



HOPE Ministries Highlights

October 2014

Special points of interest:

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- Board member, Arlen Mast, talks about the work of the cross p. 4

Mission Statement:

HOPE Ministries seeks to help individuals explore patterns that may have developed over their lifetime and provide opportunities to allow Jesus to bring healing and HOPE to their lives in fresh ways.

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Is My Cup Running Over With Joy? -by Nevin and Joann Nisly



Nevin & Joann Nisly

Is joy really a part of my life? Do people see joy in me? How does joy make my life different, or does it? Jesus said in John 15:11 "I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!" Nehemiah said, "...the joy of the Lord is your strength." What does that mean? Does my joy overflow? Am I strengthened by joy? What is joy?

We recently went to a Joy Rekindled Marriage Retreat by THRIVE Training, which has teaching from Jim Wilder, one of the authors of *Living from the Heart that Jesus Gave You*. They have incorporated Scripture and brain science together and have discovered what the effects of joy or its lack has on the brain. They gave us some very practical assignments to help produce more joy in our marriage as well as showing us ways that low-joy can slowly invade. We were also excited as they

confirmed some of the key concepts that we share with people as we walk alongside them in understanding and caring for their hearts. We invite you to walk with us in understanding some ways we were challenged.

The other night we went to a banquet. Someone Joann hadn't seen for awhile came up and gave her a hug, expressing that they were glad to see her. Her heart was warmed. That, in a nutshell, is the definition of joy. Think of the excitement when a new baby comes into a family. Parents build joy-strength within a child as they look into the child's eyes and try to connect with it and get the baby to smile. How often do you find yourself doing that with your spouse, your children, your parents, your co-workers, or the people with whom you attend church? Is there ever a time that we are too old to build joy-strength? As we did some of the exercises at the retreat together, we saw ways that our marriage has at times been invaded with low-joy. It's often easy to miss the non-verbal cues of the other

person becoming overwhelmed. It's been easy to take each other for granted and not express appreciation and thankfulness. We have often allowed the busyness of life to overcome and overwhelm us and we let the "default" dictate what happens in our household—and the result can be low-joy and a disconnect within our relationship.

At times, we've done the same with Jesus. As believers, we can find ourselves losing our enthusiasm of being His and lose focus of His thoughts of us, finding that our focus has shifted to performance to make us acceptable to Him and others. Our heart belief system that we have developed over the years doesn't automatically change and we can become burdened with the battle at times. We can

neglect to allow our hearts to see the Father looking at us with a pleased expression on His face—a look that reminds us that He is glad to see us. This reality DOES give us motivation and joy whenever we take the time. The neat thing is that when we really understand and can accept Jesus' thoughts toward us in a personal way, we always ex-



**DO YOU KNOW
WHAT JESUS
THINKS OF YOU?**

Is Your Cup Overflowing With Joy?—Continued from page 1

perience joy. Both of us have struggled in the past with this concept. We are excited to be able to say that this can change and it has been changing over the past few years for both of us.

One way we low-joy has intruded into our relationship has been in our conflicts. Joann's natural tendency is to become a **PREDATOR**. Nevin's natural tendency is to become a **POSSUM**. Neither tendency helps to produce joy in the environment. Both of these stem from fear. When we let our fears overpower, we cannot think of each other, but instead, focus on ourselves. Jesus invites us instead to focus on Him, which allows us to be equipped to

focus on others and be a **PROTECTOR**. "There is no fear in love; but perfect love casts out fear..." We both have weaknesses and as we learn to become a **PROTECTOR** of each other's weaknesses as well as become aware of our own, our joy in our relationship is better able to be maintained.

These are a few of the things we've been learning as we practice joy-building in our marriage. This is possible in any relationship. Jesus longs to become more and more a part of us, and He longs to heal our hearts from past pain that caused us to adopt negative relational patterns which keep our "relational circuits" turned off. Joy will never build if our relational cir-

cuits are off. As our hearts are healed, we have the privilege of being "Jesus with skin on" to others and assist them on this journey. As we come to Jesus, open and vulnerable, allowing Him to minister to us and accepting His view of us, His joy over us does become our strength! Then, it is able to overflow to others.

For more information visit the website: joystartshere.com or read the book [Joy Starts Here](#) or [Living From the Heart Jesus Gave You](#). Both books are available at www.thelifemodel.org or we also have some copies in our office.

Upcoming Events...

