

Spirit Of Hope

The Journey of Spiritual Healing

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*Spirit of Hope is not affiliated
with any church or other
organization.*

Stand fast therefore in the liberity by which Christ has made us free, and do not be entangled again with a yoke of bondage. (Galatians 5:)

Free Indeed

by Karen Collett

Yep It's me Bessy, Syneace asked me to write a little something about Bondage, well I don't mind telling you I didn't have to give it much thought. She must have assigned this, knowing some how, that I struggle with Bondage everyday.

I just can't seem to get my day started until I have watched "All My Children" and Jerry. Then when I can take some quality time for myself, I get comfy with the "Home Shopping Network" and my credit card. How can I say no to such bargains. I need all that *stuff*. All those kitchen gadgets and things to make my life a little easier and a few other goodies that I just can't live without. What's wrong with that?

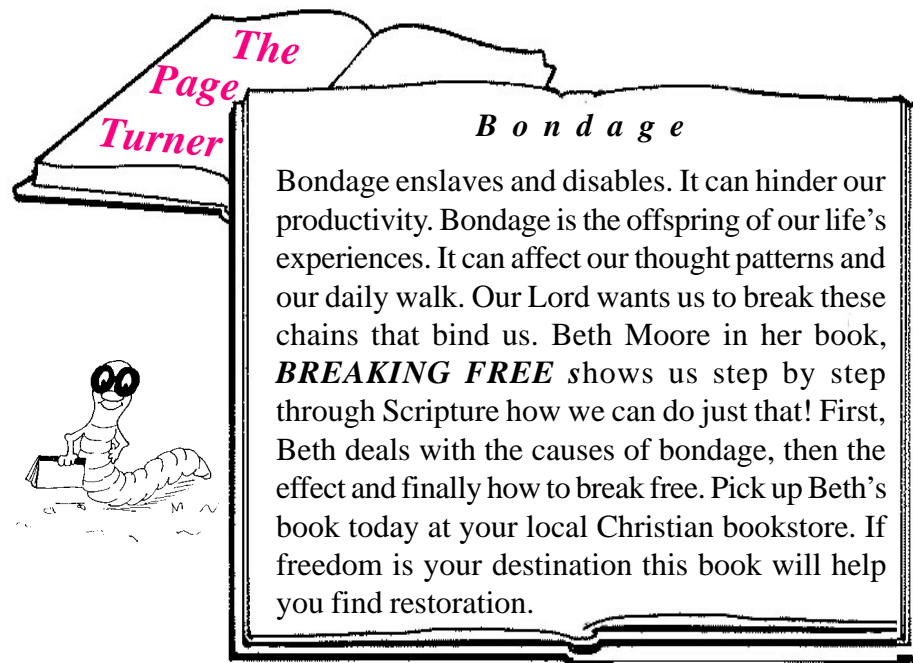
Let me tell you the bills just keep coming. I just can't believe I spent that much; the debt is enormous. I'll never be able to pay on my minimal income. Well I'll worry about that tomorrow. I should call my Pastor and get advice from him. He's not busy, after all he only works on Sunday and Wednesday right?...

Maybe I should get out my Good Book instead and see what The Lord has to tell me. Hmmm... Romans 13:14 tells me to *make no provision for the flesh*, Romans 6:6 says we are *no longer slaves to sin*, and Philippians 4:13 says *I can do all things through Christ who strengthens me*. Hmmm... you mean I don't have to be in bondage? The Son has set me free.

All I have to do is want to be free and with the power of Christ I don't have to be in bondage to the sin that controls my life. I am the only one keeping me in these chains. This is not the life God intended for me to live. Think of all the folks I could bless if I stopped my needless spending. Ohh... what a blessing that would be to them and me and pleasing to my Lord. I guess I don't really need all those kitchen gadgets I never use and I don't have to get sculptured nails and a fancy hair do every week. There are probably children that need to eat more than I need any of that.

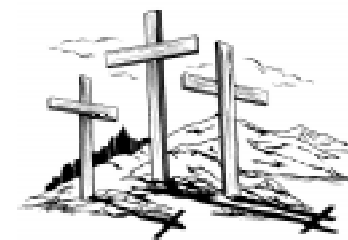
Thank you Dear Lord for opening my eyes to see.

