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Issue Three - November 2009

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Lisa Potts

+ Guests

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3-in-1 THE Voice



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editor's letter



KARIN McBRIDE-CHENOWETH
Editor-in-Chief

WELCOME!

Hello again and welcome to our third edition of 3-in-1 The Voice. I can report that since 01 August 2009 we have had no less than 38,000 hits on the website and growing daily. The number of people accessing and downloading our E-zine are great and a few of you are now registering to receive regular instalments by joining our mailing list which is all very encouraging.

This edition we are delighted to welcome to 'In Focus' a national treasure and heroine LISA POTTS. Lisa was only 21 years old when her life changed one day in 1996. A man with a machete entered the school where she worked as a classroom assistant and launched a fierce attack at the children, however, Lisa literally stood in the gap and saved the lives of the children. Lisa did sustain severe injuries and post traumatic stress syndrome and it took years to adjust as her life would never be the same again. Read this extraordinary, inspirational story of how Lisa's faith has helped her to overcome evil with good.

Also in this edition Melanie continues her interesting series on 'The Jaffa Gate', and Lianne has another hero from the past to tell you about, none other than CS Lewis – Part 1 starts this issue. The 'Missionary Section' this issue has a 'guest writer' as Brigid has been experiencing some 'fatal' computer problems which will hopefully be sorted out next month, and 'Messianic Moment' examines 'Moses's Tabernacle'.

Cameron McIntyre continues to give some tips on poetry writing and Lorraine with her natural flair tells us another great story with an important message. We have had requests regarding counselling/prayer for persons in distress – in particular due to the current recession. We at 3-in-1 Publishing, as a publishing company, do not offer this service directly but we are able to recommend a renowned and totally trustworthy service from United Christian Broadcasters who can help you by offering their facility 'Prayerline'. Please note this is not a counselling service but purely a Prayerline – but prayer can be the lifeline you need right now so please don't hesitate to contact them if you need prayer for any situation. There is of course the daily devotional Word of God to meditate on throughout November in 3-in-1 The Voice.

And remember:

'No weapon formed against you shall prosper...' Is 54:17

KARIN McBRIDE- CHENOWETH

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Missionary News

Missionary Section

Brigid Kerr - Editor



Guest Writer

The Great Commission - Is it still relevant?

The Great Commission is a statement that Jesus The Christ himself commanded His disciples to do following the resurrection - *'Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,'* Matthew 28:19.

Many thousands of people from all walks of life continue today to go forth whether it is in the mission field of their own communities or the battlegrounds further afield each taking the Word of God to those who have either unheard it or only half heard it before. Time and time again their words and indeed their good works appear to fall on deafened ears or are ignored, but there are many recordings of miraculous healings, signs and wonders and indeed discipleships being won for God's kingdom as well.



Question: Does the role of the missionary/evangelist truly reflect today what God had intended 2,000 years ago?

It is written *"For a good tree does not bear bad fruit, nor does a bad tree bear good fruit, For every tree is known by its own fruit"* Luke 6:43, 44 therefore I guess that this would be the best 'litmus' test when trying to answer the question above.

Let's start off with the basic drive and principles of the missionary / evangelist. Firstly I find myself looking at the definition of a 'Missionary' or someone charged with the Great Commission and I have to go back in time to my own 'spiritual mother' who guided me as part of her assignment many years ago when I first came into the Kingdom. 'Sister Sara' as she preferred to be called was not only a woman of faith but a woman of substance; a church planter, missionary, intercessor, counsellor, worldwide traveller and baby sitter! She operated in the field in the truest sense of the word for some of the best known ministries in the world at that time and for some of the least well known, but it is safe to say where there was a need she would meet it. Her life was a living testimony in itself and I often find her witness even to this day as a reference point in my own life, looking back fondly as she would always advise me to

seek God's answer before man's. I thank God every day for sending me such a wise counsellor and friend in those early days of adjustment for me, she was a fund of knowledge and yet so humble – what a blessing. I believe when answering the question posed one must examine the fruit on the tree of the said evangelist/missionary, but by and large the Word of God is reaching countries never before reached through powerful ministries who are reaching the masses through global television, the internet and radio. The list goes on and on, then there are the outreaches through churches worldwide and committed individuals.

