

# Our Victory Over Suffering Through Christ The Lord

## Including Powerful Testimonies of Faith Through Suffering

by Chaplain Paul Vescio Jan. 2020

### Preface

I have been on a journey over the past few years in trying to understand suffering and what I have found is that the more we try to understand it the more questions we have about it. The Lord placed on my heart to write this book that includes my friendship with Joanna and how we as Christians deal with suffering.

I serve our Lord as a Volunteer Community Chaplain in an Acute Respiratory Care Center in Phoenix Az. Many of the patients where I serve are on ventilators, some of the patients are coma and semi-coma. The level of suffering is heartbreaking. I therefore dedicate this very important and insightful book to all those whom I have been so blessed to have met in the care center where I serve as Chaplain. I dedicate this book to them for their friendship, kindness and love and for their unfailing faith in Christ our Lord.

“ Without suffering there can be no compassion and without compassion there can be no true love. Christ dying on the cross so that our sin debt could be forgiven was the ultimate act of love because He had compassion for all humanity.” John 3:16

I found this next piece of information through Google.

### What is Spiritual Suffering?

The Author offers definitions for “spiritual” and for “spiritual suffering,” suggesting that human spiritual needs include, Love, Faith, Hope, Virtue and Beauty. Spiritual suffering is expressed when these needs are unfulfilled. Spiritual care involves assisting in the fulfillment of these needs.

### What is the difference between Pain and Suffering?

**Pain** is the physical sensations or signals (within your body) that tells you something is happening within your body in relation to an event or situation. **Suffering** is the interpretation or story that you tell yourself about the pain. ( ie thoughts, judgments, beliefs, etc.)

What are the 3 forms of suffering?

In Buddhism there are three main **types of suffering**: The first is linked to the first three sights the Buddha saw on his first journey outside his palace: old age, sickness and death. This is the suffering of painful experiences, including unsatisfied desires.

What are the three main sources of human suffering?

According to Freud, what are the three general sources for human suffering, (ie human unhappiness)? 1) Our body; 2) the external world: and 3) our relations with other people.

Please use the blank pages within this book to write down your blessings and your positive thoughts of the day. All too often we tend to forget the blessings that God provides to us each day. As you write and date your thoughts and blessings you can refer back to them and receive great hope, strength and joy. John 14:27

My Blessings

## Chapter One, A Season of Hope With Joanna

Today I'm visiting a new patient on the second floor, her name is Joanna. Joanna suffers from Parkinson's disease. Parkinson's effects the nervous system and you stiffen up and shake uncontrollably causing the person who suffers with the disease to become exhausted. The only thing that can be done in most cases is to keep upping the dosage of medications. I really do not want to write what eventually happens to some one who suffers with Parkinson's because it's to horrific. Please pray that they find a cure for this dreaded disease soon.

“ Hello may I come in? My name is Chaplain Paul and I have been asked to come and visit with you today.”

“ O, hi Chaplain, yes please come in.”

I began visiting Joanna regularly to pray with and to share the word of God with her. Soon the questions began, now some of her questions about God were fairly easy to answer but then came the hard ones.

“ I have some questions for you Chaplain,”

“ Ok, go a head.”

“ Why would God sacrifice His only Son the way He did? And why can't I hear God, I feel as though He has abandoned me? My condition is getting worse, I cry out to God for relief each day but I do not feel He is here.” I don't feel that God loves me Chaplain.”

“ Boy Joanna you've asked some very serious questions here I'm going to have to think about this and get back to you. I'm a thinker and I want to take your concerns to prayer. It's like I'm a prize fighter for the Lord and I need to go back to my corner to talk to my Coach and regroup. But I can tell you this, God loves you and He will never leave you nor forsake you. He is working all things out for His good purpose, we have to hold onto our faith in Christ for He alone will guide us safely through the Valley of The Shadow of Death.”

I told Joanna that we would go on this journey together in search of God's love and to find the answers to her questions. I began by asking friends, parents and Pastors about how Abba Father shows His love. I searched through the word of God. It all seems very simple but when we truly address a subject especially where God is concerned it has been my experience that the more we search the more questions we have.

The first question on the list was how do we know that God truly loves us? If you ask ten people this question you will most likely get ten different answers like, I know God loves me because of all of the blessings that He has provided in my life. I know God loves me because He healed me of my illnesses. I know God loves me because I can feel His presence and love in my life. I know God loves me because He gave His only begotten Son to die on the cross so that our sin debt could be forgiven.

“ Hi Joanna how are you feeling today?”

“ O, hi Chaplain Paul, come in.”

“ I began asking people how do we truly know that God loves us and what God reminded me of was John 3:16, For God so loved the world that He gave His only begotten Son that who ever believes in Him should not perish but have everlasting life. God shows us His love through His Son's sacrifice. Christ dying on the cross was the ultimate act of love for all humanity.”

“ But why would God force His only Son to die like that after all He is God He could have done it another way and why would God need to create humans in the first place after all He had everything in creation He did not need to create us?

“ Boy Joanna you're asking some very hard questions here, to be honest with you I need to think about it but I can say this God didn't need to create us He wanted to out of love. Abba Father created us as an expression of His glory. power and love. We were created to love God and to love others through God's love. Another words God created us to be in a loving relationship with Him. Now about your other question I need to really think about it before I can give you a proper answer in the mean time would you like me to read you a psalm or share with you something out of one of the gospels?”

I thought about Joanna's question and her concerns about feeling unloved by God and then had a question of my own; how does God show His love in our lives? If I could answer this question then I could share it with Joanna and hopefully comfort her spirit and put her at ease.

I soon realized that one of the ways God shows His divine love is through us. As believers in Christ we pour out our undying gratitude and love to Abba Father then Abba Father pours out His love through His Son Christ Yeshua into us we then pour out the love of Christ into others.

