christ; (2) to develop leadership potential through in-reach and outreach activities; (3) to renew their love for the ministry with their parents and to continue to support that growth; (4) to form a deeper connection with fellow PKs; (5) to encourage the development of support systems with their peers; and (6) to gain a deeper understanding of their sexuality



PKs from North Philippine Union Conference

and relationships with others. There were lectures, panel discussions on PK issues, testimonies, an audiovisual presentation from the previous PK convention, a home-coming, fun games, songs, a talent show, adventures to remarkable places in Baguio, and an affirmation banquet for PKs to express their love and gratitude to their parents, some of whom were present at the event.

On the opening night, Elder Abner Roque expounded on the theme "You and I: Connecting Together in Christ." Dr. Francisco Gayoba challenged the PKs through his message, "You and I: Upholding My Father's Ministry."

It was interesting to see adult preachers' kids—who are already denominational workers—serving the younger PKs through their respective lectures. These adult PKs included:

- Nerilyn Ann Roque Beratio and May Viloso-Rom, AUP music instructors, who spoke about song leadership.
- Pastor Glenn Lagabon, MAMC Guidance Counselor, who was the devotional speaker.
- Pastor Mark Monreal, head of MAMC Pastoral Care Services, who discussed the topic of sexuality for younger men, and Jun Bautista, Lani Malabad, and Pastor Lester Lagabon, who served as moderators for other groups on sexuality.
- Leomer Batulayan led out in one of the Great Adventures for Christ.
- Pastor Jesse Acosta, Jr. read the PK Affirmation and dedicatory prayer.
- Pastor Hermogenes Villanueva delivered the early Sabbath-morning devotional, while Pastor Nephthali Manez led the participants in a moving commitment ceremony.

The Ministerial Association, through Shepherdess International, fervently prays that the unique experiences gained by the PK attendees in this program provided them with an understanding that through Christ, their parents, and many others, love, understanding, and support beyond measure will always be there for them as special children of the royal priesthood of believers.

Join us in

**10**  
**days**  
of **PRAYER**



*January 4-14, 2012*



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