Therefore one could assume that the command is definitely being fulfilled. But what drove 'Sister Sara' and what still drives those like her to devote their lives to this Great Commission? She confided it was a 'calling' on her life from a young age, an anointing. That God had spoken to her after she had appealed to Him for guidance, and she was to devote her life to Him. Having read many testimonies of pastor's of some of the world's largest outreaches and churches, it would appear that this delegation is still in operation today.

We are taught that God speaks to all of us through Jesus Christ *'For there is one God and one mediator between God and men, the man Christ Jesus,'* 1 Tim 2:5 therefore, we can ascertain from this that as believers we all have the ability to hear from God. There is a potential evangelist or missionary in all of us then, and that we can also partake in this Great Commission – good news!

Question: Is there actually still a need for The Great Commission if the command is being fulfilled?

It's quite easy after listening to just an hour of today's news for instance, that there is a real need, nay urgency today for the missionary and the evangelist to reach out to the people in our world more than ever before. One does not need to be a believer to understand that, but what the missionary or evangelist brings is a message with a solution. It is a message that is not new but maybe delivered in a new way, it carries salvation, forgiveness, hope, love and a real future. As our world rotates heaving with despair and we are busy about our lives, we in turn can offer the missionary or evangelist our support and encouragement. Maybe that is our Great Commission...

K





The Tabernacle

Messianic Moment
Food for Thought

The Tabernacle

The **Tabernacle** (Hebrew **משכן**, *mishkan*, "residence" or "dwelling place"), according to the Hebrew bible/Old Testament, was the portable dwelling place for the divine presence from the time of the Exodus from Egypt through the conquering of the land of Canaan. Built to specifications revealed by God to Moses at Mount Sinai, it accompanied the Israelites on their wanderings in the wilderness and their conquest of the Promised Land, and was eventually placed in the First Temple in Jerusalem, which superseded it as the dwelling-place of God among the Israelites. It is not mentioned after the destruction of Jerusalem by the Babylonians.



The Tabernacle was a 'portable dwelling'

'And there I will meet with the children of Israel, and the tabernacle shall be sanctified by My glory' Ex 29:43

SYNAGOGUE(mishkan) construction over the last two thousand years has followed the outlines of the original Tabernacle, which was of course also the outline for the temples in Jerusalem until they were destroyed. Every synagogue has at its front an ark, *aron kodesh*, containing the Torah scrolls comparable to the Ark of the Covenant which contained the tablets with Ten Commandments. This is the holiest spot in a synagogue equivalent to the Holy of Holies. There is also usually a constantly lighted lamp, *ner tamid*, or a candelabrum lighted during services, near this spot similar to the original Menorah. At the centre of the synagogue is a large elevated area, known as the *bimah* where the Torah is read. This is equivalent to the Tabernacle's altars upon which incense and animal sacrifices were offered. On the main holidays the priests, *kohanim*, gather at the front of the synagogue to bless the congregation as did their priestly ancestors in the Tabernacle from Aaron onwards.

The Tabernacle is again mentioned in the New Testament:

'After these things I looked, and behold, the temple of the tabernacle of the testimony in heaven was opened' Rev 15:5

And again:

'And I heard a loud voice from heaven saying, "Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people. God Himself will be with them and be their God.'" Rev 21:3



POET'S CORNER

By
Cameron McIntyre

3-in-1 Publishing welcome to 'The Voice' Mr Cameron McIntyre as our regular columnist. Cameron has had over the years used his gift of writing to help many charitable causes with over 6 books published, 2009 saw Cameron move genre and have his first ever short story published.

Hi folks, just to keep you informed of what I have been up to since we last spoke. I have been working on the final stages of my 7th poetry book and promoting the launch of the 1st "Poetry for all" children's book of poems.

Also I am in the process of launching the next "McIntyre Poetry Awards" from the Titanic Quarter Ltd. So as you may have noticed I have been rather busy. I hope you enjoyed the first issue of "3-in-1 The Voice" and my input about poetry. I hope you have all been jotting down your own thoughts. Little snippets that you think about each day, that might help to build your own poem.

As I said in my first column of "Poet's Corner" that poetry is word power, to be able to start and slot words into place, to represent the shape of a poem is wonderful. To give you a few ideas, why don't you try writing about everyday life. The things that happen to you, or to your family and friends, or to the planet, and form them into a poem. Just think that your poem may be read aloud, inserted into a book, magazine, newspaper, emailed, text or even listened to on the radio. That's the power of poetry.

