



Ministry Updates

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Taste and See ([Psalm 34:8](#))

When my anxious thoughts multiply within me, Your comfort delights my soul. [Psalm 94:19](#) (NASB)

Twenty-four-hour “what bleeds leads” news reporting takes a toll of the human soul when not engaged with a prayerful spirit. **Anxious thoughts** abound among many these days, even the young. Ancient yet effective disciplines get maligned and neglected as those created in God’s image get inundated daily with alarms like the thousands dead from earthquakes, spy balloons sent to menace nations, toxic wastes intentionally let to permeate soil, water, and air, and threatened escalations of war. Carrying the weight of the world’s woe every hour, every day, overwhelms the unequipped soul (see [Ep.6](#)). If we start and end our day with only broadcast and rumor-milled news, **anxious thoughts** plague us and create long-term stresses.

When Verlin began nursing studies, we noticed how rapidly thoughts from Christian and secular perspectives now converge about better ways to start and end each day. We refer to such convergences as the Word of God revealed in Creation (i.e., [General Revelation](#)). [*The meeting of minds gets validated for life choices by matching up to God’s revealed Word through history, the Bible, and affirmed by experiences within the church body built together in the Holy Ghost appointed to speak truth ([1 Ptr 1-2](#))*]. Secularists now recommend that we not reach for the cell phone or begin the day with news but rather spend time meditating and mentally rehearsing attitudes to exemplify and actions to accomplish during the day. Then, before sleep, [2:1 breathing](#) combined with ten minutes of [mindfully giving thanks](#) encourages [restful recovery](#).

When the misled who know not or reject God’s ways adapt ancient Christian habits by force of evidence from the Creation, believers can confidently claim historical precedent and grow God’s kingdom by demonstrating the changes brought upon using these habits. We’ve an advantage, enabled by the Holy Spirit. When meditating upon His Word and effectively communing in prayer for [regular and focused periods](#), **anxious thoughts** fail to gain footholds, let alone establish any strongholds leading to psychiatric crises (*though we know by experience that dietary habits must get addressed too to evade the latter, usually*). We’ve tried several approaches to integrate Biblical meditation and deep breathing. Suppose you would like help establishing a Christ-focused daily morning and evening routine that incorporates some perspectives from church history; in that case, you might enjoy a free app like [Lectio 365](#) that we presently evaluate. It facilitates deep breathing during an orally shared meditation with foci for morning and evening meditations. Scriptures used reflect a different Biblical theme for disciples each week. While not replacing our separate times to read or hear the Word and pray, it does help us calm and gather scattered thoughts to [leave them with Jesus](#) and increase our mindful thankfulness.



Hibiscus, moringa, and papaya leaf teas with cinnamon, cloves, and lime juice are part of our dietary changes made.

Come and See ([Psalm 66:5](#))

As the time for the Community Health Evangelism (CHE) Internship in Ghana approaches, **anxious thoughts** can plague Ivorian CHE trainers we send. What will others think? How can I afford this time away? Will it be worth my time? Neither of the two we have disciplined speak English. The prospect of some courses being in English while in English-speaking Ghana for several weeks is daunting. While these have a long day’s travel to arrive, other participants have longer, less comfortable routes to arrive at the training center.

Debbie had a few **anxious thoughts** this week as she pulled a muscle in her lower back and spent three days in bed. She has three speaking engagements in Michigan this upcoming week and wants to attend them. Thankfully, with home remedies and a muscle relaxer as a nighttime backup, she is driving the ten to twelve or so hours north as you receive this update Saturday afternoon or evening.

While resupplying before traveling to Ghana, Verlin met with newly arrived missionaries who are charged with responsibilities in their two separate denominations within which we have disciplined church leaders to use Community Health Evangelism (CHE). Both couples, with 9 children between them, verbalized appreciation for the experience and context Verlin provided them to live and minister in Cote d’Ivoire.

Prayer & Prayer

🙏 Ask that Debbie’s back heals fully; that the pain will not hinder her visits to friends and ministry partners.

🕊️ Keep Verlin in prayer as he hosts and prepares exchanges with CHE leaders. In a correction to last week's update on leprosy, 58 rather than 56 of 60 village committees form and integrate believers while using CHE to promote [Zero-Tolerance](#) for leprosy. Pray these called succeed accomplishing more than one set goal.

Your partners in the Gospel, Verlin & Debbie

Last weekly: [Zero Tolerance](#) – [230211.PDF](#)

Prior videos: [Snapshots](#) [The Great Story](#)

2022 Q3 & Q4 Reports: [Reckon](#) –

[3Q|4Q 2022 Report 230121 PDF](#)

2022 Budget: [CHSC-0118 ANDERSON-Budget 2022](#)

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