

Single Event Challenges



- Miraculous Rescue in the African bush
- Miscarriages
- My baby getting severe burns on his hands
- Child molested by our guard
- Evicted from our beloved host country
- Man followed me into the courtyard

Medium and Longer-Term Challenges

- Loneliness
- Lack of a Ministry Partner on the Field
- Marriage in distress
- Intense stomach illnesses
- Partial or complete lack of resources like electricity and running water
- Ongoing tension with parents
- Addiction
- Shame and fear
- Moving house over 25 times

Things that have helped me

- The Blackford Family Moto: It's OK to be uncomfortable.
- Prioritizing in person connection with safe people-acceptance, nurture, respect, comfort, tenderness
- Gen 2:18 "The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him." It is not good for man to be alone. We need connection with other people. God IS relationship

Things that have helped me

- Prioritizing rest, fun, building joy (taking breaks out of our city/country every 6 months or more to rest and recharge), awe/wonder, beauty
- Pursuing my identity as a beloved daughter of the Father, redeemed by Jesus, empowered by Holy Spirit
- Learning to rebuke the enemy with my spoken voice (Loneliness go in Jesus' name)

Things that have helped me

- Being still before the Lord
- Getting better at hearing His voice
- Spending days/weeks/months in one verse, chapter or book
- Worship with my voice and body, especially when I feel too tired
- Learning to be compassionate with myself, which overflows to others
- Learning to RECEIVE God's love, patience, forgiveness, etc by being that way with myself
- Examining my thought life (more later)
- A lifestyle of TRANSFORMATION & TRANSPARENCY

A Lifestyle of TRANSFORMATION & TRANSPARENCY

- Being honest with myself
- Reaching out for help quickly instead of being self reliant
- Mentors
- Books/podcasts that support my healing
- Conferences for debriefing and learning and fellowship/re-envisioning

A Lifestyle of TRANSFORMATION & TRANSPARENCY

- Meeting with a pastoral coach
- An addiction/trauma recovery program
- Investing money to get help and coaching
- Marriage counseling

Exploring our
thought lives with
compassionate
curiosity, not
judgement

6 lies

My value is defined by from being the best.

If I am not perfect, then I'm a failure. (Black and white thinking.)

I should hide the things that are not perfect about me as defined by the world (other kids at school) and my parents so that I can have value and be loveable and desirable.

I assume everyone is critical, judgmental and negative towards me.

If I'm not someone's favorite, they don't love me.

I need to quickly escape from any negative feeling or experience. I need to comfort myself with something quickly so I can feel better.

LIE: I get value from being the best.

BACKGROUND: I was praised as a child for what I was the best at so I always want to be the best and I want the people I love to be the best.

TRUTH: I HAVE VALUE BECAUSE I
AM CREATED BY GOD AND HE
THINKS I'M WONDERFUL. THERE IS
ENOUGH PRAISE AND CELEBRATION
TO GO AROUND. MANY PEOPLE
CAN BE GREAT AND SUCCESSFUL AT
SOMETHING.

LIE: If I am not perfect, then I'm
a failure. Black and white
thinking.

TRUTH: I CAN BE REALLY GIFTED
OR GOOD AT THINGS AND STILL
MAKE MISTAKES AND NOT BE
PERFECT AT THEM.

LIE: I should hide the things that are not perfect as defined by the world (other kids at school) and my parents so that I can have value and be loveable and desirable.

TRUTH: I ACCEPT MYSELF THE WAY I AM
AND I CHOOSE TO BE IN RELATIONSHIP
WITH OTHER PEOPLE WHO DO THE SAME.
PLENTY OF PEOPLE ACCEPT AND LOVE ME
JUST THE WAY I AM.

LIE: I assume everyone is
critical, judgmental and negative
towards me.

BACKGROUND: That is how I
was treated as a child and what
was modeled for me growing up.

TRUTH: FOR THE MOST PART, PEOPLE
LOVE AND ACCEPT ME JUST THE WAY I
AM. PEOPLE ARE THINKING
POSITIVELY ABOUT ME, ACCEPTING
ME AND NOT JUDGING ME.

LIE: I need to quickly escape from any negative feeling or experience. I need to comfort myself with something quickly so I can feel better.

