



# **Whirlwind Missions**

## Outreach Update November 2017



Hello, my friends!

This weekend I participated in the Lilburn Daze festival near where I live. I had been invited to share with people how to relax. I was stationed in the Health Tent where flu shots were given and blood pressure and sugar levels were tested. It was an excellent place to show people the power of the mind over the body. One lady that I worked with had a blood pressure of 170 over 104. The nurses were very concerned! They asked me to talk with her. I led her through some progressive body relaxation exercises and they were shocked when her blood pressure had dropped to 140!

It's great to help people physically, but I was really there to see opportunities to pray with people. One of the ladies who also had high blood pressure that I helped, talked about the stress in her job. I did some counseling and asked her "where do you go to church?" She mentioned a Missionary Baptist Church. I told her that I was a "Jesus guy," too! She said, "I've been at my church for such a long time, I'm wondering if maybe I need to go somewhere else to be fed." To which I replied, "Sister, maybe it's time to stop looking to where you can be fed, and start looking for who you can feed! I used to work with teenagers in Savannah. In my youth group three of the four high school girls got pregnant before they were even juniors. One of the boys was part of a gang and because he was a juvenile, they hid their AK-47s under his bed! I'm sure there are young women in your church that need someone like you!" She nodded her head thoughtfully. "You're right, Brother Tim. There are several young women in our church that I could work with!" We had a prayer time together and she cried happy tears.

Another lady I worked with had severe knee pain. I helped her reduce her pain to less than half of what she had been experiencing. I could tell that she was very lonely. "I just sit around the house with nothing to do except worry." I told her, "Our ministry has been going through some hard times, too. Do you know what the difference is between worry and hope?" I asked. "Do you have any idea what is going to happen in five minutes?" She said that she didn't. "All that worry is just stories that we tell ourselves about the future. Something we know NOTHING about. It's a fiction. HOPE is telling stories about the future, too, but it's about the most positive possible scenarios. If we're going to tell stories we might as well tell happy ones! I shared with her one of my favorite Bible verses: Romans 15:13 "May the God of HOPE fill you with all joy and peace as you trust Him, so that you may OVERFLOW with hope by the power of the Holy Spirit." I told her, "I quote this every time I start feeling worried." She nodded in agreement. "Do you know what the source of happiness is? Service to others! I'm sure you know senior ladies that are shut ins. Perhaps your ministry could be to go visit them." She got very excited. "YES! I will start doing that!" It was as if she suddenly realized she could have a purpose in life. It was a fun thing to see happen! Pray that the Lord will give us opportunities to encourage others and love them in the name of JESUS!

***LOVE, TIM AND KATHY***



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