I couldn't wait to go and tell Joanna what the Lord had revealed to me, it's amazing how we can take for granted things in life. It's not until we put prayer and meaningful thought into something that we truly begin to understand it for the glory of God.

“ Hi Joanna”

“ Hi Chaplain Paul did you find the answers to any of my questions?”

“ Yes, one of the ways God shows His love is through people. You're asking if God loves you, the answer is yes because He sent me to come visit you. Joanna I am a one on one Chaplain that means I visit as long as the patient wants me to. I'm limited on how many patients I can visit with. God sent me to you for a few reasons one of which is because He loves you.”

“ Chaplain. I cry out to God all the time my condition is getting worse and I don't feel any relief. Why can't I hear Him?”

I have to be perfectly honest with you, when Joanna asks questions that I really do not know the answer to I'm not afraid to admit that I don't know the answer. Here was yet another very hard question that I honestly did not know how to answer. I mean here was a woman who clearly gave her life to Christ and yet she felt abandoned by God. One must look deep into the book of Job to begin to understand the workings of God where suffering is concerned. Job was a devout servant of the Lord. Job was a righteous obedient man of God and yet the level of suffering that Job went through is beyond human comprehension.

One day as I was visiting with Joanna I told her about all of the books that I had written and was now publishing through Kindle Direct Publishing. The first book to be published was Chaplain America John 3:16. I told Joanna all about the story and to my surprise Joanna was a writer and published author. Soon she would begin to collaborate with me in teaching me the ins and outs of story writing and publishing. Joanna taught me a great many things and it was through having writing in common that a beautiful relationship began to emerge.

Joanna helped me with my writing and I helped lift up her day through Christ's Love. In a three month period I would go on to publish over twelve books for Amazon. Joanna was now my Executive Assistant.

“ You see Joanna God truly does love you, He sent you me a Chaplain.”

“ God sent me a writer Chaplain Paul.”

Joanna now had a purpose and a sense of real self-worth again because she was now doing what she loves best.

My Blessings

## Chapter Two In Search of Real Answers

Joanna's second question was, “ Why would God sacrifice His only Son the way He did?” After many hours of contemplation in asking God for the answers, I'm going to share with you the answer to the best of my understanding'

Christ Yeshua gave of His life willingly. His life was given not taken. He loved us that much that He would rather die on a cross for our sin debt than for all humanity to spend eternity in hell. God is three in One. Human thinking looks at a father sacrificing his son against the son's will. It's more like God sacrificed Himself. The Father and The Son are one.

John 10:30

I and *My* Father are one.'

John 14:9-11

Jesus said to him, "Have I been with you so long, and yet you have not known Me, Philip? He who has seen Me has seen the Father; so how can you say, 'Show us the Father'? Do you not believe that I am in the Father, and the Father in Me? The words that I speak to you I do not speak on My own *authority*; but the Father who dwells in Me does the works. Believe Me that I *am* in the Father and the Father in Me, or else believe Me for the sake of the works themselves.

Over the next few months Joanna's condition continued to get worse. I visited her often I shared the word of God with her and read my stories to her. Joanna told me about her horse and about her life experiences then one day when I went to visit her she was told that she could not drink water because of a stomach condition. Joanna was very thirsty and very uncomfortable. I went to the nurse's desk and asked if there was anyway that they can tell me how long this would last. I was told that it could be a while and that the doctor had to clear it when Joanna would be able to drink water again. I asked the nurse if Joanna could have sponges to moisten her mouth. The nurse brought in three swabs and gave Joanna two of them and left the third for later. I checked the cup and there was no water for the swab so I again went out to the nurse's station and asked in the nurse could please come and bring some water for Joanna.

I went back to the room and felt so bad for her that I got on my knees and begged God with tears in my eyes to please help comfort Joanna and make it so she can drink water again. As I was praying the nurse came in with a pitcher of water and said something. I looked over thinking that she was going to swab Joanna's mouth and to my shocking surprise the nurse looked at me and said,

“ The Doctor cleared it for Joanna to have water again.”

A flat out miracle just happened right before our eyes. Joanna looked at me and smiled, I got up off of my knees and thanked God over and over.

I have a question, “ How do we comfort those we love who are suffering?”

In order to even begin to address this question we must first go back to the book of Job and see how Job was comforted.

**Job 2:11-13 New International Version (NIV)**

**11** When Job’s three friends, Eliphaz the Temanite, Bildad the Shuhite and Zophar the Naamathite, heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathize with him and comfort him. **12** When they saw him from a distance, they could hardly recognize him; they began to weep aloud, and they tore their robes and sprinkled dust on their heads. **13** Then they sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his suffering was.

Jobs friend sat with Job for seven days before speaking to him. Some times just being there is of great comfort. I am reminded of when I was a child and my Grandmother sat with me just being with her was all that mattered. The comfort and love that I felt was priceless.

**2 Corinthians 1:3-7 Praise to the God of All Comfort**

**3** Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, **4** who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. **5** For just as we share abundantly in the sufferings of Christ, so also our



comfort abounds through Christ. 6 If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer. 7 And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort.

We are to comfort others in the same way that we ourselves have been comforted by God through others. Sharing our healthcare experiences of how our faith in Christ helps in getting us through the storms of life is of great comfort to others who find themselves dealing with the same issues that we had to deal with or are now still dealing with.

Today is Sunday December 8<sup>th</sup> 2019 and I am going to go to Pastor Charles Church in Phoenix. Pastor Charles was a patient at the Care center where I serve. We have a few things in common, we are both from Connecticut and we were both born in the same hospital in Bridgeport Conn. Pastor Charles was in gangs back in the day and was shot and died. He saw his sister who told him that it wasn't his time and that he would have to go back. Pastor Charles was sent to prison for a few years, he gave his life to Christ and now he and his wife are the Pastors of a little Church in Phoenix. I'm going there for the first time today. I have a whole chapter reserved for Pastor Charles in this book. Pastor Charles' experiences, in-situ and unshakable faith in dealing with suffering will serve as a great blessing to people who read this book.

