



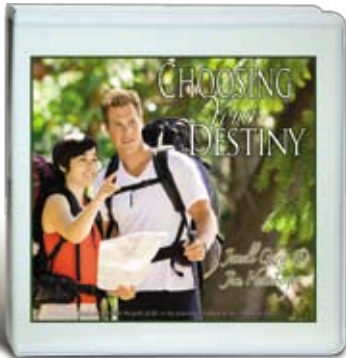
A quarterly publication of Empowered Living Ministries

July - September 2009

Dear friends,

Has life disappointed you? Are you struggling with certain unmet expectations and hopes—longing for a reality that continues to elude you? If so, you are not alone. It has been said that “future happiness is the pursuit of mankind.”

In this month’s article, “**Content, Fulfilled, and \_\_\_\_\_!**”, our general manager, Janell Garey, shares her struggle with unrealized dreams and the simple solution that is bringing her joy in her journey. Janell fills in that blank with “single”. What would you put in that blank for your life? All of us have something we would like to be different in our lives—but Janell has found the key to fulfillment and it will work for you too.



**Choosing Your Destiny**  
(\$24 CD, \$10 MP3)

This article is an excerpt from Janell’s message by the same title and is found in her newest message album entitled **Choosing Your Destiny**. This album presents five messages by Janell and one by Jim. The titles are: “Teen in Turbulence”; “Behind Closed Doors”; “A True Woman”; “Where’s My Man?”; “Content, Fulfilled, and \_\_\_\_\_!”; and “Guidelines for Young Lovers” (by Jim).

Our fifth **Annual Open House** is just around the corner. Come taste a little of our resting place as you seek God’s guidance for your own marriage, family, and home. We would love to see you there. Call our office or check our website for more information. Our web address is [www.EmpoweredLivingMinistries.org](http://www.EmpoweredLivingMinistries.org). Click on the link to our Speaking Schedule.

May your summer be refreshed by His presence. We all thank you for your continued support and prayers.

Content and fulfilled,

*Jim & Sally*

## SPEAKING SCHEDULE

### July 22 - 25

Open House  
Polebridge, MT  
Call (406) 387-4333

### September 4 - 7

Empowered Living Camp Meeting  
Hickory SDA Church  
Hickory, NC  
Call (406) 387-4333  
or (828) 244-4010

### October 15 -18

Empowered Living Camp Meeting  
Windermere Conference Center  
Roach, MO  
Call (417) 661-6161

### November 6 - 8

Walla Walla SDA Church  
Walla Walla, WA  
Call (509) 525-9540

### December 3 - 6

Empowered Living Camp Meeting  
Camp Kulaqua  
High Springs, Florida  
Call (706) 375-1707



*It's About Walking With God!*

# Content, Fulfilled, and



by Janell Garey

*This is the day which the Lord has made;  
we will rejoice and be glad in it. Psalm 118:24*

A number of years ago, I came across a framed writing which inspired me to write “The Destination.” (*Read the sidebar to the right.*)

The idea of finding joy in my journey stirred my heart very deeply. Later, I found a similar nugget of thought: “Happiness is as a butterfly which, when pursued, is always beyond your grasp, but which, if you will sit down quietly, may alight upon you.”

A song I remember from my childhood goes like this: “We have this moment to hold in our hands and to touch as it slips through our fingers like sand. Yesterday’s gone and tomorrow may never come but we have this moment today.”

What are you doing with your moments? Are you pressing toward “the destination” and missing the joys along the way, the passengers who sit beside you and want your company, the opportunities to hold each moment in your hands? What is your “Destination”? What butterfly are you chasing?

As I began writing this article, my emotions rebelled with the thought: “I don’t want to write it...” Tears began to stream down my face as I turned away from my computer and looked out the window.

“Why?” the gentle question probed at my emotion.

“Because I don’t want to be single!”

The “destination” I have looked forward to is meeting a godly man, suitable to me, to date, marry, and raise a family with. I want to be a wife and mommy and have made serious preparations for

these roles. But I am 30 years old. My preparations and prayers are being answered with certain unfulfilled hopes. I have been disillusioned as the train of life keeps chugging away and my desires are unmet.

Are you like me? Have you felt delayed or derailed from reaching your “destination”? Can we be content and fulfilled

only when we have what we want? Isn’t that envy?

Envy defines what is good by what we do not have. The sad reality is that when envy gets what it wants, that prize suddenly loses its value because “the grass is always greener on the other side of the fence.” Our goals and dreams are little more than illusions when driven by envy.

For example, I have friends who have gotten everything I want and they are struggling! Why? How can this be? They’ve caught my butterfly! I believe it is because they are chasing other butterflies and missing the joy right around them.

The solution then, is to stop chasing butterflies—to change our focus from the destination to the journey. It is shifting our thinking from disappointing thoughts to opening our present, to unwrap the joys of this moment.

When I recognized this principle, I purposed—regardless of my status or circumstances—to follow God’s revealed will for my life and to therein find joy in my journey. This is my present! As I did this my attitude toward my current state changed. I did find joy! I can honestly say that my life is not boring, unfulfilling, discontented or empty even though I am not at the “destination”. As I open my present, I have found real fulfillment and joy—where I am right now!

Today there are new blessings that come my way—a gentle sunrise, a smile from my co-worker, an email interaction with someone struggling whom I can point to Jesus, a bird coming to my feeder, the good health God has given me, the delicate snowflakes lacing a tree branch, an encouraging phone call, a fresh flower along my foot path, the opportunity to train a child how to finish his plate of food cheerfully, a sweet note from a friend, a job that challenges and fulfills me, and trials that help me to grow.



