



# Peace At Last Ministries

Sharing God's comfort with the terminally-ill, their loved ones and caregivers.

eGlimpse #182 — April 2021  
Paul & Kathleen Humphreys

## *“Be of good cheer...”*

Several weeks ago, I found myself feeling overwhelmed and in need of some encouragement. There were numerous disheartening events taking place in our lives and around the world at large. I was also conscious of the emotional toll the last year has taken since COVID hit. This has been especially acute in the hospice arena where I serve as Chaplain.

One day I read the Lord's words to his disciples in John 16:33b, *“...In the world you will have tribulation; but be of good cheer, I have overcome the world.”*

The command, *“be of good cheer,”* stood out to me. Similar imperatives abound in scripture, *“Take heart,” “Take courage,”* etc. Contextually, these often stand in juxtaposition to the challenging life circumstances in which they occur. And so, I was prompted to specifically ask God to somehow cheer me up. ☺

God responded by reminding me afresh of his eternal perspective, of all that is true and remains true both now and forever. Consequently, Kathleen and I have been reading a classic book together, one written by Randy Alcorn titled, HEAVEN.

Now, I've never studied the subject of heaven in depth. To be honest, my ideas about heaven have not always been appealing. Don't get me wrong, I knew heaven would be okay because our Lord would be there, but images of an eternal church service with organ music, piety and prayers did little to encourage me. I'm an earthy kind of guy; I love the outdoors, nature, freedom, creativity, friendships, family, my marriage to Kathleen, working with my hands, etc. Heaven, as I had imagined it, seemed restrictive, if not boring.



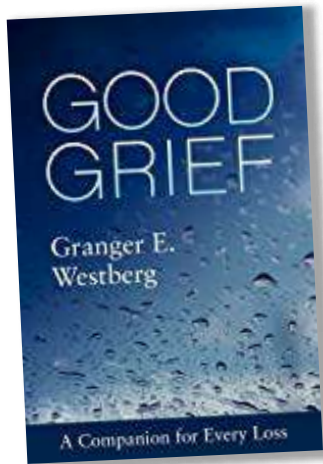
Well, I have to tell you, my soul has been thoroughly cheered by all God is planning for us as believers in Jesus Christ. I'm truly excited about heaven! And so is Kathleen.

While we haven't finished Randy's book yet (it's a 500+ page tome), the subject has stirred my spiritual heart strings afresh and given crisp reasons to look beyond the despair and drab of our COVID19 world, its futility, broken relationships and disappointments. We're anticipating our glorious existence beyond this life—our ultimate, victorious, triumphant reality by God's grace—HEAVEN! We truly have every reason to *be of good cheer!*

And so, if you are in need of encouragement today, try taking a deep drink of heaven. It will cheer you up. Really!



April 9th marks 3-years since Peace At Last Ministries officially began. What a journey it has been thus far, by God's grace! We are privileged to have a vital part in the lives of many dear souls who are journeying through end-of-life challenges. But loss and grief are experienced in many ways, not just when loved ones pass away.



Thus, a little booklet has found its place among the tools used by PALM to minister God's comfort and peace to grieving souls on many levels. GOOD GRIEF, by Granger E. Westberg, explores the good aspects of grief. "Since everyone in a lifetime must, from time to time, confront the loss of something or someone he or she loves, this booklet is for everyone."

If you would like a copy, or know someone who needs comfort and understanding let us know and we'll send a copy to you at no charge. It is our way of saying, thank you for your prayers and support.

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Paul (and Kathleen too)



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