It's very interesting that when I write a book that I write it as I live it like with me going to see Pastor Charles Preach today I'm sure that when I return later today I will have much to say.

Pastor Charles shared a very powerful message about faith and about letting our roots on Christ grow strong. In order for a tree to grow strong it must first develop strong roots. It takes time to grow and eventually bear fruit for the glory of God. Most trees lose their leaves in the fall then enter into a season of bareness but then in the spring buds appear and soon leaves begin to grow.

## Chapter Three ABBA FATHER'S LOVE

by Chaplain Paul D Vescio 9-7-2019

There's a patient in the care center where I serve as a Community Chaplain who does not believe that God loves her. We will call her Virginia. Virginia also believes that she is being punished by God because of all of her health care conditions and because of all of the hardships that her family is going through. I visit with Virginia often and I told her that we would go on this journey in search of God's love together. I set about by first asking Abba Father in prayer to please help me in finding some real answers to Virginia's questions. Abba Father directed me to John 3:16 as an example of His divine and everlasting love. I set about in asking Pastors and family members and friends this question,

What do you say to someone who doesn't believe that God loves them?

In time I would come to realize that it's not so much in what we say that matters as in what we do that truly matters in showing the love of Christ to all those around us.

One of many Scripture verses that the Spirit of God led me to while on this journey was Hebrews 6:10 in The Complete Jewish Study Bible.

For God is not so unfair as to forget your work and the love you showed for Him in your past service to His people and in your present service too.

Abba Father shows His love through His Son Christ Yeshua and Christ Yeshua shows His undying love through all those who place their faith, hope and trust in Him. Christ Yeshua lives in all those who have accepted Him into their lives. Christ Yeshua pours out His love into all of us His true followers through the Holy Spirit. His love is then poured out on to others by us through faith...

Yes Virginia there is a living God Who loves you very much, for He will never leave you nor forsake you. His love is with out end and even though you may be in so much pain and filled with great sadness and sorrow always remember weeping may endure for a night but joy comes in the morning. Christ Yeshua gave of Himself willingly out of love for all of us. He took our place and paid our sin debt in full by dying on the cross so that we as believers could be saved and spend eternity with Him in heaven..Amen John 3:16

As I sit here and try to write this book about how believers in Christ deal with suffering, I think from this point on I will write it as it happens. I will date each time I visit with Joanna and write a little bit about our visits together, this way you as the reader can get a better feel of what's happening during our visits. In the chapters that follow I will share the insightful thoughts and teachings of Pastors and friends on how they understand and deal with suffering in a Christian manner.

**John 15:11-13 New International Version (NIV)**

**11** I have told you this so that my joy may be in you and that your joy may be complete. **12** My command is this: Love each other as I have loved you. **13** Greater love has no one than this: to lay down one's life for one's friends.

I went and visited with Joanna to day Dec. 13 2019 and she asked yet another profound question. Joanna explained that when satan attacks her that when she rebukes him he does not flee. For the life of me I did not know what to say. We talked about a few other issues such as fighting the good fight of faith and about Job in how through Job's suffering and unwavering faith in God the millions of people down through the centuries have been strengthened and have received great hope.

We talked about Christ's love but she continued to say that she can't feel God's presence in her life right now. I was going to call Pastor Charles to see what he has to say about all of this but the Spirit moved me to go and see Thomas. So that is exactly what I did, I told Joanna that I would go seek out the advice of Thomas who is a highly anointed man of God.

Thomas was visiting with he mother when I arrive at his room. I have a whole chapter dedicated to Thomas in the book. Thomas and I talked about a great many things. Thomas said,

“ Chaplain Paul, each day in our lives we laugh, we cry and we think and that's what we do when you come for a visit.”

I asked Thomas and his mother about Joanna being unable to rebuke satan and they both basically said that we cannot rebuke satan under our own power an other words we must use the word of God along with the precious blood of Christ. Only then will satan be successfully rebuked for the glory of God.

Thomas also explained that the reason why Joanna cannot feel God's presence, it's because God has got her in the palms of His hands. Joanna is under the protection of God but that does not mean that her suffering will not continue and even get worse. Just like in the story of Job, Job was under God's protection but he continued to suffer dearly. I honestly don't like to think about it but I realize that through the sufferings of Job much good came out of it. We suffer for a great many reasons one of which is to be brought into a deeper and a much closer relationship with Christ and another is that through our sufferings many other people around us who are praying for us, people we do not even know are all being brought into a closer relationship with the Lord through our sufferings.

Suffering is an expression of God's love because through our suffering many are brought to Christ. We enter into the sufferings of Christ so as to become more Christ like...Amen

My Blessings

## Chapter Four The Blessings of God Through The Storms of Life

### Matthew 14:22-33 Peter Walks On Water

And immediately Yeshua made His disciples enter into the boat and go before Him to the other side while He dismissed the crowds. And having dismissed the crowds He went up to the mountain by Himself to pray. And when evening had come He was alone there. But the boat was now in the middle of the sea, agitated by the waves, for the wind was against it. And in the fourth watch of the night Yeshua went to them walking on the sea. And when the disciples saw Him walking on the sea they were troubled saying, “It is a ghost!” And from fear they cried out. But immediately Yeshua spoke to them saying, “Take courage, it is I do not be afraid.” And Peter answered Him and said, “Lord if it is You command me to come to You on the water.” And He said, “Come” And when Peter had come down out of the boat he walked on water to go to Yeshua.

But when he saw that the wind was strong he was afraid and beginning to sink he cried out saying, “Lord save me!” And immediately Yeshua stretched out His hand and took hold of Him and said to him, “O you of little faith, why do you doubt?”