This is some of how I have turned what could be a very discouraging and lonely time in my life into a time of service and fulfillment. I am content, fulfilled and finding joy in my journey as a single woman! I fill in my blank not with some future goal, some butterfly I want, but with the joy of the present I am experiencing now.

What are you doing with your present? Have you truly opened it and found joy in the little things of life? I encourage you to look at your talents, your opportunities, the little details of your life that can be so sweet if treasured. This is a priceless opportunity!

Perhaps life seems to be shutting down around you; your marriage is crumbling; your children are rebellious; you're facing bankruptcy; you're living in the middle of the city longing for country; you're lonely, friendless, without support, sick, grieving loss; you're in terrible trials, stressful situations, lost your job; your life feels like a maze with no way of escape.

The way of escape is Jesus' invitation, "Come unto Me, all ye that labor and are heavy laden, [that includes you if you are sad, burdened or troubled] and I will give you rest." The Wycliffe version translates rest as fulfillment and refreshment. This rest is not found in all our burdens vanishing, but in our exchanging them for the "yoke" that Jesus calls "easy." A yoke is a device that allows two beasts of burden to pull side by side making the load easier to carry. The load doesn't disappear, but we have Someone pulling with us.

He gives us rest—refreshment and fulfillment—because we open our present and accept His help and strength for this day. By accepting His help—this rest—we can stop pacing the aisles and counting the miles! Jesus is our helper in the here and now and we can truly find joy in pulling beside Him.

### The people who are happiest...

The people in life who are the happiest don't have the best of everything—they make the best of everything they have. Satan wants us to focus on what we do not have. Instead, we can focus on the blessings God has given us!

God understands when we have honest needs in our lives. Yet, fulfilling these needs is not to become a destination that we must reach in order to be happy. God wants us to express our desires to Him and find joy and gratitude in what He has given us now—in our present. This gratitude for what we have been given is the opposite of envy.

God often has something better that He wants us to experience than just having our desires instantly fulfilled. I can honestly say that I am learning to truly thank God that at this point in my life I am still enjoying the blessings of being single. I have joy in my journey. I have contentment in the gifts He has given me. I am fulfilled in the purpose I have found in my life and in the promise that He will provide all my needs. He wants to do the same for you! ✨

## The Destination

Each of us, subconsciously, views life as though we are on a long trip – the length of which covers an entire continent. As we travel along, our eyes take in the passing scenes – reflective lake shores, tall mountain ranges, quaint little villages, tree after forested tree, people about their yard work, playful rushing rivers, deer running through a field, children riding bikes along a dusty road, expansive fields of grain, and bright city streets.

But highest in our thoughts is our destination – because at a set time and on a planned day we will at last arrive with joyous fanfare of welcome, laughter, and fireworks. Oh, and when that day arrives such a host of delightful longings will be realized. So, with restlessness, we anxiously look ahead, counting the miles as they pass. Just as children question frequently, our minds repeatedly ask, "Are we there yet?... Are we there yet?... Are we there yet?"

We think to ourselves, "Ah, when I reach the destination – I will have arrived!" "When I'm done with college... buy a new car... get married... buy a house... get a dog... have a baby... get the children through school... pay off my debts... reach retirement." The common thought is that when I have reached these things then I can live "happily ever after".

At some point in this journey, however, we must recognize that there is no ultimate destination in this life, no one location to reach that will bring this dreamy state of happiness.

It is in the journey that real joy is found.

The destination constantly outdistances us – like the mirage of water to a thirsty desert traveler.

Life is fleeting – it goes by very quickly. Yesterday is gone and tomorrow is not yet ours. Today is the only day we have to live, to love, to enjoy. Thus it is important to softly close the door on yesterday so that we can truly live in today. It is not today's responsibilities that drive men crazy, but the regrets of the past or the fears of the future.

Delight in this day – for "this is the day which the Lord hath made; we will rejoice and be glad in it." Psalm 118:24

Smell more flowers. Kiss your spouse. Hike more mountain trails. Invite a friend over to kick off your shoes and sip lemonade. Take a refreshing swim in a lake. Write a letter of appreciation to someone you love. Ride your bike into the sunset. Light a candle for your dinner table. Smile at a child. Watch the moon rise in the sky. Laugh more and worry less. Run down the beach in your bare feet.

Live life as you go along. Embrace each moment as a gift from God." ✨



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*It's about walking with God!*

## 2009 -2010 Empowered Living Camp Meetings

June 10-13, 2010  
Hood River, OR  
(541) 399-3020  
godspan@gorge.net

Open House  
July 22-25, 2009  
Polebridge, MT  
(406) 387-4333  
office@EmpoweredLivingMinistries.org

April 22-25, 2010  
Grizzly Flats, CA  
(406) 387-4333  
office@EmpoweredLivingMinistries.org

October 15-18, 2009  
Roach, MO  
(417) 661-6161  
empoweredfamilies@sbcglobal.net

September 4-7, 2009  
Hickory, NC  
(406)387-4333  
office@EmpoweredLivingMinistries.org

December 3-6, 2009  
High Springs, FL  
(706) 375-1707  
nancy@EmpoweredLivingMinistries.org

"Power for Living" is available free of charge, and is sent out quarterly by mail.

If you or someone you know are not receiving it and wish to be added to our mailing list, please feel free to contact us.

For information on any of the materials or events mentioned in the publication you can reach us at:

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