

## Sharing A Good Word

As the CBNC region has been in transition with our Regional Director recently, there have been challenges. I just wanted to take a moment to thank everyone for your support, your prayers and your words of encouragement. I know that the emotions that surface during times such as this are not unique. Everyone has their own story and that story very well may include times of emotional struggle. Recently I received an email from one of our pastors (*Gerad Hall, Quad Cities Church Planter*) and he shared words that he heard from speaker *Crawford Loritts*. With Gerad's permission I'm sharing with you what he sent to me.

*“Situations like this can pull us in a variety of directions emotionally speaking. Last night I was listening to Crawford Loritts and he shared something very precisely about when we face moments or seasons of discouragement: We must choose Truth, Joy, Faith, Community, and Service.*”

*We must allow the Word of God to give us context for our reality instead of our emotions. He put it well, "Emotions are helpful passengers, but they are terrible drivers." Joy and Faith aren't ignoring that the bad things are there. Instead Joy is a choice, like Paul, we must choose Joy in the Lord and Faith is trusting that He has a way through even when we can't see it. Community, because discouragement can push us into isolation. And finally Service, we can't stop, because we're Kingdom people who have ministry to be about.”*



I just thought these words were too good not to share with you. Maybe you'll find them helpful in whatever you are facing.

*Wendy Jonasen*

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