TRUTH: IT'S OK TO BE UNCOMFORTABLE. I
AM SAFE NOW. I HAVE THE MATURITY,
COURAGE AND STRENGTH TO FACE HARD
EMOTIONS AND GET THROUGH THEM TO A
PLACE OF HEALING AND MORE STRENGTH.

LIE: If I'm not someone's
favorite, they don't love me.

TRUTH: THERE IS AN INFINITE
AMOUNT OF LOVE. SOMEONE
CAN LOVE ME A WHOLE LOT AND
LOVE OTHERS A WHOLE LOT.

- I am kinder and more compassionate with myself and others.
- I ask for what I want/need more.
- I look for evidence of people loving and accepting me instead of looking for evidence that people don't like me or are judging me.

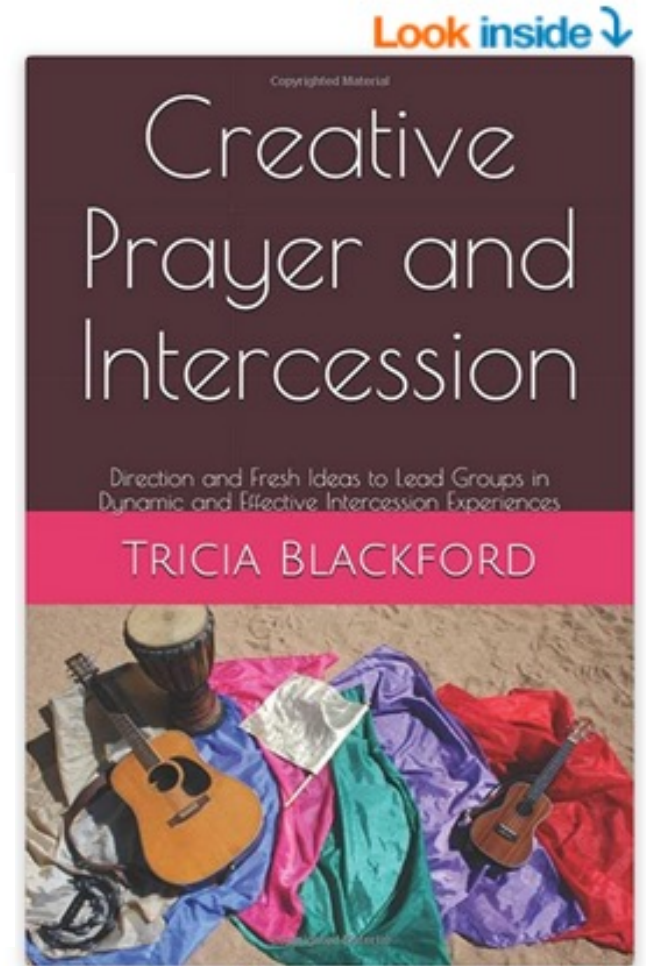
- I'm more present, less rushed.
- I'm more connection oriented and less task oriented.
- I affirm, accept and celebrate myself instead of solely relying on others to do that without me asking them to.

- I am more connected to how I am emotionally and physically.
- I'm not afraid to experience the softer emotions of sadness, shame, abandonment or rejection. I compassionately investigate with truth until I get down to the root emotion.

To receive our Email Updates
or contact us, write to:

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| |**

*Keith and I would love to
connect with you!!*



With love and respect, inviting all Muslim
peoples to follow Jesus.
(in the Connections Hall)

\$3 in the bookstore, \$2.99 on Kindle,
Free on the 1st of every month

Raw Mission Podcast

<https://www.buzzsprout.com/1852871/10317384>

My Journey with Spiritual Warfare

Victories for Christ's kingdom are often accompanied by resistance from spiritual forces of evil.

Growing in our understanding and discernment of the unseen world can help us overcome the devil's schemes with worship, building joy, God's promises, personal transformation, and connection with God, ourselves, and others.

Time: December 31, 1:45 pm, Room: ICC 138-139

God is good.

I am loved.

The enemy steals, kills and destroys.

God is holding back tsunamis of evil from my life
and the people I love every second of every day.

He redeems everything that is painful.

My thought life is super important.