If you notice today if you go to the cinema or theatre or a concert, you can hardly avoid the mention of poetry. So keep up the good work and always remember to submit your work to "3-in-1 The Voice" and in the months ahead we will try and print some of the best. For now is one of my current favourites written by Alison Abraham about Afghanistan. Over and out for now.

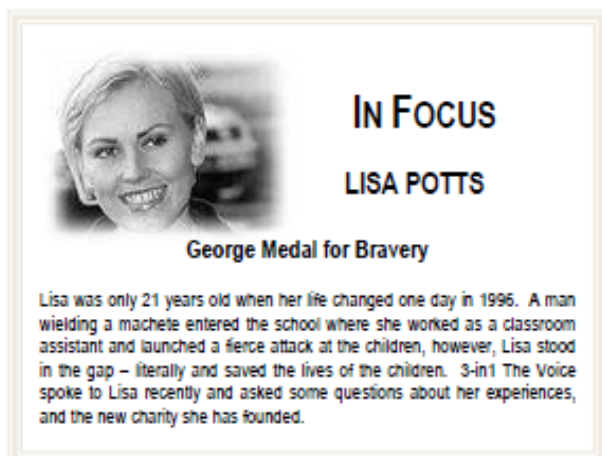
Cameron

The Cost

A disabled spirit spins around
Exploding graffiti smeared on the ground
A dusty road stretches out
Another casualty staggers about
A prayer is offered to bring about peace
To that far off country in the Middle East
The lilies stained with streaks of red
The empty words the leaders said
Dear Lord we plea you will return
The youngsters that are daily spurned
In foreign fields the poppies grew
But here are seeds that never knew

Alison Abraham
From 'Anthology' Published by 3-in-1 Publishing Printed in
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IN FOCUS



IN FOCUS

LISA POTTS

George Medal for Bravery

Lisa was only 21 years old when her life changed one day in 1996. A man wielding a machete entered the school where she worked as a classroom assistant and launched a fierce attack at the children, however, Lisa stood in the gap – literally and saved the lives of the children. 3-in-1 The Voice spoke to Lisa recently and asked some questions about her experiences, and the new charity she has founded.



'Behind the Smile' By Lisa Potts, Foreword by Cherie Blair

Q Hi Lisa you are both a national heroine and a national treasure to us all and for one so young at the time, what went through your mind as you confronted the man with the machete?

A Well it was 13 years ago and when I look back I guess it is the adrenaline that kicks in initially and all that really went through my mind was 'get away and help these children, and to get out.' All in all it took around 8 mins for the incident but it seemed like a lifetime and as if time had stood still really, I acted purely on instinct at the time. It just felt that I was going to wake up from a nightmare.

Q Where you a believer before the incident?

A Yes. I grew up in the Church of England and then when I was 19 yrs I really came to know the Lord. So I guess I had those two very important years prior to the incident to build up my faith, and that in turn helped me to find the strength to deal with what I had to deal with.



Lisa is honoured by Wolverhampton University

Q We read and hear daily about how people are being traumatised due to circumstances beyond their control i.e natural disasters, attacks and violence in various forms, and even financial ruin. Lisa what advice do you have for them? – i.e where is their starting point when trying to pick up the pieces?

A Well it's different for everyone, for me the healing part was slow, the first 5 years were a whirlwind really and then it was a question of trying to turn it into a positive action.

Q In Romans 12:21 in the Bible states we are to not be overcome by evil but instead overcome evil with good – do you think that this scripture is relevant when you contemplate your experience on that day in 1996?

A Oh absolutely, for me just being able to move forward and forgive was the important thing for me and it was important for me in order to move on so we overcome evil with good and this was my way.

Q Do you believe that things happen for a reason and that God can really turn around any horrific situation or experience for the good? If so why?

A Well when you read about others who have experienced trauma of various sorts you do hear that they tend to start up things or get involved in positive projects so I think God definitely turns it around and though we go through it all we must trust God that it did indeed happen for a reason and that He will help us to turn it around.

Q Finally Lisa you founded a charity tell me all about it and what your hopes are for the future?

A In fact my first project was out in Romania and then I set-up a charity call Believe 2 Achieve which specifically helps children in my five local schools including the one where the incident happened. We give children the opportunity to get involved in things like drama, art etc and we also run parenting classes and counselling courses and we can also help parents who are maybe experiencing financial problems to enable their children to participate, it's really about helping children to believe in themselves, we are in the process of changing some things and getting our official website up and running and we are based in Wolverhampton.

