



Jason

## SHAME, GUILT AND REGRET

Life Prior to Teen Challenge was a mess. I was weighed down with the consequences from acting independently from the Word of God. I had lost hope and didn't have any direction or vision about what to do much less imagine having a future. When I look back, I realize that at the time it seemed normal to spend nights running and hiding from people I thought were after me. The shame, guilt and condemnation over every action made me think people were watching and judging me. I was constantly consumed by thoughts of failure from my past. I had shame, guilt and regret because of failing over and over at being a son, a father, a husband, a friend. In my own strength, my own efforts were never enough to combat the urge to use drugs or to manipulate situations and people. I became so angry and resentful towards others and blamed them for my actions. In reality, it was illegal drug use and activity that was the cause of my torment. Ultimately, at the end of my addiction, I had no respect for God, myself or other people. I had exhausted every resource and burnt every bridge. By the grace of God, I became desperate to change. I asked God to please pull me out of the mess I was in and change my heart and life. I was so tired of dead ends.

Romans 8:28 says He causes all things to work for the good to those who love God and are called according to His purpose and that all authority is given from God. I believe it was grace that allowed me to leave where I was and to be able to come to Teen Challenge. He made a way for me when I had no other way. I deserved punishment and God gave me mercy.

I came to Teen Challenge on September 20, 2018 exhausted and broken. I was also skeptical and paranoid. John 8:32 says, "You shall know the truth and the truth shall make you free." Since being here, through reading the Word of God, the Holy Spirit has shown me who I am in Christ. I have a new identity and a peace and hope that I cannot explain.

I have a relationship with God that's a daily walk. I'm not exactly sure what the Lord has planned for me after I graduate, but I have a desire to be able to share the same truth and hope that set me free.





## I Love My Town



Thank you Discover Church for including Teen Challenge of the Smokies Men's Center in "I Love My Town". Each year Discover Church goes into the community helping non-profits and individuals. After a short service on April 7, at the center, the group painted our gym.



Before



After



**Central Air has been installed!** In the summer the downstairs cafeteria and kitchen area are really warm. Thanks to Watauga Baptist Church for paying for the materials and to Franklin Sheet Metal for the great job on installation.



**The New mattresses have arrived!** The mattresses the men have been sleeping on are at least 20 year old. Thank you to all who have donated toward the purchase of these new mattresses. At present, we have received \$2,200. The cost for the mattresses is \$3,000. If you would like to donate toward the purchase of these, just contact the office at 828-524-2157.

Thank you Macon Furniture Mart for the generous discount you gave us!



Thank you Teen Challenge of the Smokies Board members: Richard Tirrell, Rick Westerman, Alise Sutton, Reggie Holland, Dave O'Dell, Rob Loafman and Richard Yinger. We are blessed to have such a great group of people serving on our board

*Mike and Betty Barres*



**NEEDS:** welder (\$323), gutters(\$2500), cafeteria floor tiles(\$3500). Contact us if you would like to help towards these projects. 828-524-2157

### TO MAKE A DONATION:

P.O. BOX 2157, Franklin, NC 28744 /OR GIVE ONLINE at our **website: [www.mtcots.com](http://www.mtcots.com)**

FOR MORE INFO, CONTACT US AT: 828-524-2157/[betty@mtcots.com](mailto:betty@mtcots.com) /Thrift Store: 828-586-9966

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