



Faith, Hope, and Love  
Global Ministries

Biblical Reflection

## **Coping with Overwhelming Distress** (Part 2 of 3)

*Strategy #2: Be constructive. Focus on what you can do (not on what you can't).*



Greetings!

In my previous blog post, I talked about the importance of self-compassion as a key strategy in coping with overwhelming distress in our lives. In this post, I offer a second strategy, which I've observed among those who are successfully managing the stresses of living in war zones and refugee camps. This strategy

has also been very helpful to me personally when I feel overwhelmed by the magnitude of horrors and need in my own country and around the world.

Sometimes, the staggering needs of others feels crushing to me. I see the horrible things happening all over the world. I certainly want to help, but I don't know where to start or how I could possibly make a lasting difference. It seems that whatever I do will only be a drop in the bucket in an ocean full of suffering and need. I start to feel overwhelmed, and my emotional distress gets bigger and bigger.

But Jesus showed us by his example that we don't have to respond this way.

Read the rest of Tim's biblical  
reflection

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## 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 decades of Christian ministry.

### **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
- Chrestos 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. (Oct 1, Nov 19, Dec. 17).
- FHLGM staff in the Congo will continue to distribute financial aid and free copies of Tim's book, *What Can We Expect from God Now?* to pastors who have been severely affected by the takeover of Goma and Bukavu by M23 rebels.

## 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.

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## 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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