*

Lisa is available to speak at your Church/group please contact [The Lighthouse Agency](#) to book.

*

Books by Lisa Potts

Thank You God: Book of Children's Prayers (editor) (1997) Hodder Children's Books, London ISBN 0340709812

Behind the Smile: My story by Lisa Potts (1998)

Heroes for a Day (2000) Hodder & Stoughton, London ISBN 034074586X

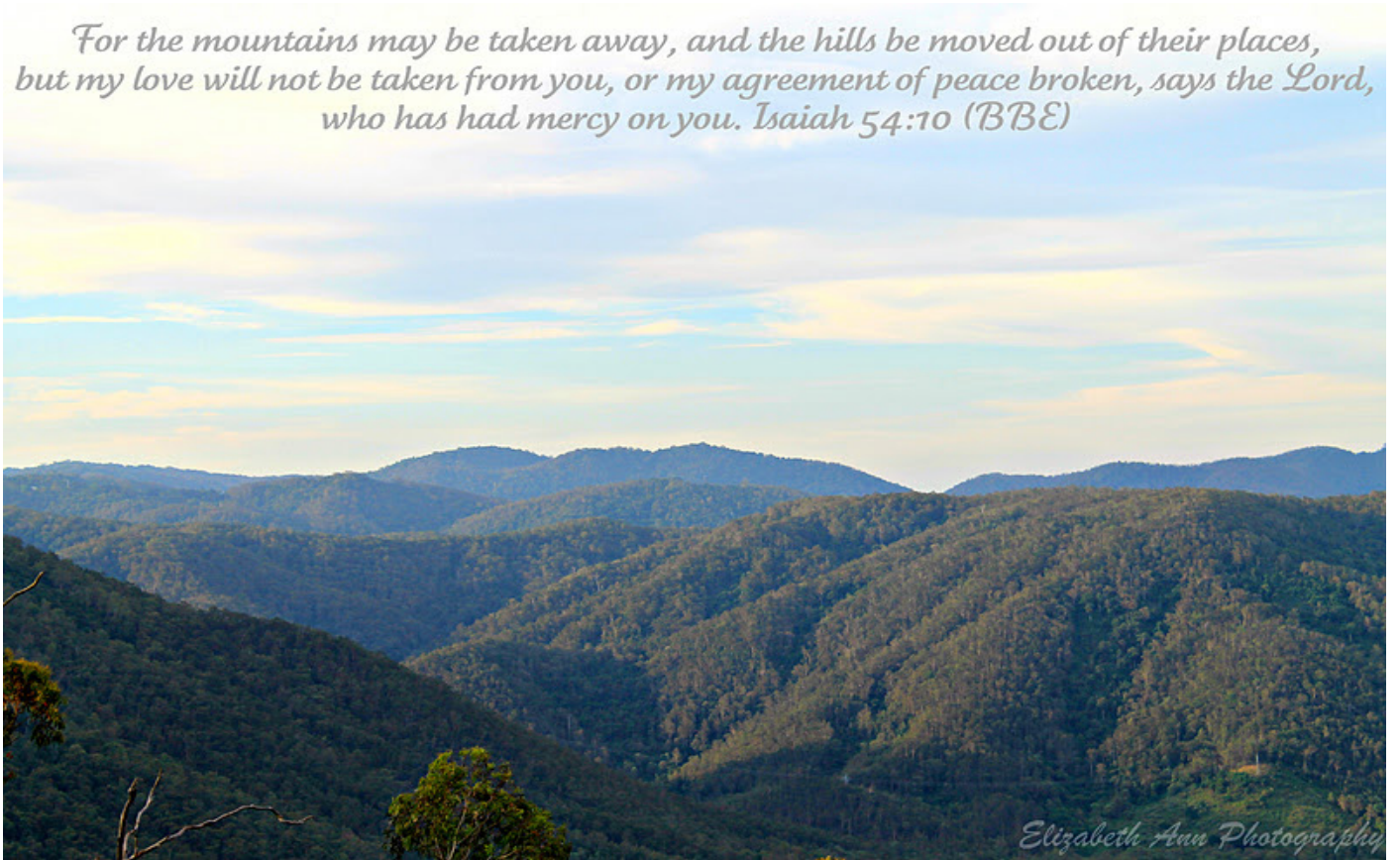


Tel: 01371 874544

*

Next time – REINHARD BONNKE – International Evangelist

*For the mountains may be taken away, and the hills be moved out of their places,
but my love will not be taken from you, or my agreement of peace broken, says the Lord,
who has had mercy on you. Isaiah 54:10 (BBE)*



