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October 2019

## Ministering to Our Feelings: Processing Glad

Inside Terry's Office:  
*Rejoice in the Lord Always?*

This series of articles concerning our primary emotions has landed on the emotion GLAD. We have discussed why "mixed emotions" are the healthiest emotions; 100% Mad = homicidal, 100% Bad = suicidal, 100% Sad = neurotic. But what could be wrong with being 100% Glad? After all, Paul tells us in Philippians, "*Rejoice in the Lord always, I will say it again: Rejoice!*" (4:4)

Let me jump to the point and make my claim: **It only takes 10% Glad to fulfill Paul's exhortation.** Our "rejoicing in the Lord" is our willingness to let the Holy Spirit minister to us in our Mad, Bad, and Sad moments ("*The Lord is near*" – 4:5)! In the midst of hugely, ugly, painful negative situations, God is there. God's presence with us doesn't keep us from being scared, or anxious, or hurt, or angry, or guilty, etc.. **His presence is a ministry to us in the midst of the negative feelings!** As we receive comfort, hope, encouragement, understanding, sympathy (yes, and empathy) from the Holy Spirit we are able to "maintain ourselves".

"Maintain ourselves" – To believe in our personal value, purpose, uniqueness, and power.

In this way the statement is fulfilled; "The joy of the Lord is my strength."

100% Glad = Psychotic. Don't be fooled. God is not asking you to put on your happy face and pretend that you can't be Mad, Bad, or Sad. God himself is an emotional being and demonstrates Himself as such all through scripture. He is fully feeling. And, I ask you, has He ever portrayed Himself as 100% Glad?

I want you to know that even Heaven is not a perfect place! The last chapter of Revelations tells us of the city of God descending on earth. Within that city is the fullness of joy and peace in the manifest presence of God. BUT, the city of God is not our eternal dwelling. It is our place of restoration and healing. But there are gates to the city; gates that we are meant to move in and out of. And the river of life flows out of the city. And, we go forth from the city of God to continue "*the healing of the nations*".

Soooo ... how are we supposed to participate in the healing of the nations? I don't know. BUT, I know that we will still have cause to acknowledge mixed emotions as we apply ourselves! I'm thinking that I might want to spend quite a while in the city of God before I exit by one of the twelve gates. And, I will probably want to run back in pretty often. Nevertheless, I look forward to continuing to be a unique person of value, purpose, and power in a world that challenges me to be a fully emotional human being for eternity!

In His Grip,  
TWE



ESTABLISHING A PLUMBLINE IN THE HEART OF GOD'S PEOPLE

# The Plumbline

## ***CAMZ Counsel October 2019***

### *I've Got the Joy, Joy, Down in My Heart*

This month our focus is on the emotion of GLAD. Terry defines this emotion as:

“. . . the positive emotion created in response to positive events or enjoyment of God's presence. Glad is the appreciation of positive circumstances. That there can be a sense of glad even in the midst of negative events is due to our faith that God is with us. This is what the scripture refers to as JOY. This joy is not a denial of the pain and/or negativity of any of our life events, but a conviction that God is walking through those events with us.” (Stickman Theology, p. 135)

When I was a little girl there was a chorus we would sing,

I've got the joy joy joy joy down in my heart!

WHERE?

Down in my Heart

WHERE?

Down in my Heart

I've got the joy joy joy joy down in my heart

Down in my heart to stay!

And I'm so happy

So very happy

I've got the Love of Jesus in my heart

As a little girl I only wish that the truth of this chorus would have translated into the stressors of my reality. I didn't understand that the "joy down in my heart" was about the assurance of God being with me in the middle of negative events. I was constantly searching for the "so very happy" part. I remember as a teenager being asked to share my testimony at a youth for Christ rally and I shared the fact that I had prayed a prayer of salvation when I was 8 years old but then I followed that with, "Now my life is a bowl full of cherries."

The truth is that bowl full of cherries was a denial of all the pits and the bitterness of unsweetened cherries! My expectation of glad in my life was so great that my capacity to actually experience glad was minimal. I was a Christian now and therefore, obligated to be happy.

I have counselees who will describe a relational disappointment but follow it up with, “and that’s fine”. Sometimes I ask, “What’s fine about it?” It seems they can’t quite fully express their disappointment out of obligation to be understanding or sympathetic to the reason behind the disappointment. Often the reason is not one that has been shared but one that is assumed. It’s our assumptions that can lead us to push things into glad. This can also be described as subjective reasoning. No amount of reasoning makes the disappointment any less real.

When we say, “its fine” we’re agreeing or acquiescing to something. What I find happens is that we tell ourselves if there is a *good reason* then we are obligated to demonstrate sympathy. We don’t know what to do with disappointment other than ignore. Disagreement is another one of those negatives that we feel a compulsion to push into glad by defending or arguing to find our way to agreement. Agreement feels happy. We may say we can agree to disagree but sometimes that can be just another way of saying it’s fine when it’s not really fine. I love this verse from Jeremiah 6:15 paraphrased in The Message,

“My people are broken – shattered! – and they (religious leaders)  
put on band-aids, saying, ‘it’s not so bad.  
You’ll be just fine.’ But things are not ‘just fine’.”

