

Jenny's Musings: A Glimpse Within ... A Journey's Path

Hello dear friends...

Did you think this month's letter might not come?... Well...thanks to a friendly reminder...I snapped in gear. Life over the past month has been quite the adventure to say the least. It actually began the last week of August...you see I got to make a special trip to the E.R. yep...my poor hubby had to take me there because my blood sugar had spike to over 400...eek! I had not been diagnosed as being diabetic...but now...well...that seems to be part of my new leg of the journey.

The month of October has been full of doctor visits... lots of needle pricks...lots of blood taken... tests... and so on and so on...the results being high blood pressure, diabetic, anemic, and high cholesterol.

The good thing about it all is that even though I was slapped with a wakeup call with my health...the Lord has been with me through this. He has given me a sense of strength, determination to make the lifestyle changes needed and actually empowered to move forward into healthy living. I will not fear...for my Lord is growing me in this season...and teaching me about balance in all areas...spiritual health included.



This is my lovely family! Matthaeu is my "gift from above". Fred is my wonderful husband...He is my friend, my supporter, my computer "fix it" guy but, mostly He is my blessing! Then there's me...

"We are not human beings on a spiritual journey. We are spiritual beings on a human journey."

- Stephen R. Covey

*I praise you, for
I am fearfully and
wonderfully made.*

- Psalm 139:14 ESV -

The Conversation

Tipping the scales...

I have known for a while now that my health has not been the best...my choices and lifestyle didn't give room for a glance at the issues that lay hidden in the shadows of my health and wellbeing. I enjoyed the idea of eating what I liked and what I wanted even while knowing they were not good options...

I suppose I just thought the health issues were better left alone until I needed or had time to deal with them...

how bad could it be after all???

Now, if I am honest with you and myself...the true reason for ignoring it all was fear...I didn't want to face the problems. I just knew it would be like opening a can of worms...and I let the shadow of the unknown issues grow bigger and bigger until it had me running scared.

Now...all of it came to a center stage, look-at-me entrance to the forefront with my little trip to the E.R. Let me tell you that was a scary event that landed me there...within three hours I had gone from nausea to extremely tired and flushed, to loopy. I then felt fine but hungry. I ate a small amount. Found myself sick again, and feeling tired. I walked myself into the E.R. and by the time they got me into the pre-admittance screening thing I was so loopy I couldn't walk or think straight...and I don't remember much about the next half hour. They treated me and let me go.

From that moment on I began to be a little more careful of what I ate...but didn't truly change too much...I still drank my sodas! I had set an appointment at the local clinic a few weeks before my trip...so I kept that and used it to discuss my possible diabetes problem.

The visit took a couple hours, and the confirmation was given...Diabetes! Among the other that is. That was the moment the rubber hit the road and I got right...so to speak. In that first visit, I learned how to check my sugar levels which was to be done EVERY TWO HOURS...give myself an insulin shot EVERY TWO HOURS...and be on "bed rest" for a day.

Since then...which hasn't been quite a month yet...the Lord has given me the strength to forsake soda...eat healthy...and have a rather positive and determined outlook on my lifestyle and journey. This has been good for me...and my family! I say often that I am not diabetic...I just currently share my life with diabetes...I do not want to sound silly but for me it is not a burden or something that I will let assume my identity...my identity is in Christ!

The Lesson

As God often does with me...He takes the natural and reveals to me the spiritual lesson or message. This one can speak to so many...to the unborn, the babe or even the elder in Christ. What I heard is ...Balance. Good Choices. Freedom.

So often we can find ourselves unhealthy for lack of balance in our spiritual relationships...be it with one another or Christ.

I truly believe you can never have too much of Christ...but you can be malnourished of Him. I also think you can over indulge in others...Christ should always remain your first love and best friend...then all other things will find their balance...

As with my addiction to food...we can become dependent to things that are of this world...that hold no true sustenance and it can even be things that seem of service to the Kingdom of God...but if you are replacing relationship with service then your choices have cost you...everything is good in moderation! What I am saying is that you must allow the Lord to give you your portion...and not decide for yourself what seems right...as the Word says..."lean not on yourself but in all your ways acknowledge Him and He will direct your paths..." everything has a season and the Lord is the one that sets the length of it!

Now just as we all have had wakeup calls in our life at some point...if you are a believer then you've had a spiritual wakeup call as well!