Elizabeth Ann Photography

HEROES

HEROES



'Surprised by Joy'
The Testimony of CS Lewis
By
Lianne Henderson

PART 1

This is the story of the conversion experience of the incredible man who is C.S. Lewis a prolific writer, poet, scholar of English literature and defender of Christianity. He is known for one of the most famous books in fantasy writing *The Lion, the Witch and the Wardrobe*, the first book published in the series 'The Chronicles of Narnia'.

EARLY LIFE

Clive Staples Lewis was born in Belfast in 1898 he was the younger of two sons and his parents Albert and Flora were both keen readers. Lewis was close to his brother Warren and they would often spend long hours coming up with fantasy role-play games to help them to escape from their boring and characterless childhoods.

CHRISTIAN INFLUENCES?

Lewis's parents were Ulster Protestants and he grew up attending church every Sunday. He found the services uninspiring and completely uninteresting. The church was more interested in preaching on political statements rather than statements of faith; one of the most common topics was a weekly demonstration that they were not Catholics. This left CS Lewis with distaste for Christianity that he would carry on from his teen years into adulthood.

Lewis's life was changed after the death of his mother in August 1908. The death of his beloved mother affected him deeply he said, "all settled happiness, all that was tranquil and reliable, disappeared from my life". Lewis and Warren became more reliant on each other, but their relationship with their father became increasingly hostile.

SCHOOL HELL

Soon afterwards Lewis was sent to a boarding school called Wynyard. The school by all accounts was a dreadful place. Lessons consisted of learning by schedule or being left with a slate and made to do sums. The headmaster, Rob "Oldie" Capron was a cruel man who would whip the boys with little frustration. His neighbours believed him to be insane. Lewis first tried to be a 'Christian' to escape the torments of living in such a place. He made a list of resolutions and tried to pray each night. However, because of lack of faith in the teaching Lewis received, he often worried if he was praying properly.

Lewis's father Albert did not know what Wynyard was like. Lewis stayed there until the school closed down due to depletion in numbers. He was then sent to another school called Cherbourg, after having spent half a term at another unknown school, he suffered an illness. Lewis was happy at Cherbourg and his academic standards quickly improved thanks to discovering the music of Richard Wagner. However, Lewis began to associate with the bad crowds at the school, following his brother Warren's example. Warren was soon expelled from college due to his anti-social behaviour and therefore joined an Army Academy and Lewis went on to secondary school at Malvern College to continue his studies.

AWAY FROM GOD

Malvern College was the turning point for Lewis. He completely turned away from God. There was an elite group of older pupils who ruled the roost; they were usually members of sports teams. They were called 'Bloods' and were heavily worshipped by the younger boys.



'For you will certainly carry out God's purpose, however you act, but it makes a difference to you whether you serve like Judas or like John'.
C.S. Lewis, 'The Problem of Pain'

is - tea-making, boot-blackening, cleaning sports kit or his
idy. This was called 'fagging' and Lewis said it made his
: miserable, if that was not enough he had a workload of
: own homework to do, which added to the burden.

wis was upset, too, by rumours of homosexuality between
pils at Malvern, and wrote an exaggerated and
: approving chapter about the college in "Surprised by Joy".
arren later said that the school had not been as bad as

Born and raised in Belfast, CS Lewis loved what he called his 'Northernness'. From the rugged coastlines of Castlerock and Portrush to the Belfast Docks and the Mountains of Mourne, the striking landscape of Northern Ireland stirred his imagination and inspired the creation of the world of Narnia.

wis claimed and because of that disagreement the
others drifted apart. Lewis had certainly lost his Christian
th.

he epic operas of "The Ring Cycle" by Richard Wagner
roduced CS Lewis to Norse mythology, the beginning of
: lifelong love of 'Northernness'. The music and mythology
used momentary but intense feelings in Lewis his
scription of the music was what he called "joy", but where
re fleshed out when he said that it was "the stab, the
ng, the inconsolable longing".

wis threw himself into studying Norse mythology, hoping
experience "joy" again. Reading and writing about his
rthern myths kept Lewis sustained throughout his time at
alvern College. His writing of fantasy helped him to escape
: grim reality that was unfolding at Malvern.

he bright spot at Malvern apart from his Norse mythology
is an inspirational teacher nicknamed 'Smugly'. Lewis
rtrays 'Smugly' as the essence of kindness in a rough
hool. He was also much taken with 'Smugly's' melodious
:thod of poetry reading. He tried to imitate it himself from
an on.