And when they came into the boat the wind ceased. And those in the boat came to Him saying, “Truly You are the Son of God.” And having passed over they came to the land of Gennesar.

How do we find our blessings within each of life's storms? We begin by taking a step back and focusing on all that we can still do and all that we still have as in our faith in God and our relationship with Christ our Lord. And in the love we share with family and friends. We begin and end each day with thankfulness towards God. We stay in God's word serve God such as being kind to others, praying for those around us and being helpful towards others. Even if we find ourselves confined to a hospital or nursing home bed we can still offer prayer to staff, nurses and doctors. We can pray with and for other patients, we can pray for family and friends. We can still be very helpful by looking out for the best interest of our room mate. All too often people who are confined to a hospital, care center or rehab begin thinking that their usefulness and purpose in their lives is over. As believers in Christ our purpose is never over. The fact is just being in a Hospital or care center etc. brings many people into a closer relationship with God.

Please consider creating a book of blessings for you and you and you family  
A book of blessings is a powerful weapon in fighting against the forces of evil.  
When I was in prison I started a book of blessings and over time as the book  
became full it really helped in lifting me up and in strengthening my faith. When  
it's our turn to be dealing with healthcare issues or for that matter when the storms  
of life come crashing in like a flood a book of blessings can be very comforting  
because it reminds us that Abba Father is in full control and that He truly does love  
us. Hear are three of my poems about the blessings of God.

## The Candle Light of God

by Chaplain Paul 1-12-11

Faith, Soft gentle snowflakes created in a perfect image now take to  
flight, lifted into the air by the breath of God...

They dance through life on the many memories that they themselves  
have so gracefully made. And with the passing of each new day they draw  
a little closer to the Light that calls their name.

The painted sands that once upon a time fell ever so slowly now seem  
to fall increasingly faster with each new day. And then one day upon an  
awakening in time we realize that our time here on this earth is but a  
fleeting moment.

The sands continue to fall right before our weary eyes, our outer self  
is fading away, the pain with in this outer shell that we call a body is held  
in check by the inner peace, and love of Christ Jesus...

Day turns to night, night gives way to day, the Dr. visits, the tests,  
the hurt, the pain, the chemo, a time to reflect, a time to cry, and yet even  
in the midst of the storm we find the time to laugh, to hope, and to share  
some joy, it's a time to forgive, a time to draw closer to Jesus and a time  
to say "I love you."

Sands continue to fall and yet with each passing grain we draw closer  
to the Light, the Light surrounds us, comforts us and fills us with an inner  
peace and love. The Light warms our hearts and heals or aching souls...

It is the sunset of our life, Hospice is now a place that we call home.  
Sands almost gone now, and with what little strength we have we reach  
out to the Light, the Light catches us and wraps us in His loving arms,  
and with our last breath here on earth we touch the Lord's heart and

become the light of Christ for all eternity, in Christ Yeshua's Holy Name we pray...Amen

Like falling snowflakes that gently touch the light of God, as we leave this world and enter into the next we melt into the light and love of Christ Yeshua for all eternity...Amen

## Blessed to be Blessed

By Chaplain Paul D Vescio 1-7-13

I was completely broken, alone and abandoned, then He began healing my heart with His righteous right hand.

I was in prison living in a state of total hopelessness and utter despair, then He lifted me back up helping me to walk in a new light under His awesome loving care.

I was hungry and homeless wanting only to be fed, then He took hold of my cold shaking hands and shared some of His holy bread.

I was living in a nursing home, sad and sick, forgotten and alone so very far away, He answered my prayers and filled me with the gifts of His peace, love, and joy helping me to cope so I could make it through yet another day.

I was strung out, a slave to drugs, blind and unable to see, then He came into my life and broke the chains of my addictions setting me free.

I was lost but now found, I was blind but now praise God through the eyes of my heart I can see.

And because of His ultimate sacrifice and infinite love may we all seek to do our very most best, you see when you truly think about it, it's because of His undying love that we are all,

“ Blessed to be Blessed”

There's No Place Like Home

by Chaplain Paul D Vescio 4-3-2019

Dorothy in The Wizard Of OZ wished that she was back home with her loved ones in Kansas, at the end of the movie she tapped her ruby slippers three times saying,

“ There's no place like home, there's no place like home, there's no place like home.”

Then when she opened her eyes she was back home surrounded by all those who loved her. When we are going through very tough times in our lives, we like Dorothy sometimes wish that we were back home with our family.

There is a place where we as believers in Christ Yeshua call home. There is a place filled with love, peace and joy. There is a place that awaits us all it is a place called Heaven.

Heaven is our true home, our earthly home is a place filled with many memories both good and bad and joyous and sad. Our earthly homes are for a fleeting moment as they slowly seem to fade away, but Heaven is our eternal home that's here to stay. Try to focus all of your thoughts on Heaven and on Christ Yeshua's infinite love. Imagine that you are sitting with Christ in a beautiful meadow or flower garden. Imagine that the two of you are fishing by a brook or a peaceful stream that leads to a cascading waterfall just up stream. Imagine that you and our Savior are walking through a forest that leads to an apple orchard that lies just ahead. Imagine that you are sitting with Christ Yeshua on the beach roasting marshmallows as calm seas give way to gentle waves rolling onto the shore line. Imagine being surrounded by the peace and the love and the joy of Christ Yeshua's infinite love for all eternity. Just imagine what our eternal home in Heaven will one day be like. With each passing day we draw closer to being home and like Dorothy in The Wizard of Oz all we have to do to get back home is to close our eyes and believe with all our heart in John 3:16...Amen

Philippians 4:13 I can do all things through Christ Yeshua Who strengthens me...Amen

As the flood waters of major healthcare issues come crashing at our doors take some time to reflect on how God got you through all the other storms



throughout your life. Meditate on His Holy word and go to Abba Father in prayer for His guidance, protection, wisdom and love. Open your book of blessings and share them with family members so as to strengthen their faith in Christ and to help steady them so they too can be victorious in getting through all of life's storms...

