

Expectation Fixation

Does it ever seem like the people around you are constantly disappointing you? If there was a way so that you could stop feeling disappointed, would you do it?



Lately this scripture has come to my mind over and over, "If you want to avoid judgement, stop passing judgement. Your verdict on others will be the verdict passed on you. The measure with which you measure will be

measured out to you." Matthew 7:1-2. By the power of the Holy Spirit I have come to the understanding that my expectations of people cause my own disappointment. Why? Because I measure with a spoon that no one can fill besides Jesus. I have made unrealistic scenarios in my mind about how I want people to treat me, but I never focus on how I have treated them. I haven't taken time to see the ways in which I have disappointed people with my behaviors.

Recently, my husband came home from work and he asked me a question. It had been a long day and I didn't feel like answering questions, so I gave him a real short answer with an angry tone. Later the Holy Spirit revealed to me that I would have never been okay with him talking to me that way, especially if I hadn't done anything to deserve it. Why was it so easy for me to do that to him? Why did I have this double standard? The Holy Spirit began to show me many occasions that I had done the same and many occasions when he had also done this. Our reactions were completely opposite.

The times I spoke to him in an angry tone, he simply said, "Ok," walked away and never mentioned it. When he responded to me in that tone, my response was more like, "How dare you answer me in that tone? I'm your wife, not your child. If you had a bad day, that doesn't make it ok for you to do that to me." Ouch. Even as I read my response, it breaks my heart. No mercy, no compassion, just facts. Oftentimes, I become fixated on my expectations to the point that I can't hear what God is calling me to do as His daughter, as a wife, as a mother, as an Ambassador of mercy. Rather than recall all the good my husband has done, I become fixated on this one moment. Can you relate to this?

How can we change this behavior? How can we repair the damage we have done? Well, my dear brothers and sisters in Christ, as my Pop, Henry, always says, "That's the next retreat." Check out our video broadcasts, listed on page 4. And when you can, register for a retreat! Our next one is already full, so plan ahead! In meantime, I pray that Mama would continue to cover you in her mantle and open your eyes to the expectation fixations that do not allow you to show mercy to those whom God has placed in your life. Thank you for taking time to read these words. Looking forward to the moment we meet face to face.

Article by Jessica Mendez

The Mercy Inspection

Brothers and Sisters,
How would you rate if today you had a *Mercy Inspection*? Truly, we have an inspection every day!



As I reflect on my Mercy score, I realize my skills to be obedient to mercy need sharpening.

One area of mercy which can often be overlooked is mercy for oneself. You are your toughest critic, often less merciful than our Father in Heaven. If He can forgive, how can you hold back forgiveness? Certainly we are not greater than He.

Another area often overlooked is that mercy overrides judgment. *For the judgment is merciless to one who has not shown mercy; mercy triumphs over judgment. James 2:13 and Go and learn the meaning of the words. 'I desire mercy, not sacrifice.' Matt. 9:13.* It is so easy to be caught up in the law, rather than the way of mercy, which looks into the heart.

Remember the scripture in Genesis where God asks Adam and Eve, "Where are you?" He is asking about the heart. It's a great question to ask when we are unable to forgive ourselves. Where is your heart? Are you the unrelenting jailer, determined to extract the last penny of the debt you owe? Do you really think you could ever pay it anyway? Why not humble yourself before God and truly repent from the heart? Your past will be but a memory, and your heart will be free to love again, loving even yourself.

Finally, it is so easy to forget that mercy also is discipline and obedience. Mercy is not just a warm fuzzy feeling when I get what I want, not if we take our Lord's merciful crucifixion as a true outpouring of mercy on us, which it truly is. In His cross was love, mercy in action, and obedience to His Father, our Father.

Sometimes you may encounter a friend who expects your mercy to give them what they want, but if you seek the Holy Spirit, you may see that what they want is detrimental to the soul. You can't be in unity with them, and that divides you. This can happen in your family, with your friends, even with your spouse.