ANOTHER WAY OUT

ie day a light of hope came to CS Lewis as an examiner
d remarked that Lewis was the sort of boy who could gain
Classics degree at Oxford. But if Lewis was to attend
iversity, he needed a scholarship. Albert Lewis (CS
wis's father) decided to send him to a tutor to prepare him
: the scholarship examination, and Lewis went to stay with
: father's friend William Kirkpatrick in Great Bookham in
rey.

and how to debate in a moral and ethically correct manner.

The young Lewis's days at Kirkpatrick where his happiest
and served as the bases of his daily routine which would
carry on the rest of his life; Rise at half past seven for an
early walk; breakfast at eight; work from a quarter past nine
until lunch at one; freedom during the early afternoon until
tea at a quarter past four; work from five until nine,
interrupted by dinner at seven. After 9 O'Clock, Lewis could
write independently, often stories or lyric poetry inspired by
whatever mythology he was engaged in at the time.

War and Moore

Lewis first entered the doors of Oxford University in 1916
during the World War I. Lewis wanted to do his part to
serve his country in the armed forces. Due to the fact he was
an Irishman Lewis was not forced to join, but then he signed
up! His time as an army officer affected him greatly, as it did
most soldiers, but there was one friendship was about to
change his life for good...

To be continued...



Lianne is Design Consultant for 3-in-1 Publishing and AKR
Promotions Events – www.lchenderson.com

The Gate

Melanie Henderson

3-in-1 Publishing welcomes regular columnist Melanie Henderson to The Voice. Melanie will explore the Holy Land in this series. She will explore the different biblical sites throughout Israel.



Click on image to see more detail

In 1917, British general Edmund Allenby entered the Old City through the Jaffa Gate, where he gave a speech at the nearby Tower of David. Mr Allenby was a British soldier and administrator, who was most famous for his role during World War I, when he led the Egyptian Expeditionary Force in the conquest of Palestine and Syria in 1917 and 1918. Edmund Allenby entered the city on foot to show respect for the city. The British demolished other buildings that joined the city wall in 1944 in an attempt to keep Jerusalem's historic vistas.



During Israel's War of

Independence, the Israeli forces fought really hard to connect the Jewish Quarter of the Old City with Israeli-held western Jerusalem by controlling the Jaffa Gate.

On the evening of 18 May 1948, the Haganah launched a frontal attack but were beaten back with heavy losses. The Haganah was a Jewish paramilitary organization which was then the British Mandate of Palestine from 1920 to 1948; it later became the core of the Israel Defense Forces with a Jordanian victory in 1948.

THE JAFFA GATE



In this month's issue, I will take you through the Jaffa Gate, there's only three more and then we are in the city! This magnificent gate is a huge stone portal in the historic walls of Jerusalem's Old City, and it is one of the eight gates in Jerusalem's Old City walls that we see today. The Jaffa Gate is

named this way because it is the portal for the Jaffa Road, the precursor to the modern highway that leads you towards the ancient port of Jaffa and the Mediterranean coastal plain.

Inside the Jaffa Gate, you can see a small square between the Christian and the Armenian Quarters. The Christian Quarter is to the north, which is on the left hand side, and the Armenian Quarter is to the South, which you can see on the right as you enter the Gate.

The Gate's location is determined by the city's topography (or the surface shape), located along the valley followed by Jaffa Road into the Old City, which is between the northern hill of the Acra and the southern part of Mount Zion. This road and the valley where it follows continues eastward and down into the Tyropoeon Valley. This divides the northern and southern halves of the city, with both the Christian and Muslim Quarters to the north, and the Armenian and Jewish Quarters to the south.