We are all in this boat of life together, don't lose hope because as believers in Christ we have the promise that God will never leave us nor forsake us and even though at times it may feel like our boat is sinking as the waves come crashing in, know this Christ Yeshua is there with us every step of the way...

Hebrews 13:5b-6 For He Himself said, "I will never leave you nor forsake you." So I will boldly say, "The Lord is my helper I will not fear, what can man do to me?"

Matthew 8:23-27 Our Hope is in Christ Our Lord.

And when He entered into the boat His disciples followed Him. And see a great wind arose on the sea so that the boat was covered by waves. But He was sleeping. And His disciples came to Him and woke Him up saying, "Lord, save us! We are perishing!"

And He said to them. "Why are you afraid, O you of little faith?" Then having risen He rebuked the winds and the sea and there was great calm. And the men marveled saying, "What is this that even the winds and the sea obey Him?"

At times we may feel as though Christ is sleeping on the job in our lives, but have faith He is always in full control... John 14:27

Isaiah 41:10 Fear not for I am with you. Be not dismayed for I am your God, I will strengthen you, yes, I will uphold you with My righteous right hand...Amen

Ken Fox is a Christian Volunteer in the care center where I serve as a Community Chaplain. Ken and I are a team. I do more one on one visits as in I stay as long as the patient wants me to. Where as Ken tries to visit everyone on the Christian Visitation list. Ken comes in at least three times a week he does a one floor of visits for each day.

I was on the second floor on my way to see Pastor Shawn who is a patient, when here comes Ken. I told him about my website, [miraclesofkingman.com](http://miraclesofkingman.com) and how I would like to add his input for the blog. Pastor Ken is very knowledgeable about nutrition and health where the Bible is concerned. I decided to add his thoughts of wisdom on the website in the blog comments under the title, Pastor Ken Fox Nutrition and Health Care Words of Wisdom... Please feel free to check it out.

As we were talking we went and visited and prayed for a few of the patients. Then here comes Pastor Shawn in his wheel chair. We started talking about Joanna's question about why would God allow His only Son to die the way He did? After God knows the final outcome of things. Why not bring humanity into salvation another way?

Before we get into the meat of Joanna's question I want to share with you a little of Pastor Shawn's story. Pastor Shawn is about four years younger than I am I am 57 years old. Pastor Shawn was in prison back in the day for the manufacturing and distribution of meth. Pastor Shawn told me that when He got busted he had a whole car load of drugs in the car. Pastor Shawn was looking at 20 years to life for his crimes.

As Pastor Shawn was sitting in his jail cell he did not know what to do so he got on his knees and gave his life to Christ in genuine repentance and love. Soon after on his sentencing day the Prosecutor was new and had made mistakes in the past concerning the length of time that an offender is given for their crimes. The prosecutor did it again and instead of writing 20 to life she put 38 months. Well the Judge wasn't having any part of it and he wasn't giving this young prosecutor any more continuances because of her continued mistakes where sentencing was concerned. The Judge ordered Pastor Shawn to receive 38 months in prison for the glory of God. Halleluyah, Praise God...

As we were talking about Joanna's question and about how Pastor

Shawn deals with suffering in his own life. He mentioned about Abraham and how God tested him by telling Abraham to sacrifice his only son Issac on the alter.

**Genesis 22 New International Version (NIV)**

## **Abraham Tested**

22 Some time later God tested Abraham. He said to him, “Abraham!”

“Here I am,” he replied.

**2** Then God said, “Take your son, your only son, whom you love—Isaac—and go to the region of Moriah. Sacrifice him there as a burnt offering on a mountain I will show you.”

**3** Early the next morning Abraham got up and loaded his donkey. He took with him two of his servants and his son Isaac. When he had cut enough wood for the burnt offering, he set out for the place God had told him about. **4** On the third day Abraham looked up and saw the place in the distance. **5** He said to his servants, “Stay here with the donkey while I and the boy go over there. We will worship and then we will come back to you.”

**6** Abraham took the wood for the burnt offering and placed it on his son Isaac, and he himself carried the fire and the knife. As the two of them went on together, **7** Isaac spoke up and said to his father Abraham, “Father?”

“Yes, my son?” Abraham replied.

“The fire and wood are here,” Isaac said, “but where is the lamb for the burnt offering?”

**8** Abraham answered, “God himself will provide the lamb for the burnt offering, my son.” And the two of them went on together.

**9** When they reached the place God had told him about, Abraham built an altar there and arranged the wood on it. He bound his son Isaac and laid him on the altar, on top of the wood. **10** Then he reached out his hand and took the knife to slay his son. **11** But the angel of the Lord called out to him from heaven, “Abraham! Abraham!”

“Here I am,” he replied.

**12** “Do not lay a hand on the boy,” he said. “Do not do anything to him. Now I know that you fear God, because you have not withheld from me your son, your only son.”

**13** Abraham looked up and there in a thicket he saw a ram[a] caught by its horns. He went over and took the ram and sacrificed it as a burnt offering instead of his son. **14** So Abraham called that place The Lord Will Provide. And to this day it is said, “On the mountain of the Lord it will be provided.”

**15** The angel of the Lord called to Abraham from heaven a second time **16** and said, “I swear by myself, declares the Lord, that because you have done this and have not withheld your son, your only son, **17** I will surely bless you and make your descendants as numerous as the stars in the sky and as the sand on the seashore. Your descendants will take possession of the cities of their enemies, **18** and through your offspring[b] all nations on earth will be blessed,[c] because you have obeyed me.”

