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## Ministering to Our Feelings: Processing Numb

### *Inside Terry's Office: Feeling Numb!*

**Numb.** Numb is a God given ability. Through the blending of our rational and our emotional self, we can take things for granted, ignore them, exercise an emotional detachment, or intentionally stuff our negative feelings.

**Patience;** There are times when this is the appropriate response to a situation, such as when we need to not react or process our feelings until later. But numb is meant to be **temporary storage**, for when we are overwhelmed or can't sort things out, or are in a situation where it is inappropriate to try to stop and understand what all is happening. It is also necessary for when the people we are dealing with are unsafe to us, and we don't have an opportunity to work through our feelings with them. So, God gives us the capacity to place our feelings in temporary storage.

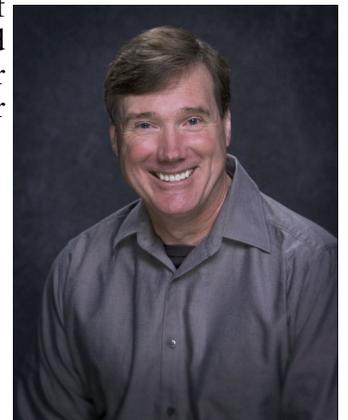
Numb can serve a good purpose; however, it is important we be careful to not let emotional experiences stay in "Numb" as permanent storage, as that works very negative effects in us.

Being "emotionally strong" is when a person is able to acknowledge and process his or her feelings without being controlled by them. For instance, when a man is able to acknowledge his anger and hold another person appropriately accountable for their offense without acting out in anger, he is showing emotional strength. When a man cries with another man over the death of a loved one, he is acknowledging and processing his grief in a healthy manner. However, when someone stoically pushes through their grief, they are not being strong. When a man cannot allow himself to cry, he is not being strong. When a man cannot admit his fears or anxieties, he is not being strong. He is stuffing and numbing.

An emotionally strong person will not wallow in feelings or use them as an excuse for inappropriate behavior. They will, however, be able to acknowledge and process their feelings honestly and consistently.

Because feelings do not respond directly to our thoughts, we cannot talk ourselves out of our feelings. We can "minister" to our feelings by telling ourselves truths, but our feelings will not respond directly to these truths. It will take some time (no set amount) before our feelings begin to change in response to the truths we believe. Meanwhile, please know that God wants to be with you in the midst of every emotion. He is not numbly waiting for you to get over your feelings. He wants to meet you in the midst of them and care for you at the deepest levels. Soooooo, if you need to be patient and numb things for a time, DON'T dismiss your feelings. Find your safe time and safe people to share your feelings with!

In His Grip, TWE



## *CAMZ Counsel*

### **Numb-- Walk this Way**

While numb is the absence of feelings it can be considered a God-given ability in emotional processing. At times, “this is the appropriate response to a situation, such as when we need to not react or process our feelings until later.” For temporary storage numb can be helpful but if emotional experiences are not processed and stuffed away and put into permanent storage we can experience negative effects. (Stickman Theology, p.136)

It has been 18 years since my daughter, Rachel, underwent chemotherapy for Hodgkins Lymphoma. Today Rachel is following through with routine annual checkups as a result of being a cancer survivor. Every year at this time she and we, her loved ones, experience another catching of our breath and a welcomed release when tests come back negative. I remember that day in mid June 2001 when the surgeon walked into the waiting room to report that he believed the biopsy confirmed a diagnosis of Hodgkin’s Lymphoma. I was overcome and could not hold back the cries of anguish. We were surrounded by friends from our church. We were ushered in to a separate room where we could cry and be comforted until a point in time when the nurse came to get Rob and I to go to Rachel who was waking up in recovery. Our pastor prayed and we left our friends behind and walked through the halls to Rachel’s recovery room. In that short span of time walking those halls, I experienced the benefit of numb as intended by God. I had the ability in those moments to lay aside all the earth shattering thoughts and fears and focus on Rachel and speak with her with a calm assuredness of what had been discovered through the biopsy.

