



*Ministering Hope, Healing and Wholeness  
to the Relationally & Sexually Wounded  
Through the Power of the Cross!*

**Realistic Expectations**

Some realities of our journey to freedom.

Realistic Expectation is an on-going journey of personal discovery. It is finding the person that Christ has designed you to be. This is your sole reason for your journey on this earth. It is how you breathe, communicate, reach out and live life to its fullest. In essence, it is Christ's love and humility visible for all those to see and experience. Especially.....YOU!

Let me start with what realistic expectations are not. I have realized through my own journey, as well as the individuals I have had the privilege of ministering to, that it is unrealistic to think that we will come to a point in our healing that we are never tempted. Remember that the devil knows our weaknesses and the areas in our lives that make us vulnerable. *1 Peter 5:8 tells us that "our enemy the devil prowls around like a roaring lion looking for someone to devour."* (NIV) We will all have moments of temptation, but God will never allow us to be tempted without providing a way of escape. *1 Cor 10:12-13* reminds us there is "no temptation that has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it." (NIV)

The journey towards a realistic expectation

of recovery is acknowledging and forgiving our past. God does not do lobotomies! We will always have memories. We cannot forget our past and its experiences. However, we can be healed of the pain associated with those memories and "be transformed by the renewing of our minds." *Roman's 12:2 tells us "We are transformed by the Word of God."*

When my wife, Dena, is bombarded by memories of her childhood or otherwise, she actually "makes new memories." If she is triggered with old unwanted memories, she meets up with friends and does something different and memorable. If the trigger comes back around, she chooses not to go down the same old road again, but to reflect on the new memory and event shared with good friends.

One more thing that is unrealistic is to think that just because you fall down that God is not setting you free. When you run a marathon, if you fall down in the race, what do you do? Do you go back to the starting line and start all over again, or do you keep going? Our good friend, Sy Rogers, says it best, "When you fall down you get up, and when you get dirty, you get clean!" We are amazingly blessed in that Christ has made a way for us to get back up and walk in righteousness! *1 John 1:9 "If we confess our sins,*

*He is faithful and just and will forgive us our sins and purify us from all unrighteousness."* (NIV) In addition to being made righteous, He has also promised us that we can be healed if we apply His word in *James 5:16 "Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much."* (KJV)

What are some realistic expectations? The journey is one of redemption. Redemption is not an event, but a lifestyle. Living "*Phil 1:6...being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.*" (NIV) This verse shows us that we will be in the process of change as long as we are serving and seeking Him. In our journey to wholeness with Christ, we will begin to learn what His intention was and is for our relationships. We will learn that our relationships can be healthy, affirming, validating and loving without the presence of the sexual, erotic, emotionally dependent, or co-dependent brokenness of our past relationships.

Through involvement in the body of Christ, we can learn healthy relating with both men and women either by being in relationship or by observing others. This does not mean that we are trying to get you to a place of marriage, but a place of wholeness and healthy relating to both men and women. Another reality is that our failures and mistakes do

*(Continued on page 2)*

**Financial News**

Operating Expenses January 01, 2006 thru August 2006	
Total Income:	\$ 54,062.00
Total Operating Expense:	\$ 55,318.23
<b>Deficit</b>	<b>\$ -1,256.23</b>
Income Budget	\$ 48,760.00
Expenses Budget	\$ 52,519.00
Net Income	\$ -3,759.00

**Ministry Needs!**

- Funds for new printer \$600
- Additional Financial Partners
- New Speaking Opportunities

**2 Corinthians 9:12 So two good things happen as a result of your gifts, those in need are helped, and they overflow with thanks to God. TLB**

**PARENTS, FAMILIES & FRIENDS**

Come join us on the first Monday of each month for a time of worships, prayer, teaching and fellowship for those who have loved ones struggling with areas of their sexual identity. We meet in Calvary Assembly's Education Building in room 104 /108 at 7:00 PM.

Our facilitator Sherry Rowe, is looking forward to meeting and ministering with you.