October 26-30, 2014—

Caring For The Heart Annual Conference

(Nevin and Joann will be sharing a workshop on "Ministering to Single People". We'd appreciate your prayers as we prepare for this and present it.)

Location: Walnut Creek Ohio—For more information see www.caringfortheheart.com

November 16-19, 2014

CFTH Seminar—Copeland, KS

See caringfortheheart.com for more information

Saturday, March 7, 2015—

All Day Men's Retreat

- hosted by HOPE Ministries
- for all men (bring your sons)
- guest speaker: Mel Eash—Topeka, IN
- watch for more info on website and Jan. newsletter
- location: Hutchinson, KS - TBA

DID YOU KNOW?

Do you order from Amazon? If you place your order from smile.amazon.com, and pick *HOPE Ministries of KS* as your charity, a small percentage will be donated to HOPE Ministries.

We now have our application available on our website and it can be printed from there or it is available from the office. Our newsletters are also accessible from the website.

What's Happening?

Saturday, Sept. 13, 2014, we hosted a Follow Up Day on our facility. We had 7 people in attendance and everyone seemed to find it an encouraging time. We are thankful for this time that God provided.



Recently we had volunteers to install our privacy fence around the patio of the Hospitality Cottage.



We hope this addition will be a blessing to those who stay here.

We were also blessed to have a volunteer come help wash the windows of the two cottages. We are thankful for the continuing support of the community.

A Testimony of the Work of God! - anonymous

HOPE Ministries truly brought a new hope to our relationship. At first, we were unsure as to how necessary all the counseling was for us as a couple. However, after going through the counseling, we see the impact it has had on our relationship. Now we are believers that no matter what stage of life, anybody could benefit tremendously from counseling.

Before counseling, it was hard to see how broken we actually were as individuals. Throughout our time at HOPE Ministries, we were shown how our negative past life events have distorted our outlook on life. Each event had taught us to believe many lies that directly affected the way we interacted as a couple. For example, growing up with a father that had anger issues, I learned to believe that it was all my fault if he got angry. As a result, I tended to become silent and not make decisions. The thought process was that if I do not say anything and always do what he wants, then things will be okay. This whole thought process has followed me through my entire life and into our relationship as a married couple. It was important to understand what specific events have shaped our thinking, even into our adult lives.

The entire process of walking through our heartaches with Nevin and Joann brought great healing in the end. They taught us how to forgive each person in our past that has hurt us at some point. However, this was not an easy process. It was easy to become angry and hold grudges against the people who have hurt us. Af-

ter Nevin and Joann gave us the tools and walked through the forgiving process with us, it became easier for us to not hold grudges. This was extremely important for both of us because it has allowed us to forgive those people and start to rebuild our relationships with them in a healthy way. There are times when we struggle with becoming angry again, but now we know how to examine our hearts and forgive them continually, just as the Bible commands us to do.

Walking through the whole process of counseling together was difficult, but in the end it has definitely brought us closer together. As a couple, we had to be one hundred percent open with each other and tell the other person everything from our past. This was good, but then it was easy for each of us to become angry with the people who have hurt our spouse in the past. For example, sexual abuse had played a role in my life. Once my husband found out who had done those things, it was hard for him to not become angry with the abuser. It has been a difficult process for each of us to deal with these issues as they continue to come up in our relationship. Since we did the counseling together, we have learned to not be as careless with each other's feelings. We know the background of each other's life, and it has become easier for us to relate as a couple.

Counseling has truly helped us grow closer to Jesus and together as a couple. While at HOPE Ministries, we received many tools and methods to help us know how to handle the lies that have shaped our thinking for so long. Now we know that if something seems to be amiss in our relationship, we first need to examine our hearts, see what is holding us back, and find out

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what is really happening. For example, if one of us tends to stop talking or does not feel like talking, we will ask ourselves, "What I am truly feeling right now? Am I not feeling loved? Do I feel a lot of pressure to perform?" From there, we

must go back to our past events and see what lies we are starting to believe again. Another huge benefit from counseling was that neither of us have struggled with past sins as much. We both know that we will always be together to cheer each other on, even in the difficult times.

In the last 3 months HOPE Ministries has had:

- 3 new couple cases
- 5 new single cases
- 3 follow-up couple cases
- 7 follow-up single cases

We continue to be thankful for those ladies who give of their time to clean our cottages occasionally. If you would like to assist HOPE Ministries in this way, please call the office.