**19** Then Abraham returned to his servants, and they set off together for Beersheba. And Abraham stayed in Beersheba.

Abraham's faith was so strong that he believed if he sacrificed his only son that God would raise him from the dead.

The key to answering Joanna's question, she is focusing only on the sufferings of Christ on the cross and not on the victory over death through Christ's resurrection. I have to explain to Joanna to look past the cross to salvation to receive the joy of the Lord. We grieve in Christ's suffering but we rejoice in His resurrection and Love as we give all the praise. Glory and honor to Abba Father for His forgiveness and love so we can be saved.

I first have to explain how I'm writing this book. Because it is so complex and because I am reaching out to Pastors and Joni in the now, I'm writing multiple chapters at the same time as they happen in real time. So to go back to chapter one or two and add this information wouldn't work. As I interview the people for each individual chapter I will write down and share their thoughts concerning Joanna's questions.

On Thursday I will go and visit Joanna God willing and then add relevant content to this book. Please pray for her and for all those who suffer dearly each day in care-centers, hospitals, hospice and rehabs around the world.

Pastor Shawn talked about the sufferings of Job and that his afflictions are no comparison to Job's. He also said that all this is temporary and that his sufferings are but a nano second in time compared to eternity and the glory of heaven. Pastor Shawn explained that if we keep focused on Christ's love one day we will be sitting at the Super Table of the Lamb with Christ our Lord and King and on that day Christ Yeshua will look at us and say,

“ Well done good and faithful servant.”

Christ's love helps us get through the day. Give God thanks and praise for all of the blessings that we have received in our lives. Think about the good times and give thanks to Abba Father for His blessings and love. Christ's faith and love for all mankind was more powerful than any pain or suffering that He had to endure and that is something to give thanks for each and every day...Amen

My Blessings

## Chapter Six Joni

One day my brother Kevin called to tell me that a customer of his needed yard service. I do a few yards each month to earn extra money. I decided to go and check it out. When I arrived at Joni's house I felt immediate compassion for this woman because she suffers dearly with back and neck pains and she also is having to deal with leg and hip issues. I decided to clean up her yard for free, Joni was extremely grateful. After I finished the job we sat for a little Bible study and I soon realized that Joni was a very anointed woman of God. Joni was from from Brooklyn New York and lived alone. She reminds me a lot of my mother in-law.

I asked Joni how does she cope with here illnesses as a believer in Christ? I truly wanted to know so I could learn from her experiences. We talked about the sufferings of Job and about the necessity of having a strong faith in God.

I called Joni to tell her that I would be coming over to do her yard this weekend and I asked here once again about dealing with suffering and she told me something that changed my life. Joni said,

“ Paul, we have to fight the good fight of faith.”

“ Please tell me exactly what that means.”

“ We are saved by the precious blood of Christ, the battle has already been won. We do not fight against our problems we fight to keep our faith in God strong and pure. The Lord does not want us to fight the problems that we face like illnesses, pain, family, financial, relational etc. The only fight that the Bible says to fight is the good fight of faith. We fight the good fight of faith with the help of the lord. We are to keep our eyes firmly focused on Christ in the mist of every storm of life. We fight against satan not our problems. When we magnify God we minimize our problems but when we minimize God we magnify our problems.

How do we magnify God? By spending time with Him in quite contemplation and prayer and by spending time in His word. The Lord starts us off with faith, we fight the good fight of faith with the tools that God has provided us through the Holy Spirit.

As we read the Word of God we become stronger in our faith. Calling on the Name of Christ and pleading His precious blood defeats satan.”

Psalms 43: 3-5 Oh send out Your light and Your truth, let them lead me. Let them lead me to your holy hill and to Your tabernacle. Then I will go to the alter of God, to God my exceeding joy; and on the harp I will praise You O God my God.

Why are you cast down O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him. The help of my countenance and my God.

Remember all that God has done for you in the past this will defeat satan in the present and bring about real hope for the future. Revelation 12:11 And they overcame him (satan) by the blood of the lamb and by the word of their testimony and they did not love their lives to the death. (Our testimony of the word of God and of His workings in our lives.)

“We fight the the good fight of faith on our knees in prayer, we fight the good fight of faith by talking about the Lord as we Thank Him all the time.

Philippians 4:6-7 Be anxious for nothing but in everything by prayer and supplication with thanksgiving let your request be known to God and the peace of God which surpasses all understanding will guard your hearts and minds through Christ Yeshua...

“ In Psalms 23, we walk through the valley of the Shadow of Death we do not stay there for ever. Christ walks with us every step of the way and yes there may at time feel as if He isn't there but know this He shall never leave us nor forsake us..Amen

**Deuteronomy 31:6 New International Version (NIV)**

**6** Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”

“ Pray first, stay in the will of God, FIGHT THE GOOD FIGHT OF FAITH WITHOUT QUITTING!!!!!! TRUST IN THE LORD!!!!!!”

Proverbs 3:5-6 Trust in the Lord with all your heart, lean not on your own understanding in all your way acknowledge Him and He shall direct your paths.

“ We go through suffering for the perfection of our faith.” Joni Dec.2019

I'm going to Joni's on Wednesday God willing; I'm sure to have something more to add in this chapter on the subject of suffering. ( 1 Timothy 6:12 )

“ Joni. How do you deal with suffering?”

“ I fight the good fight of faith each and every day. Satan comes to steal, kill and destroy but Christ has come to give life and to give life more abundantly. Satan tries to steal our faith through our sufferings, Satan is a liar. Do not let satan steal your faith through your sufferings and problems.”

I went and did Joni's yard today then I locked my keys in the car. She wont know that this happened until she reads this book someday God willing. After she told me about how satan tries to steal our faith I was hit with multiple issues all at once. including locking my keys in my car but through it all I kept it together secure in the notion that God is in full control and if He is delaying me it's for a very good reason. I told Joni the name for this book she advised me to change the suffering part of the title to include Victory Through Christ Our Lord.