*Please pray with me for our facilitators, who give themselves unselfishly to this work. We greatly appreciated their dedicated service and without them this ministry would not be possible!*

Bob & Linda Bryce	Neal Pitts
Dale Deaton	Theresa Ruth
Nick Gamb	Nancy Sandroni
Marcheta Kern	Robin Somerville
Gabrielle King	Brad Summers
Scott & Tracey Moffet	Matthew Walker

*(Continued from page 1)*  
not disqualify us from the "Body of Christ." Instead, they qualify us to both have a need for others and for those brothers and sisters in Christ to need us.

On this journey, we will learn to take every thought captive and **not allow** those thoughts or memories to define us. Instead, we can apply the word in 2 Cor 10:5 5 "Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;" (KJV) We have an acronym here at Exchange to help us with that: "HALT" (Hungry, Angry, Lonely, Tired). When you have a thought, memory or temptation, STOP, examine your emotions and ask yourself this simple question, "God, please show me where I am hungry, angry, lonely or tired and why?" Then **wait** (something most of us are not very good at), and allow God to show you through His Holy Spirit what is really going on. Through this process, another reality is that we will see God change our perspective. God clearly shows us in His word *John 8:3 then you will know the truth, and the truth will set you free.* (NIV).



**From one of our facilitators:**

In Matthew 17:32, Jesus said, "Remember Lot's wife – Whoever tries to keep his life will lose it and whoever loses his life will keep it." God kept putting this scripture on my heart and I realized that it displeases him when I look back at my old lifestyle. Anyone who has walked away from a relationship has probably experienced this. A certain song or movie will come on, or something familiar will stir up old thoughts of that relationship or lifestyle. Those thoughts can become dangerous if we dwell on them. I think this is what Jesus is speaking about in this scripture when he exhorts us to, "Remember Lot's wife..."

One morning the Lord put this scripture on my heart so heavy that I went to the Word to find this verse. Jesus goes on to say, "Where the carcass is, there the vultures will gather." This scripture seemed out of place to me, and I asked the Lord to teach me what He meant by this. I had to leave right away to take my son to work and within a few minutes I came upon a carcass in the street with vultures attacking it. The meat from the carcass and blood was flinging everywhere as the vultures ripped at it. The vultures were so intent on devouring this carcass, they only moved when I was almost upon them. In that moment the Lord spoke to me. He said, "That is what is waiting for you back in your old lifestyle. Nothing but death is back there. The enemy, just like these vultures, would tear you apart if you were to turn back to your sin."

He then spoke Genesis 4:7 to me: "Sin is crouching at the door and it seeks to devour us and we must master it." In that moment my heart received instruction from the Lord. In humility and the fear of the Lord, I re-

pented of ever looking back. Hebrews 10:39 says, "We are not of those who shrink back and are destroyed but of those who believe and are saved. We must keep our focus on Jesus and continue to take every thought captive to the obedience of Christ. Remember Lot's wife!"

Theresa Ruth

Please note that the article "Search & Struggle" written in our June newsletter was not written by Theresa Ruth.

Fall Session Groups 9/11 through 11/27

**Men's Open Group**

**Cross Current**

Closed Group for men and women seeking truth and freedom in areas of sexuality & relationships.

**Growth Into Manhood - Book Study**  
Men's closed group.

**Spouse's Group** - First Monday of each month. For spouses who are married to those who struggle with homosexuality or areas of sexual brokenness.

**Parent's Group** - First Monday of each month..



**Yes**, I want to help **Exchange** continue to minister to the sexually and relationally wounded.

Here is my gift of:  Monthly  One Time

\$30  \$50  \$100  \$ \_\_\_\_\_ Other

Designation:  General Fund  Staff Support \_\_\_\_\_

Please make check payable to: **Exchange Ministries**

Do not put names anywhere on check

VISA  MasterCard

# \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Name on Card \_\_\_\_\_

Billing Address \_\_\_\_\_ Zip \_\_\_\_\_

**Current Address:**

Is this a new address?  Yes  No

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Current Phone # \_\_\_\_\_

E-Mail \_\_\_\_\_

Please **Delete** my name from your mailing list.