Peace At Last Ministries (PALM)

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

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Paul & Kathleen Humphreys

"Let us not lose heart…"



Metal-detecting has been a therapeutic, stress-relieving hobby for over 45 years. I call it "dirt fishing!" Whether lost in the dirt, grass, sand, snow or water, I locate lost rings and other jewelry items using forensics, state-of-the-art equipment and experience.

Scan me!

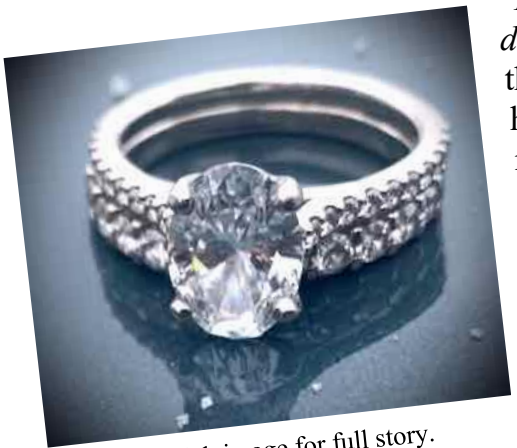
What I enjoy most about this hobby, besides the fresh air and exercise, is reuniting people with their lost rings and other jewelry items. It's rewarding to watch tears of disappointment turn to tears of joy. At last count, I've recovered and returned 151 lost rings! I've even been in the news! You can scan or click on this QR code for the Fox News video story.

In our daily lives, we each know what it is to experience loss in some form or another. We lose jobs, time, investments, opportunities, hope, health, normalcy, dignity, and relationships. We know what it is to lose loved ones and friends. But the most consequential loss of all, the Bible tells us, is to lose one's soul.

> *"For what profit is it to a man if he gains the whole world, and loses his own soul?"* Matthew 16:26 NKJV

It is for this overarching reason, the apostle Paul urges his readers five times in his epistles, not to lose heart. Paul writes,

> *"Let us not lose heart in doing good, for in due time we will reap if we do not grow weary."* Galatians 6:9 NASB 1995 (See also 2 Corinthians 4:1,16; Ephesians 3:13; Colossians 3:21)



Click image for full story.

"Doing good" can mean a lot of things. A few weeks ago, I was *doing good* searching for a young lady's wedding rings. She lost them in the snow. Newly married, she was grieving, thinking her precious rings were gone forever. The wind chill was minus 25 Fahrenheit (minus 31 Centigrade). After more than four hours of searching in the bitter cold, it was tempting to *"lose heart,"* to give up and retreat to where it was warm. But I found myself envisioning the lady's tears of joy. That image moved me to keep on searching. An hour later, what I had pictured in my mind became reality as, with rings in hand, glistening tears of joy fell down the young bride's cheeks.

The "*good*" Paul had in mind in Galatians 6, is spelled out clearly. He urges his readers to restore those struggling with sin (6:1), to bear one another's burdens (6:2), to sow to the Spirit (6:8), to walk as new creations (6:15,16). Elsewhere Paul reminds his readers not to lose heart because,

> *"… though our outer man is decaying, yet our inner man is being renewed day by day."*
> 2 Corinthians 4:16

Those of us with more history than future can relate to Paul's words—our bodies 'ain't' what they used to be! It's tempting to *"lose heart."* But every ache and pain, every weakness and challenge, can serve as reminders that while *"our outer man is decaying,"* our souls have a glorious and eternal future waiting. We do well to pause, to close our eyes and try to picture that heavenly scene, allowing its sheer wonder, grace, eternity and joy to move our hearts and souls. That sea of familiar faces, of loved ones already with the Lord, eternally free from pain and eternally free from loss. These images can stir us to love God and one another, to share His gospel more readily with the lost. Randy Alcorn says it well,

> *"By meditating on Heaven and learning to look forward to it, we don't eliminate our pain, but we can alleviate it and put it in perspective. We're reminded that suffering and death are only temporary conditions."* (50 Days of Heaven – Page 2)

Dear one, whatever losses you are experiencing, if your name is written there, then heaven is your home. In due time it will be your eternal reality. Don't lose heart!

Opportunities for *doing good* abound in PALM, the little ministry God has entrusted to Kathleen and me. We continue to work on the video project, 'Peace At Last.' And I continue to volunteer my chaplain services in two assisted living facilities, providing spiritual and emotional support for families and caregivers struggling with end-of-life challenges. A new activity last year has proven to be meaningful for the residents at one facility. Using a quality sound system over a number of months, I read the complete Chronicles of Narnia by C. S. Lewis (all seven books). While oral reading has become a lost art, its effectiveness when done well is proven, especially among older generations. This new endeavor has provided many meaningful opportunities to interact and to plant seeds of truth.

Thank you for your encouragement, support and prayers as Kathleen and I labor together *doing good* in ministering the peace and comfort of God to those He brings across our path. It's a privilege to do good with you.

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