Remember what Jesus said when he was told his mother and family were waiting to see him, "*Who is my mother? Who are my brothers?*" And stretching out his hand toward his disciples, he said, "*Here are my mother and my brothers. For whoever does the will of my heavenly Father is my brother, and sister, and mother.*" Matt. 12:48-50

So, Brothers and Sisters, it's time to put on the Armor of Mercy and to unite to be Disciples (students) of Mercy, living, breathing, thinking, and putting mercy into action. How is your mercy inspection going?

Article by Carolyn Huntzinger

Updates!

Our first retreats since the pandemic have been an incredible blessing! We have had to raise our retreat fees, though, as food prices, overhead expenses like electricity and cleaning, as well as limited numbers for social distancing, etc. have had their impact.

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Our retreat registration is now \$195 with early registration being \$175.

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We thank all those who generously brought donations during our previous retreats. All our retreats are filling up so quickly now, and all retreatants must register early. As we adopt local Covid guidelines for reopening, we have limited space, so if you plan on coming to a retreat, send or call in your full registration fee to reserve your spot. If English speaking, call Carolyn at 806-773-5147. If you prefer speaking Spanish, call Kathy Gloria at 806-445-1440.

We are taking reservations on a first-come-first-served basis, and often our next retreat is full as soon as the previous one is over. If you truly want to come, I encourage you to plan at least 1 month ahead! Thank you for your patience as we navigate this time.



Pictures from top:
 1. West Side of Louis Life Center;
 2. East Side of LLC;
 3. Interior framing at rear of Center;
 4. Framework of new office space in LLC.

(Physical & Spiritual) HEALING
THROUGH the POWER of the HOLY SPIRIT RETREAT
(open for both Men and Women)
December 4-6, 2020



Possible Topics:

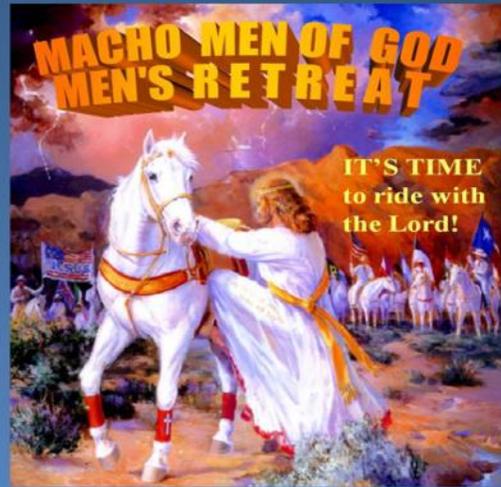
- *Get out of Depression and Into the Joy of the Holy Spirit*
- *Rest in the Holy Spirit and Let God's Love Pour Over You*
- *Be Renewed & Transformed by the Healing Power of the Word*
- *Be Set Free from Your Chains of Guilt & Rejection by the Power of the Holy Spirit*

...how God anointed Jesus of Nazareth with the holy Spirit and power. He went about doing good and healing all those oppressed by the devil, for God was with him. Acts 10:38

The Holy Spirit is CALLING YOU TO The 93rd Macho Men of God Retreat

November 6-8, 2020

- ACCEPTING THE PURPOSE FOR WHO GOD CREATED ME TO BE AS A MAN
- THE KNOWLEDGE OF HOW TO BRING HEALING TO YOUR FAMILY AND TO YOU
- THE KNOWLEDGE OF HOW TO OVERCOME DEPRESSION AND PHYSICAL SICKNESS
- THE KNOWLEDGE OF HOW TO REMOVE BITTERNESS IN YOU AND YOUR FAMILY
- CONQUERING ADDICTIONS OF ALL KINDS WITH THE HOLY SPIRIT
- EXPERIENCE THE LIFE-CHANGING EMPOWERMENT OF THE HOLY SPIRIT



*Join us
For a weekend
that will
change your life!*



PLEASE NOTE:

DUE TO COVID 19, RETREAT SPACE IS LIMITED!

