



Serenity

"Serenity" is a monthly newsletter published by Mission Serenity.
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Number 2 Volume 1 April 2015



To Fight or Flee?

The articles that we feature in this newsletter and on our Facebook page are generated by recent experiences in the journeys of those who seek support through Mission Serenity. God seems to show us seasons of learning where most topics seem to require a similar set of understandings.

In the last month, a recurring theme has emerged around the fight or flight response. We have all heard of this function in the lives of all God's creatures that inhabit the planet. It has saved us from being devoured by predatory animals since the Garden of Eden.

The brain, sensing a danger, sends a signal to the adrenal gland which pumps out metered amounts of adrenalin that gives us the power to run or to fight off our attackers. Some have found the strength to lift a

car with their bare hands when a trapped person has required rescuing.

Wisdom is a very useful tool in helping us to manage the fight or flight response. I liken it to an automatic transmission in a car. The auto lever in our car has the letters D for drive, N for neutral and R for reverse.

Many think the adrenal gland has only two gear positions. F for fight or F for flee.

Taking these responses as they are has meant that some people shoot first and ask questions later, or that some will run when the going gets tough, leaving and even deserting those they love. These two responses when not managed can be disastrous in relationships. Many jump to conclusions and act in haste before they know what the problem is. Words are said that cannot

be retracted and many a heart is broken. Often the ripples in the pond can go on forever, especially when this response is levelled against children who can take everything literally.

We see many examples of this when we deal with survivors of childhood sexual abuse. Children told by their fathers that, 'they will kill anyone who lays a hand on their precious child', can unknowingly doom their child to years of abuse because the child would rather suffer than say something to cause their father to be imprisoned for murder. Jesus says, "Come to me as little children" (Matthew 18:3), because I believe He wants us to take his words as literally as children do.

On the other hand, we deal with many broken relationships that have failed because one party is never there when the going gets

tough. This leaves their partner or family at the mercy of the issue. Both responses, when mismanaged, can destroy trust and dissolve self-esteem.

I believe the adrenal transmission has another position.

This is S for stand. In many cases fight or flight is not appropriate. There are times when all that is required is to stand. Either shoulder-to-shoulder with your friends or family or alone as you face down an attack from Satan.

Nothing says, 'I love you', more than to be counted as standing in a time of need with another person.

"Greater love hath no man than to lay down his life for a friend" (John 15:13).

Didn't Jesus stand for us? It can be the greatest demonstration of Grace. To stand when this is required can be the epitome of grace and one of the greatest demonstrations of love.

Sometimes we need to stand and wait while the one we love comes to terms with his or her bad behaviour. Sometimes we need to be patient and allow those for whom we care to come to their senses and to not desert them when they need us most.

This should never ever be confused with tolerating

continual abuse. The bible also tells us to, "Distance ourselves from an angry person" (Proverbs 22:24).

WWJD?

In all these situations it is wisdom that is the key. Wisdom founded on prayer and the basic question WWJD. What would Jesus do? Wisdom will help you decide whether standing with someone is enabling them to continue in bad behaviour. This is an important distinction that needs to be made. In all these matters good strong and mutually understood boundaries are key; boundaries that have reasonable consequences that must be applied when the boundary is crossed.

Standing is normally my first gear selection.

As believers we can stand in the knowledge that the King of the universe is watching over us and gifts us with His armour and a valiant banner under which to stand.

The Armour of God

"Finally, be strong in the Lord and in his mighty power. Put on the full armour of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the

gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God" (Ephesians 6:10-18 NIV).

This must surely be God's final word on this topic.

My Nebuchadnezzar Moment (Dan 2.1)

As for me, I awoke the other night to write down these words that came to me as I pondered the question.

"The real measure of a man is not how often he draws his sword, but how often he decides not to."

God never wastes a hurt.

Graham Hood.

What The Future Holds

The Recovery Road 12-step program we offer has become the backbone of our ministry.

This program has evolved over many years of hard and rewarding work. God has shown us a direction and we are excited at the prospects.

4HG Partnership Series

In May we will be shooting a series of videos in partnership with 4HG, designed to augment the Recovery Road project in the local church.

Over a two week period we will shoot a series of testimonies that will be available to stimulate sharing in the small groups.

Training Videos

We will also be filming Recovery Road training videos designed to outline how to run a successful 12-step ministry from setting up and building your team, all the

way through to the dynamics of running small groups.

New 3ABN Series

Then in June we will be down in Cooranbong for a week of filming the Recovery Road television series for 3ABN.

800,000,000 Audience

This series comprising 13 half hour episodes will be screened world wide to a potential audience of 800 million people.

Each episode will feature the lessons from the Recovery Road work book step by step each week.

Viewers will be able to hold their small groups around the screening times and bring the Recovery Road team into their ministry where ever and when ever they choose.

New DVD sets

Now here is where it gets exciting. All these programs will be available as DVD sets and also available to be downloaded from our web site.

New Web Site

Our new web site is state of the art (and getting even better) and will become a healing platform that will enable churches or community groups to access all the material they need to successfully run Recovery Road anywhere in the world.

All the books are downloadable from the site in PDF format, meaning that the [new site](#) will become a one-stop-shop for recovery at any location 24/7.

Hard copies of the books will be drastically reduced in price for worldwide distribution. Our aim is to cover costs only and to position this program within easy

reach of anyone who needs to restore their broken lives.

South Queensland Camp

Our team will be at the South Queensland Camp meeting at Watson Park just north of Brisbane in September. There we will run leader training over the five workshop and have all our resources available at the expo for the entire period of the camp.

We are attempting to release all this material at little to no cost to participants.

Stepping Out

In order to do this we are stepping out in faith relying on the generosity and support of our friends and donors.

We believe that God will provide the funds we need to keep this project happening and your support is much needed and appreciated,

Remember that any gift over \$2 is fully tax deductible and you can donate through our web site.

May God bless you for your support of this vital healing ministry.

Recovery Road is set to restore broken lives.

God never wastes a hurt.

This month's Bible Verse

"For you know not the plans I have for you. Plans to prosper you, give you peace and a future" (Jer 29:11).

God bless till next month.

[Email](#) us if there is something you would like us to especially explore together in this Newsletter.