We are victorious because of the cross, salvation and sanctification comes through Christ's victory at the cross. The cross shows us who we are that we are still sinful and that we need to humble ourselves before the cross. When we look at the cross we see our own imperfections. We walk victoriously through our sufferings because of Christ's victory at the cross. We have the Lord with us all the time and He will never leave us nor forsake us. “Be Strong and courageous” Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you or forsake you” (Deuteronomy 31:6).

Psalms 119:71 David said, “It is good for me to be afflicted that I may learn your statutes.”

I went over to clean up Joni's yard today and I mentioned to her that the



Holy Spirit manifests Himself most in places where there's the most suffering in the world. Like prisons and hospitals etc, boy was I wrong about that. Joni sternly responded, “No Paul the Holy Spirit manifests Himself most where He is welcomed. The word of God says that God is not partial to any man. God does not play favorites Paul. We are all learning as we walk with Christ here on earth, there is an old saying, When we meet the Author of the Bible we wont be needing it anymore.” ( Acts 10:34 Then Peter began to speak: "I now realize how true it is that God does not show favoritism. )

Joni had to have surgery on her neck yesterday, I helped by driving her to the surgical center where she need to go. Today she called me, we talked for quite a while on the phone. Joni's surgery went well but she was in a lot of pain, at one point she told me in tears that she would not trade for being well or getting all the money in the world if it meant losing her salvation, she went on to say that she is rich in her relationship with Christ Jesus. Joni said even in so much pain she knows that God is working out all things for His good purpose and that God's grace is sufficient in her life. Joni strong faith in God is based on the fact that God never lies and His word is true. Joni hangs onto the promises of God in His word to help her get through her pain and suffering.

Joni you are a true blessing in my life in the short time I've known you. You have taught my a great many things about how we are to handle suffering through

our faith and trust in Christ our Lord...Thank You and may Abba Father continue to bless and watch over you...in Christ Yeshua's Holy Name I pray...Amen

I John 5:4-5 For whatever is born of God overcomes the world. And this is the victory that has overcome the world our faith. Who is he who overcomes the world but he who believes that Christ Yeshua is the Son of God...Amen

## Chapter Seven Thomas The Certain

As I was walking through the halls at the care center where I serve I noticed that out in the hallway there was a young man sitting in his wheelchair. I began talking with him and soon realized that this guy had an ineradicable testimony.

This is but only a small slice of heaven as told by Thomas, a man who died and actually went to heaven.

“ Chaplain Paul, I died and went to heaven. In Aug. 2019 I went into a diabetic coma at home and was rushed to the hospital. When I woke up in the hospital my heart was beating really fast with chest pains. I felt like the lights were being turned on and off in the house. My mother was in the room with me and noticed that I was turning blue, at this point she asked for help but the nurse did not seem to be concerned. My mother ran and got the doctor in a panic. The doctor had me rushed to the critical care unit. By this time my wife had arrived and she told me that she loves me. My wife said that if it was my time to go it's ok to reach out and take the Lord's hand. Then my eyes rolled in the back of my head and I died.

I woke up and found myself in a beautiful park I felt absolute peace and calmness, I looked down and noticed how alive and green the grass was. I couldn't stop looking at it. The grass was the most beautiful vibrant blue, green grass that I had ever seen. It was like popcorn to my eyes.

Then I noticed a crystal sea of blue, green and white made up of jewels and precious gemstones. Gemstones of diamonds, sapphires, rubies, emeralds, pearls, there were yellow stones and orange stones so vibrant and beautiful that I couldn't take my eyes off of them, especially the orange gemstone it was a color of orange like I had never seen before.

As I was sitting on the park bench the gemstones which were the size of

boulders lite up and suddenly transformed into a beautiful rainbow, a rainbow so colorful and alive it was like nothing I've ever seen in my life. Then Christ walked over to me and sat down beside me. I didn't look directly at Him but I knew it was Him. The Lord told me that it wasn't my time and that I have to go back and that He had work for me to do. The Lord said that I must go back and repair the relationships with my family, and friends and that I would be the family matriarch.

I have to admit Chaplain Paul I was a little mad when the Lord said that I have to go back. I almost got up and walked away, I mean I was already there but when He said that He had work for me to do that made me feel very good. At first when the Lord said I had work to do I thought like with me as in going to church or reading the Bible but He had a bigger and a better plan in store for my life.

“ Thomas can I ask you some questions?”

“ Yes, by all means Chaplain.”

“ How did you feel?”

“ I felt absolute peace and calmness Chaplain. Before this experience I was afraid of the dark, I was afraid of dying. I suffered from anxiety. Now I am at peace I do not fear death anymore. I count it all joy.”

Let's talk about the five senses, You could see, you could feel, could you hear or taste ?”

“ No. I could not hear, taste or speak. I heard the Lord speaking to me in the spirit.”

“ How do you deal and cope with suffering after this experience?”

“ If I never get well again I count it all joy because nothing compares to the cross. My temporary afflictions are nothing compared to the pain and suffering that Christ went through.”

Thomas told me that when he was in the hospital that the pain got so server that even the medicine wasn't working. Thomas said that finally God told him that he passed the Job test. The Job teat is a test of faith that no matter how dark the storm or how bad the pain we do not give up our hope in Christ our Lord. Just like with Job our faith and trust in God must not waiver. We must keep on fighting the

good fight of faith in keeping our faith strong each day. We mustn't let satan steal our faith through our sufferings. Hold on to Christ with all your might, hold on through all of the dark storms of the night.

Thomas has and incredible testimony, the light of Christ shines as bright as the sun through this man whom I am very blessed to call my Brother in Christ. In the short time that I have known Thomas he has taught me a great many things about my walk with Christ.