I see this happening for us here in America...and I hear the Lord saying that we have taken for granted our religious freedom...we have gorged ourselves and become complacent. The wakeup call is here...there is a disease in this land that is trying to attach itself to us and steal our spiritual health and identity...it is beyond time for a lifestyle change...it is time to get healthy...God is doing a shifting and repositioning...He is transforming minds and breaking off mindsets...

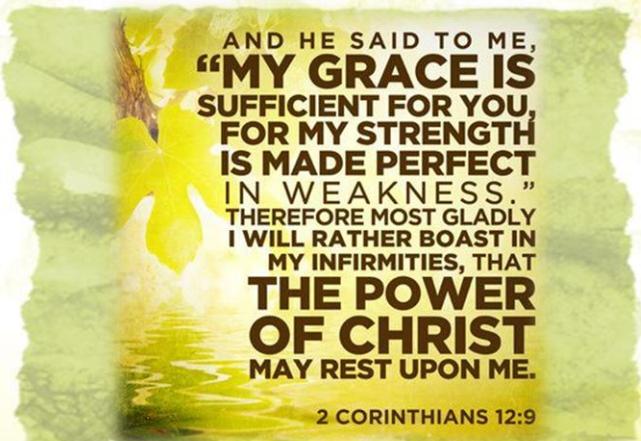
It is taking a good dose of spiritual medicine...but the result is going to be a great outpouring...

Just as I feel that my healing is already there...in Christ...I have to do my part...and for me that means making good choices...living healthy...exercise...taking classes...gaining wisdom and knowledge to live my life to its fullest...and to keep up the good fight...and to persevere! We also have victory in Jesus...He has conquered the enemy...but until we are called on to glory we must do our part...as He calls us to it.

For some of you it may be in ministry...for others it may be to intercede for this land and its people...and for others it may be as simple as listening to how the Lord is leading you to vote in the upcoming election. We all can exercise our right to go before the Lord in prayer...for our neighbor...our church...our town...and for our country...even for our foes.

Our society is one that is so used to being served oversized portions of "junk food"...and the only solution seems to be a trip to the E.R. of the Holy Spirit! As my hubby did with this stubborn and scared girl...it may take the Christian...the Children of God to drive the vehicle. I pray that the right choices, no matter how tough, will prevail in this land...and in the life of the individual...

As I am sure we all understand that before the Lords return this must unfold according to scripture...so do not let fear take hold...God is faithful...and He loves you!



AND HE SAID TO ME,
**"MY GRACE IS
 SUFFICIENT FOR YOU,
 FOR MY STRENGTH
 IS MADE PERFECT
 IN WEAKNESS."**
 THEREFORE MOST GLADLY
 I WILL RATHER BOAST IN
 MY INFIRMITIES, THAT
**THE POWER
 OF CHRIST
 MAY REST UPON ME.**

2 CORINTHIANS 12:9

"The
Lord is my
portion,"
 says my soul,
 therefore I will *hope*
 in *him.*"

Lamentations 3:2

Friends...

I recently heard this song and love it so I wanted to share.

“Even If” by Kutless

Sometimes all we have to hold on to
Is what we know is true of who You are
So when the heartache hits like a hurricane
That could never change who You are
And we trust in who You are

Even if the healing doesn't come
And life falls apart
And dreams are still undone
You are God You are good
Forever faithful One
Even if the healing
Even if the healing doesn't come

Lord we know your ways are not our ways
So we set our faith in who You are
Even though You reign high above us
You tenderly love us
We know Your heart
And we rest in who You are

You're still the Great and Mighty One
We trust You always
You're working all things for our good
We'll sing your praise

You are God and we will bless You
As the Good and Faithful One
You are God and we will bless You
Even if the healing doesn't come
Even if the healing doesn't come

Just a Giggle...

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Thanks to Richard Germain (See Exodus 14) 04-04-2011
A TYPICAL CARDIO REGIMEN BACK IN EGYPT

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Thanks to Rev. Clarence DeBoef 02-19-2003
HEY ... I JUST REALIZED THAT THERE WON'T BE ANY DOCTORS IN HEAVEN



Thanks to Frank the Tank 01-12-2005
YOU HAVE TO BE CAREFUL NOT TO TRIP IN THE LAND OF MILK AND HONEY

Blessings to you and yours!