How then do we enjoy or embrace God’s presence when things are not “just fine” even in the middle of the common trials of life of disappointments and disagreements? One of the supreme ways in which we experience the presence of God is his grace. What we know about God’s grace is that it is sufficient (2 Corinthians 12:9) The Greek word for grace, *Charis*, refers to graciousness as a manner or act in response to the divine influence upon the heart which includes *gratitude* (Strongs Concordance). Our buffer zone allows us the space to acknowledge the negatives of disappointment and disagreement in the comforting presence of God. This is the JOY as confirmed in James 1:2 (TPT):

“My fellow believers, when it seems as though you are facing nothing but difficulties, see it as an invaluable opportunity to experience the greatest joy that you can! For you know that when your faith is tested it stirs up power within you to endure all things.”

My joy and gratitude to God for his unmerited favor affords me the capacity to accept disappointments and disagreements among the positive circumstances of my day. One negative does not automatically diminish the significance of the positives of my day.

“My purpose for telling you these things is so that the joy that  
I experience will fill your hearts with overflowing gladness!”  
John 15:11, TPT

*Carol Anne*



*It has been a little over three years since we lost Steve Merrill. His love, compassion, and humor were a tremendous influence in our lives and for those who knew him, I know we each have a place in our life that reflects him! This year in honor of Steve and how he shaped my life, I'd like to do something significant for a ministry that he loved and was such a vital part. He served on The Board of Directors of Plumblin Ministries, Inc. Plumblin serves the Tulsa community by teaching relational skills, and giving hope to the emotionally hurting through our counseling services. We are a 501c3, and mostly partner with churches to offer pastoral counseling free of charge. To others we offer the same at a very reduced rate. Plumblin's founder Terry Ewing has been a significant friend and influence for our family, including helping us through grief. Terry did Steve's funeral, and married 2 of our children.*

*Plumblin has just recently opened a second location . If you would like to join me, I'd like to offer matching funds up to \$1,000 for the purpose of raising funds towards the signage for Plumblin's current location as well as our new sight. I believe the total cost will be approximately \$5,000 - \$6,000.*

*Will you honor the memory of Steve this year by giving a tax deductible donation to Plumblin? If so, please earmark your funds as "given in the memory of Steve Merrill" and I will match your provision.*

*You may send your check to:*

*Plumblin Ministries  
8222 East 103rd, Tulsa, Oklahoma 74137*

*Thank you for joining me and giving back to this ministry!*

*Sincerely,  
Sue Merrill, Pastoral Counselor*

# Stickman's Prayers

## stickman's prayers

the everyday practice of  
"loosing prayers"  
and the ministry of  
"exploratory prayers"



Michelle Carpenter  
Terry Ewing  
Erin Garcia  
Margo Hanne  
Carolyn Knippers  
Carol McNamarra  
Sue Merrill

Plumblin's newest book, *Stickman's Prayers* has been published and is now available at Plumblin!

Would you be surprised to know that the "Prayer of Jabez" was a joke?

Would you be happy to know what kind of prayers are appropriate for you to pray for yourself and what kinds are meant for you to pray for others and others for you?

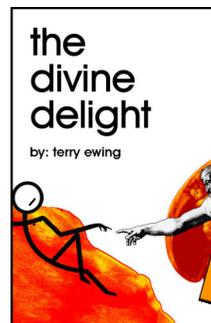
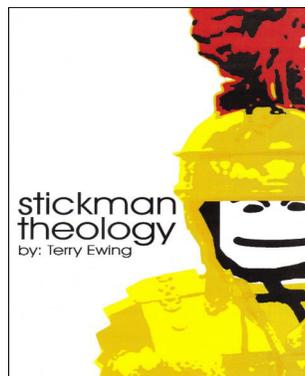
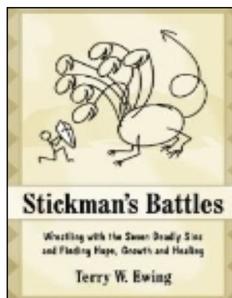
Would you like confidence and freedom to simply enjoy your personal and ministry prayers?

Praying is the most natural thing in the world for Christians; an on going conversation with our best friend, counselor, and confidant; gratitude to our Savior and provider; intercession on behalf of our friends; requests to our Creator. In this regard, a book on prayer may seem presumptuous. When you write a book on Prayer aren't you suggesting that some are praying wrongly, or, at least could be praying better?

That really is not the kind of message we look to promote. So...why the book?

The *Stickman's Prayers* serves two purposes. First, to challenge some ideas that other teaching and preaching concerning prayer has promoted. And, to offer simple encouragements to personal prayer and prayer ministries.

Available at Plumblin for a suggested donation of \$10.00 each



*Did you know you can download*

## Stickman Theology

On your KINDLE?

Did you know that when you shop on Amazon, you could be helping to financially support Plumblin? Through the Amazon smiles program, **Amazon will donate a portion of the sales to Plumblin.** All you need to do is go to [smiles.amazon.com](https://smiles.amazon.com), designate Plumblin Ministries, and start shopping! Amazon will then donate 0.5% of the total sales price to Plumblin. Please remember to bookmark that page and you can help us as you shop!

# PLUMBLINE

MINISTRIES

8222 E. 103rd St

Suite 127

Tulsa, OK 74133

