



Faith, Hope, and Love
Global Ministries

Biblical Reflection

Coping with Overwhelming Distress (Part 1 of 3)

Strategy #1: Be self-compassionate. Take loving care of yourself and look to God to refresh your heart and mind.



Greetings!

The Psalmist (King David) tells us that in his times of distress he found what he needed in his relationship with God, whom he knew as his loving shepherd. In the now famous Psalm 23, the first few verses go like this:

"The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul" (Psalm 23:1-3a, NIV).

David didn't criticize himself for feeling afraid, overwhelmed, or discouraged by his circumstances. He also didn't try to tough it out or shame himself for needing comfort or help from God. No, in his distress, David acknowledged his needs and reached out to his Shepherd for the restoration and refreshment he could not provide for himself in the same way.

As I prayed for wisdom to know what would help me in my distress this summer, the answer came fairly quickly.

Read the rest of Tim's biblical reflection

Pray for Tim's teaching and ministry this fall

Myanmar: (online)

- The new semester begins for Myanmar Institute of Theology in mid-October. Many of the seminary students in Tim's New Testament Theology course will be drawing on this teaching for their preaching and teaching ministries for the rest of their lives.

Thailand: (in person)

- Tim returns to the Myanmar-Thai borderlands to once again teach biblical courses, workshops, and seminars, preach in several churches, and minister to refugees in and outside several of the refugee camps.

October:

- Seminarians at the Kawthoolei Hope Theological Seminary (KHTS)- New Testament Theology
- Faculty from Kawthoolei Karen Baptist Bible School and College (KKBSC)- in the Mae La refugee camp
- Tawnawmutaw Church leaders from two different camps

November:

- Faculty & Staff workshop at KHTS
- Bible School teachers in the Mae Ra Ma refugee camp
- Church leaders from Mae Ra Ma refugee camp
- Christos Mission Bible School teachers

DRC: (online)

- Tim will continue to teach on his book, *Saying Yes to God*, to Congolese chaplains and pastors on a monthly basis in two Eastern Congo cities: Goma and Bukavu. (Sept 3, Oct 1, Nov 19).
- Tim and FHLGM staff will conduct another webinar for retired pastors who are eager to keep learning and now volunteer as preachers, teachers, and ministers (Sept 17 and other dates TBD).

Biblical Reflections

Please pray for inspiration and blessing on Tim's writing and the translation of his articles into Burmese, French, and Swahili for distribution throughout Myanmar and Eastern Congo.

Giving to Faith, Hope, and Love

As we move into the full and demanding fall season in Myanmar, Thailand, and Eastern Congo, please consider making a donation now to support our work in person and online. May God bless you in every way that fits with his good purposes for your lives.

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