From a Board Member:

Arlen & Gloria Mast



Kendall, Tyler & Shanae

Most of us do not complete a day without seeing a cross. We have them in our homes, we see them on signs and churches, and depending on our frame of mind, we can see it in a power pole beside the road. What does the cross mean to you? It can mean different things to different people, depending where they are at in life.

The Apostle Paul was faced with the challenge of bringing together two people groups, that passionately hated each other, into one body, the Church. The Gentiles saw the Jews as a proud bunch of hypocrites. The Jews suffered many years from Gentile persecution and taxation. The Jews returned the hostility. In their eyes the Gentiles were immoral idol worshippers. In fact, on the street, they avoided a Gentile shadow. They believed that if a Gentile shadow touched them, they were unclean.

Paul taught that the blood of Christ can bring enemies together. It is Christ's blood that breaks down the wall of hostility between them. Eph. 2:15-18 NIV says,

"His purpose was to create in himself one new man out of the two, thus making peace, and in this one body to reconcile both of them to God through the cross, by

which he put to death their hostility. He came and preached peace to you who were far away and peace to those who were near. For through him we both have access to the Father by one Spirit."

The cross levels the playing field. The Jews were no longer favored nor were the Gentiles outcasts. The cross was the key to peace. Paul says that with our focus on the cross, we can lay down our differences and be fellow citizens in God's household.

Depending on your circumstances you may see God as a hard taskmaster. To you God is someone you try not to upset for fear that He will smash you with a sledgehammer. While we need to display a holy reverence toward Him, God does not want us to be fearful of Him. A fresh look at the cross can give us the confidence we need to approach Him as a loving Father. *"Having therefore, brethren, boldness to enter into the holiest by the blood of Jesus."* Heb. 10:19

Many in our world are weighed down with heavy loads of baggage. This baggage comes in the form of pride, guilt, and shame. These are the result of sin. To the sinner the cross can be a beacon of hope. It is where they can receive cleansing from the filth that they have been living in. At the foot of the cross the baggage can be deposited and they experience peace and freedom. *"In whom we have redemption through his blood, even the forgiveness of sins."* Col. 1:14,

When we leave our sins at the cross, a miraculous change takes place. According to 2 Corinthians 5:17 NKJV, *"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."*

Is the cross merely a symbol of a commitment you made years ago? What should

our response be as a new creation? Romans 12 challenges us to present our lives as a living sacrifice. Jesus tells us in Luke 9:23, *"If any man will come after me, let him deny himself, and take up his cross daily, and follow me."*

Bearing our cross daily can become heavy at times. When we try to do it with our own strength, we get burned out. The good news is that Jesus understands. He carried a cross long before we did. He wants to come alongside and help us. *"Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."* Matthew 11:28-30,

No matter where you find yourself in life, there is hope. HOPE Ministries specializes in bringing hope and peace to a variety of situations. They do this not by using logic or magic, but by bringing into focus the cross (and the one who hung there) and positive changes occur.

The cross brings **hope** to the addict and sinner.

The cross brings **peace** to broken relationships.

The cross **can transform** our view of God and what He wants for our lives.

The next time you see a cross, take a moment to ponder what it means to you.

Arlen serves on the ministerial team at Arlington Amish Mennonite Church. Arlen and Gloria have 3 children, Kendall, 7, Tyler, 5, and Shanae, 2. They have served on the board for 4 years.

FINANCIAL UPDATE:

Our desire is that no one will be excluded from opportunity for sessions because of finances. All counseling is done on a donation basis, and this plus the gifts of God's people, allow us to be full time in this ministry. We are grateful for all who have stood with us in so many ways and do trust in God's continuing provision. As a 501(c)(3) organization, we are accountable to our board for the finances and the operation of HOPE Ministries. If you wish to know more details about our finances, please contact Julian Nisly, our treasurer, at 620-664-5304. As God leads you to think about HOPE Ministries, please pray for us, and if He prompts you to join in our financial support, donations can be made in several ways as stated below. Tax deductible receipts will automatically be issued for checks of \$50 or more.

Donations can be done in various ways:

Send to:
HOPE Ministries
Box 103
Partridge, KS 67566

Call 620-259-9390 to use Credit Card
Go to our website and use the donation button through Paypal.



HOPE Ministries Board Members:

Nevin & Joann Nisly—director
Lynn & Sandra Miller—Board Chairman
Julian & Bertha Nisly—Sec./Treasurer
Arlen & Gloria Mast—Vice Chairman
Ray & Gina Miller—Board Member
Gene Miller—Board Member