There is a legend that anyone who conquered Jerusalem will enter through the Jaffa Gate. So when German Kaiser Wilhelm II visited Jerusalem in 1898, the Ottoman authorities broke into the city wall right next to the gate so that whenever he entered, he thought he was going through the Jaffa Gate. In 1908, a clock tower was built near the gate, in order to serve the developing business district in the area. This tower however lasted only a decade as it was knocked down by the British when they occupied

To this day, the Jaffa Gate is used by pedestrians and vehicles and the plaza in front of the gate has been expanded so that it can connect with the new Mamilla shopping district which is just outside the Jaffa Gate.

ATTRACTIONS



The Tower of David

Song of Solomon 4:4

Your neck is like the tower of David, built with elegance; on it hang a thousand shields, all of them shields of warriors.

The main attraction at the Jaffa Gate is the magnificent Tower of David. The Tower of David is an ancient fortress located near the Jaffa Gate entrance to the Old City of Jerusalem. Built to strengthen a strategically weak point in the Old City's defenses, the fortress was constructed during the second century BCE, and was subsequently destroyed. It was rebuilt by, in succession, the Christian, Muslim, Mamluk, and Ottoman conquerors of Jerusalem. This spectacular fortress contains important archaeological finds which dates way back 2,700 years, and it is a very popular venue for benefit events, craft shows, along with concerts, with sound and-light performances. The name "Tower of David" is a misnomer, as it was constructed at least several hundred years after the Biblical date of King David's reign.

Next The New Gate...

SHORT STORY SECTION

They Call it the Blues!



By Loraine Wylie

you've ever told somebody to 'cheer up' or 'snap out of it' unless you've never suffered depression. It wasn't until I came down with a nasty bout of the blues that I realised just how useless, if well meaning, this advice really is. Take it from me, no matter how often or vigorously applied, such simple remedies do not dispel the gloom. As for counting blessings, well that's easier said than done. It's difficult to appreciate the scenery when a thick curtain of melancholy obscures the view.



Depression, contrary to what some people say, is not a sign of either mental or spiritual weakness. Like flu or chickenpox, it is a real medical condition. But instead of bodily rashes or fever, the only indication of its presence is a change in the temperature of moods. Even these can fluctuate between a mild shade of blue to a deep navy or right down to hopeless black. All of us at some time or other will experience the less severe form when disappointment, a brief chemical imbalance or the arrival of a few post Christmas bills are the only trigger. For others, a severe blow of rejection, betrayal or even grief will send us drifting toward the deepest, darkest recesses of the mind.

My depression that is protracted or severe requires a visit to the GP who can arrange appropriate medication as well as expert counselling. But, thankfully, most people like me will encounter the milder and less intense shade of the blues. Nevertheless, the effect even the minor varieties can be pretty distressing. Normally an optimistic type of person, even I was surprised by the note of negativity that coated my responses. Any news that would usually have elicited a whoop of delight was met with a disinterested shrug or a cynical comment. Even an unexpected Christmas bonus was greeted with less than seasonal cheer. Somehow, depression had robbed me of joy. But it wasn't only me that felt cheated. My husband found it difficult to relate to the 'new' me. Depression may be isolating and lonely but it affects the whole family.

There may not be a quick or easy solution to the condition. Whatever the cause, any notion that depression can be dismissed with a quick dose of homespun philosophy is a myth. The

suggestion that it is gender orientated is equally untrue. Men as well as women are subject to the same crippling effects. The idea that Christians enjoy some kind of immunity is not only a fallacy, but one that can inflict untold harm. The Bible is full of examples. Take a look at Jeremiah! His sense of bleak hopelessness is almost tangible. Just as we are not exempt from physical infirmity neither are we guaranteed exclusion from conditions that target the mind.

The word 'depression' may not appear in Scripture but the symptoms are well documented. As the Biblical pages unfold the drama of human history it is easy to read of many situations similar to our own. Perhaps Rebekkah's mother suffered a bout of empty nest syndrome when her daughter upset family dynamics by leaving to marry a man she'd never met. Listen to the maternal stress as she entreats the girl to tarry with her just a little longer. Any mother can visualise the sleepless nights that scenario might cause. David's lament at the loss of his infant son and again years later when he grieved for his beloved Absalom, is a perfect illustration that men are just as often the victims of emotional turmoil.

Biblical characters may be separated from us by time and culture but they still experienced the full range of human emotion, including depression. However, just as it is evident that our ancestors laughed, cried and worried just like us, they also enjoyed the same Divine care and protection. We have the privilege of reading the beginning as well as the end of generations that have gone before. The common thread is not only our humanity but God's faithfulness. Just as He did not leave Jeremiah, King David or Rebekkah's mother or any other of his people without comfort, God will never let us down.