Just a week before the biopsy I was alone in my home and overcome with oppressive fears of what might happen. I was terrified of the cancer diagnosis and my thoughts were taking me down a dreadful path. I called Terry and told him I needed him to talk me off the ledge of despair. Terry reassured me first of all that I was doing what moms do---trying to prevent all the potential negatives for my daughter. But, he said, “You are trying to grab grace for what has not yet happened.” He said God’s grace is sufficient for today and will be for tomorrow and next week. A week later as I walked those halls I experienced that grace through the ability to numb! I will also tell you that during the months ahead of cancer treatment I had many opportunities to utilize the temporary storage of numb and there rest for a moment.

It is a natural reaction to want to escape pain and seek ways to numb out. In counseling I have seen wives who feel the strong pull to leave their marriages. They picture life on the other side as having a lot less struggle. Then, they say, at least I won’t be living in the constant reminder of the pain. To accept numb as a God given capability we must acknowledge the godly response to numb as *wisdom* which is experienced through patience and self-control. As we take the path that God directs we find a way not to escape the pain but to *process our feelings in a productive manner in the middle of the pain.*

Continue Camz Counsel  
November 2019

When one of the wives found herself at a crossroads of whether to leave or to stay, we talked about the wisdom spoken in Isaiah 30:20-21 (NIV).

“Although the Lord gives you the bread of adversity and the water of affliction, your teachers will be hidden no more; with your own eyes you will see them. **Whether you turn to the right or to the left, your ears will hear a voice behind you, saying. ‘This is the way; walk in it.’**”

We discussed that it’s not about whether you turn to the left or to the right; to leave or to stay, but it’s about following the wisdom of God to *walk this way*. What is the way? I believe we find the answer to this in verse 15 of that same chapter, “In repentance and rest is your salvation; in quietness and trust is your strength”. Proverbs 3:6 (NASB), “In all your ways acknowledge him and he will make your paths straight.”

Whether I wanted cancer for Rachel to be true or not the Spirit of God urged me forward. Walk this way, He said. I will make your paths straight. To that wife or to you in whatever crossroads you find yourself, *walk this way--In repentance and rest; in quietness and trust!*

*Carol Anne*





## 2020 WINTER CLASSES

### **Trust Building Recovery Workshop**

Saturday December 14, 2019

From 8:30 to 2:30 (Registration begins at 8:00)

We will break for lunch and end at 2:30

Cost: \$75.00 per person.

Introductory Special: Bring a friend and get 2 for \$100!

### **Soul Care—Unit IV: Family Dynamics**

Begins Thursday, January 16, at 6:30 pm

Cost— go to [www.plumblinelineonline.com](http://www.plumblinelineonline.com) for various options

**Boundaries**—Why do I say yes, when I want to say no?

Do I feel controlled by others? Do I feel a need to control others?

Get help with these questions by learning about BOUNDARIES!

Begins Tuesday, January 28 through Tuesday, March 31st

**Safe People**—Learn how to identify the nurturing people

we all need and want in our lives as well as how to be that person for those in our lives!

Begins Monday, January 27 through Monday, March 30, 6:30—8:30 pm

Please watch for further announcements about these and other classes we will be offering,  
in our December newsletter.

For price information, please contact our office at (918) 477-9068

# 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?

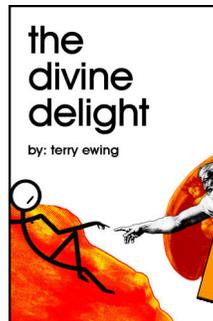
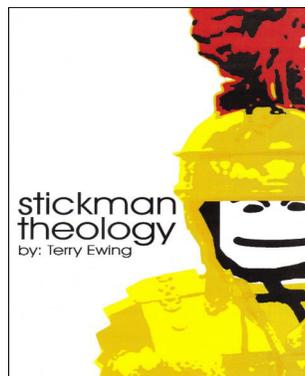
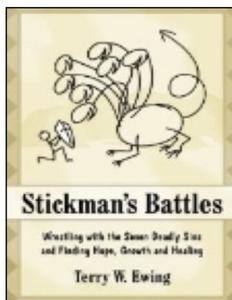
Would you like confidence and freedom to simply enjoy your personal and ministry prayers?

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!

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