Yours freely,
Bessy



If you would like to receive the newsletter by email please notify me by sending an email to syneace@pulse.net.

Syneace Beard
903-883-4885
email: syneace@pulse.net
822 Walden Lane
Quinlan, Texas 75474.



My Pile Of Chains

by Vickie Schumann

What is bondage? Anything that confines me or restricts me from something I need or need to do. Chains come to mind when I think about bondage. Sometimes I feel like a pile of chains is on me. Not only do they hold me back from serving God they keep me from spending time with my Savior. Everyday is a struggle for me. I have found that **MARTHA'S APRON** can be very heavy at times. There are many types of chains that each one of us deal with. For some, it may be an addiction, fear, depression, lack of confidence, or a life-style that is too busy or disorganized.

How can we tell if our lives are shackled in chains? Are you lacking Joy? Do you long for peace in your life? Do you spend a rushed five minutes with God each day just a to say you got it in? Are you overwhelmed with grief or emotional pain and in need of resurrection? If any of these apply to you Girl, you are carrying your share of chains.

How can we break these chains? First, recognize what is holding you down. Do not be afraid to face this, God will help you through your struggle. The Bible tells us, "Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me." (Psalm 50:15). Start Praying for God's help and continue to ask for it each day, all day if you need it. Do not be shy about prayer. Hebrews 4:16 says "Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need." God uses chains in our lives to draw us closer to him. He is closest to you in times of trouble and waiting to carry your load or burdens away. Psalm 34:18 tells us "The LORD is near to those who have a broken heart, And saves such as have a contrite spirit."

Third, get help from others. You are not alone, remember, all have sinned. Do not measure your pile of chains against another. Do not be afraid to reach out. Ecclesiastes 4:9-12 tells us the value of a friend. "Two are better than one. ...For if they fall, one will lift up his companion." You need help to break your chains. Through your success, you can be used to help others.

Lastly, give God time to work in you life. Things may not change over night. A quick fix does not always last, but a gradual change tends to strengthen our walk with God. He is refining your life so that others may see His image in you.

Am I Really Free!?

by Syneace Beard

Each month I chose a topic for the three of us to write about. It is usually about a month before the actual newsletter gets to you. So that gives us all a month to think about what we would like to say and how to present it. Well, I am one to procrastinate and usually don't write mine until I sit down and put the newsletter together. I do have my reasons for this; the biggest reason is because I would change it every other day and it would never get finished.

What I have noticed about some topics is that I seem to have to deal with an issue related to the topic. Thinking back on some of these topics like the tongue, pride and trials, I personally have had to deal with something related to each of these. Well, this month's topic: **BONDAGE**. I don't think I have to tell you how much fun I have had this past month.

In order to better understand what bondage is really about, I looked it up in the dictionary and this is what it means: serfdom or slavery. When I read this I thought to myself, well this really didn't clarify what bondage means. So I looked up serfdom and slavery. Serfdom means a person bound to his master's land and transferred with it to a new owner. I knew this wasn't what I was looking for, so I looked up slavery. Slavery in the dictionary has three meanings: 1. the owning of slaves as a practice; 2. the condition of a slave; bondage; 3. drudgery; toil. At last I found what I was looking for, *Drudgery; Toil*.

Just reading these two words makes me tired. This is how I feel my life to be at times, especially when my hormones have changed that one-week of every month. I become tired and really unhappy with life. I feel like my life is a vicious circle. Get up, get ready, go to work, come home, fix something to eat, maybe a load of laundry and then to bed, just to get up and do it all over again. No joy in life, no fun, just the same old boring routine day in and day out. I ask God when will this end; how long do I have to endure; what do I need to do to change my life, etc....

The one thing I have learned over the years when going through this is:

*1. Keep talking to God regardless of how I feel. Ask all the questions that go through my head. 2. Pray. 3. DON'T make any drastic changes or make major decisions during this time, because when I have I regretted it. 4. Remind myself that I have been here before and my perspective of things will change. 5. it really doesn't matter when it will end, how long I have to endure, or what I need to do to change my life; because, **my life belongs to Him that died for me. He died so I could be free.***

Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and *YOU WILL FIND REST FOR YOUR SOULS*. For My yoke is easy and My burden is light. (*Matthew 11:28-30 NASB*)