



We recently did a week devotion on our Bible app called “The Peace Project.” The writer focuses on sharing kindness, thankfulness, and mercy when we are treated unkindly or rudely . Here is a quote from her:

“This all started when a traffic situation on my way to the grocery store found me face to face with a big pickup truck that had barreled up on me, staring me down until I stood down. I had to move. Which I did, navigating into a makeshift spot. As the truck started to pass, I was tempted to glare for good measure, but was handed the opportunity to look up and I did.

I could see the sky, bursting in beauty, the sun shining through a stunning blanket of clouds. This glorious glimpse reframed the whole situation. Looking up took my eyes off myself and offered me the opportunity to see a bit beyond my moment to a much better picture. My heart shifted from no-you-didn’t indignation to compassion and thankfulness amidst a simple, though slightly begrudging, act of kindness. This was my first taste of what we would eventually call the Peace Project.

Thankfulness shifts our eyes to the source. With eyes off us, even for a moment, we’re able to see the person walking alongside—even a rude person—as a human being, a person of great worth, someone who matters and has dignity. All of which invites mercy (undeniably a soul-level action), compassion, and peace to prevail at that moment.

How and where our thoughts are anchored proves much more powerful than we may realize.

Thankfulness: calling out things for which to be grateful. This can be more than one thing, but not the same thing every

THANKFULNESS KINDNESS AND MERCY

day.

Kindness: seeing and loving others (ourselves included) in deed or action.

Mercy: a kind or forgiving attitude toward someone that you have the power to harm or the right to punish (even ourselves).

When combined, these three gently reset dislocated hearts, filling unrealized voids with peace. The bounty that comes with purposefully practicing thankfulness, kindness, and mercy sits quietly in the wings throughout the day, any day, offering opportunities waiting to be tapped.” (taken from Kay Wills Wyma)

Mission

Freedom Ministries of the Quad Cities exists to help couples and individuals experience freedom in Christ through identifying and resolving spiritual and emotional conflicts thus strengthening, empowering and helping fulfill their relationship with Jesus Christ and others.

“Once you had no identity as a people;
now you are God’s people.
Once you received no mercy;
now you have received God’s mercy.”

I Peter 2:10 NLT

As we mulled over this, we are reminded that when our identity comes from God and we remember His love for us, we can respond to others with this act of kindness. The amazing result is that we receive peace and joy from sharing mercy to the difficult people in our lives.

Our reactions to rude, unkind people can also be an indicator of something inside of me that God wants to heal. When we ask God with an open and surrendered heart “Why?” did I react to this situation, God will show you the pain inside your heart and offer to care for and minister to your heart. This is when freedom happens.

Testimony

When we met with you last year, we spent a lot of very productive time talking about my past and some of the things my wife had gone through as a child. It was amazing to see these things be brought to light and how you guys guided us to receive the healing that Christ has for us.

There was a time a month ago, when I was particularly broken and ended up praying and writing down all of the lies that I was (and am) possibly believing. It was kind of overwhelming because the list was about 2 pages long. They were mainly lies about who I am, who God is, and who my wife is. I have been praying through those and combating those lies with scripture. I have felt much more peace and less guilt about things after exposing those lies. I truly believe that Satan was attacking me with doubt and confusion of the truth. Putting those lies down on paper and starting to attack them have been liberating.

Thank you for the ministry that you are carrying out. Both of us look back at our time with you as a very pivotal time in our marriage and lives.

Birdies for Charity

Thanks to all who sent in pledges for the 2024 Birdies' campaign. We are so grateful to you for your gifts. July 4 is the cut off, so there is still time to send in your pledge! The easiest way to give is to go on line to www.birdiesforcharity.com, click on donate now, choose “Freedom Ministries and follow the instructions. Call or email if you have questions. 309-764-6881 or freedomministries@att.net

Thank you!



Praise and Prayer

Praise

- ◆ For a Heavenly Father who examples thankfulness, kindness and mercy.
- ◆ For his patience with us when we respond to others our of our pain.

Prayer

- ◆ For God to continue to grow us in His truth and equip us to care for those he brings to us.
- ◆ For us to practice thankfulness, kindness and mercy to each other and those around us.
- ◆ For each couple or individual who comes to our office to be open and honest with us and with God to find healing and freedom.

If you no longer want to receive the newsletter, please contact us. Our email address is: freedomministries@att.net or write to: Freedom Ministries, P.O. Box 953, Moline, IL 61266-0953