Sometimes, when 'the blues' arrive for no apparent reason, the situation is a little more frustrating. Maybe it was the approach of my fiftieth birthday and the knowledge that youth was no longer on my side that added the slight tinge of gloom. Perhaps it was merely lack of sleep from working too hard. It could have been the after effects of flu, a sudden depletion of oestrogen or as my husband insists, an allergic reaction to helping him paint the barn! Whatever the reason, the reality of depression was uncomfortably disconcerting. But I did find a few things that helped. Regardless of my bored expressions and apathetic attitude, I really appreciated my family's perseverance with hugs and reassurances of love. Where words failed these simple gestures spoke volumes and provided me with a secure environment in which to recover my equilibrium.



Although, prayer and Bible study proved beyond my capacity, I did find hope from the promise in Ecclesiastes. There the wisest of all men reminded me that there is a season for everything. Nothing is permanent; everything is transient, including depression. It too would pass and, of course, it did.

Contact lorraine@lorrainewylie.com

The Word of God

Inspirational verses to meditate on...

NOVEMBER

1st

He is my loving God and my fortress, my stronghold and my deliverer, my shield, in whom I take refuge, who subdues peoples under me [Psalm 144:3](#)

2nd

You will be protected from the lash of the tongue, and need not fear when destruction comes. [Job 5:21](#)

3rd

You are my hiding place; you will protect me from trouble and surround me with songs of deliverance. [Selah Psalm 24:7](#)

4th

Do not withhold your mercy from me, O LORD; may your love and your truth always protect me. [Psalm 40:11](#)

5th

They will fight against you but will not overcome you, for I am with you and will rescue you," declares the LORD [Jeremiah 1:19](#)

6th

Do not be overcome by evil, but overcome evil with good. [Rom 12:21](#)

7th

"...for everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. [1 John 5:4](#)

8th

Who is it that overcomes the world? Only he who believes that Jesus is the Son of God. [1 John 5:4](#)

9th

Consider it pure joy, my brothers, whenever you face trials of many kinds, "because you know that the testing of your faith develops perseverance. [James 1:2](#)

10th

You have persevered and have endured hardships for my name, and have not grown weary. [Revelation 2:3](#)

11th

May the Lord direct your hearts into God's love and Christ's perseverance? [2 Thessalonians 1:4](#)

12th

Surely God is my salvation; I will trust and not be afraid. The LORD, the LORD, is my strength and my song; he has become my salvation. [Isaiah 12:2](#)

13th

If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer. [2 Corinthians 1:6](#)

14th

And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit, [Eph1:13](#)

15th

And he passed in front of Moses, proclaiming, "The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness" [Exodus 34:6](#)

16th

Though he brings grief, he will show compassion, so great is his unfailing love. [Lamentations 3:32](#)

17th

The LORD delights in those who fear him, who put their hope in his unfailing love [Ps 147:11](#)



18th

The LORD turn his face toward you and give you peace [Num 6:26](#)

19th

The LORD gives strength to his people; the LORD blesses his people with peace. [Psalm 29:11](#)

20th

You will keep in perfect peace him whose mind is steadfast, because he trusts in you. [Isaiah 26:3](#)

21st

But my mouth would encourage you; comfort from my lips would bring you relief. [Job 16:5](#)

22nd

And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort. [2 Corinthians 1:7](#)

23rd

Those who know your name will trust in you, for you, LORD, have never forsaken those who seek you.

[Psalm 9:10](#)

24th

They cried to you and were saved; in you they trusted and were not disappointed. [Psalm 22:5](#)

25th

Trust in the LORD with all your heart and lean not on your own understanding; [Proverbs 3:5](#)

26th

The LORD is good, a refuge in times of trouble. He cares for those who trust in him, [Nahum 1:7](#)

27th

I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father. And I will do whatever you ask in my name, so that the Son may bring glory to the Father. [John 14:12-13](#)

28th

And his affection for you is all the greater when he remembers that you were all obedient, receiving him with fear and trembling. [2 Corinthians 7:15](#)

29th

This then is how we know that we belong to the truth, and how we set our hearts at rest in his presence whenever our hearts condemn us. For God is greater than our hearts, and he knows everything. [1 John 3:19-20](#)

30th

You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world. [1 John 4:4](#)

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