NO WALK-INS!

REGISTRATION PAYMENT IN ADVANCE IS REQUIRED!

Women of Power Retreat *A Precious Instrument of God*

November 20-22, 2020

Possible Topics Include:



- Knowledge of How to Be God's Instrument
- Knowledge of How to Increase Your Faith
- The Power of a Grateful Attitude
- Receiving the Empowerment to Bring Healing to You and to Your Family
- Receiving the Empowerment to Break Satan's Strongholds in You and Your Family
- Being Set Free from the Spirit of Grief

**Featured
Speakers
Include:**



Mary
Constancio



Jessica
Mendez



Brenda
Garcia



Corina
Constancio



Carolyn
Huntzinger



Kathy
Gloria

CONNECT WITH US ON SOCIAL MEDIA

As COVID 19 restrictions continue, we are working hard to bring you spiritual resources to draw from that may encourage you, bring you peace, and cover you in grace. Our

videos on Zoom and on YouTube, our Facebook page, our monthly newsletter and our website all are there to reach out to you and refresh your spirit in these trying times.

As we cautiously begin to reopen our doors for retreats, please be assured that even if we must limit physical numbers now, we are still available for scripture study, questions, and discussion online. Stay connected! Details are listed below.

The web link and password to Zoom meetings will be available on the day of the meeting at flameofmercy.com by clicking on the Video Teachings tab at the top. YouTube videos may be accessed on YouTube.com by searching for Ambassadors of the Flame of Mercy. When you subscribe to our YouTube channel, you'll be notified of future live videos. We would love to see you there! Our weekly schedule is:

Sundays 6 pm CST

School of Mary: English: (hosted by Mary Constancio)

Tuesdays 10 am CST: (A different host and subject alternates every other week)

Spanish Bible Teaching: (hosted by Jessica Mendez) – every other week

School of Mary Spanish: (hosted by Mary Constancio) – every other week

1st and 3rd Thursday of each Month 7:30 pm CST

Women's Spanish Sharing Group 7:30 pm CST: (hosted by Kathy Gloria)

Fridays 8:30 pm CST

Living Faith and Mercy: English/Spanish: (hosted by Henry Constancio)

2nd & 4th Saturdays 7:30 pm CST

Spanish Couples Sharing Group: (hosted by Kathy Gloria)

Please remember we are only a phone call away. Call Carolyn @ 806-773-5147, or Kathy Gloria for those who prefer speaking in Spanish @ 806-445-1440.

2020 RETREAT SCHEDULE

- **A NOTE ABOUT OUR NEXT SCHEDULED RETREATS:**
- **DUE TO COVID 19, RETREAT SPACE IS LIMITED! NO WALK-INS!**
- **REGISTRATION PAYMENT IN ADVANCE IS REQUIRED!**
- **NEXT SCHEDULED RETREATS:**
- **Self Image Retreat—FULL RETREAT!**
October 23-25, 2020
- **Macho Men of God Retreat**
November 6-8, 2020
- **Women of Power Retreat**
November 20-22, 2020
- **Healing thru the Power of the Holy Spirit**
December 4-6, 2020

Retreat Registration Fee: \$195.00, early registration \$175.00

Register online: www.flameofmercy.com

Email: Admin@flameofmercy.com,

or call the office at 806-832-4243

**PRAYER FOR THOSE
IN BONDAGE**

Forgive them Lord: forgive them for they do not know what they do. Please, Father in heaven, with all your love and mercy, we plead for our brothers and sisters who are in bondage and held captive at this time.

(Pause to call to mind those whom you are praying for.)

Please, Father, give them only a few seconds of clear vision to see you and love you without the deception of this world and the lies that Satan use to blind us: that they no longer wait but choose to do right. That our brothers and sisters may have a chance of saying "yes" to you just as our Blessed Mother did. That they may have a chance of being in paradise with you. And, Lord, create in them a new heart worthy of this paradise. Amen.

Ambassadors of the Flame of Mercy Ministries

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