“Thomas, you my friend are an inspiration to us all.”

Thomas knows first hand how to deal with pain and suffering, he is steadfast in his faith in Christ and he looks to the cross for strength, and hope. Thomas has a lot more to his incredible testimony then what I've shared with you here. I hope to one day go out and speak publicly with Thomas about how God has effected our lives. Has Thomas puts it,

“ It's not my story Chaplain it's all His.”

James 1:2 “My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience”

Through our suffering many people including ourselves are brought into a closer relationship with Christ Yeshua for the glory of God. Much good can come out of our suffering if we keep our eyes firmly focused on Christ our Lord...Amen

What can I say about Pastor Charles, his support wisdom and in-site in knowing and in sharing the word of God has been a true blessing in my life. I first met Pastor Charles at the care center and rehab where I serve as Community Chaplain. I remember when we first met I told him that I was from back east and he looked at me and smiles as if he already knew exactly where I was from. I told Pastor Charles that I was from Connecticut and that I was born in Bridgeport, he then informs me that he was born in Bridgeport too. Pastor Charles was in gangs back east and was one shot and died. Pastor Charles continued to tell me that when he died he saw his sister who as passed away and she told him that it wasn't his time and that he would have to come back. Pastor Charles would eventually give his life to Christ for the glory of God.

I visited Pastor Charles many times while he was at the care center and we helped to uplift each other. One of the ways that Pastor Charles way of dealing with suffering and the fact that he was confined to a care center was to understand that through his suffering God was teaching him something not only about the workings of God but about himself.

Having Pastor Charles at the care center for the time he was there was a true blessing for all those who came in contact with him. Pastor Charles as a very effective and beautiful way of sharing the word of God. I went to see Pastor Charles at his Church where he serves as Head Pastor. It was a rainy cloudy day in December of 2019. There were about ten people there mostly his family . Pastor Charles message that day was about trees and the relationship between trees and our walk with Christ.

As Christians we go through seasons of both fullness and bareness. When we are in a season of fullness in our lives is seems as though we are an awesome hay ride with Christ. All for the most part is calm with blue skies and sunshine. But when we enter into a season of bareness as we all will do it can be very disheartening, painful, and in some cases lonely. A season of bareness can bring about great lessons and wisdom. Seasons of bareness prepares us for seasons of fullness for the glory of God.

Pastor Charles explained that trees go through seasons of bareness then begins the spring and the beginning of new growth and new life. With each passing season the tree grows bigger and stronger and produces more leaves.

How does this relate to suffering? We suffer through life's problems, hardships and illnesses so as to make us that much stronger, even unto death itself

we are made stronger in our relationship with Christ for the glory of God.

I talked to Pastor Charles just a few days ago and he told me something about his ministry for the very first time. Pastor Charles said the he had a very robust Church with over one hundred members. Pastor Charles traveled around the country preaching in Churches. Pastor Charles was well on his way in becoming the next Celebrity Christian Pastor. Then He got sick and everything changed. The Pastors and Deacons in Pastor Charles' Church were not as dynamic as Pastor Charles and soon the flock slowly faded away.

Why did this happen to a man who clearly loved the Lord with all his heart, soul mind? The answer that Pastor Charles shared with is an eye opener. The reason was because most of the people coming to Church were coming to see Pastor Charles. They were more attached to the Pastor then the Master Who is Christ Our Lord.

It is very important that when we enter into a season of suffering that we keep our eyes firmly on Christ because if we become to attached to the Chaplain or the Pastor or the Christian Volunteers we can get very upset and depressed when they can't come and visit with us. When confined to a hospital, care center, hospice, etc always remember visitors may come and go but Christ will stay by your side every step of the way. No matter how dark the night or how fierce the storm Christ Yeshua is here to stay.

## Psalms 23 The Lord is my Shepherd

By Chaplain Paul D Vescio July 16- 2018

The Lord is my Shepherd I shall not want, ( Abba Father supplies all of our needs,we are lacking in nothing.) He makes me to lie down in green pastures, ( Abba Father leads us to a place of peace and rest.) He leads me beside the still waters. ( Abba Father brings us to a place of refreshment and replenishment.)

He restores my soul and He leads me in the path of righteousness for His namesake. ( We are saved through the shed blood of Christ Yeshua and we give all of the glory to YAH. Abba Father sets us on a the right path. In Israel when a sheep keeps going astray the Shepherd will brake the lambs legs in order to teach it not to run away and risk being eaten by predators . Abba Father sometimes does the same thing in our lives, if we continue to want to go astray all the time Abba Father in His infinite wisdom and love will break us in order to teach us to stay on the right path in life. He loves us that much that He would rather break our legs then to have us run off and be ravaged by the wolves of this world, we give all of the glory to Him for keeping us safe.)

Yea though I walk through the valley of the shadow of death I will fear no evil for You are with me. Even though there are times in our lives where we walk in dark valleys You are there, After the Shepherd breaks the lamb's leg he carries the lamb on his shoulders until the lamb is able to walk on its own again and in doing so the lamb will never stray again. In the same way our Lord carries us when we are broken so we will never go astray from Him ever again...

Your rod and staff comfort me. ( The rod and the staff are the same thing it is used as a tool in keeping the lambs together and it is used as a weapon in fighting off predators. ( Knowing that when we walk in the valley of the shadow death and through very dark and very scary times in our lives He is always there with us, guiding, and comforting us and protecting us, for His word says that He will never leave us nor forsake us... )

You have prepared a table for me in the presence of my enemies, ( Even though there are predators and forces of evil all around us Abba Father has provided a safe place for us to eat and rest and as believers in Christ Yeshua we each have a special seat with our names on it at the wedding feast of Christ...)

You anoint my head with oil, ( Anoint my head with oil, found on Facebook, Author unknown)

“Sheep can get their heads caught in briars and die trying to get untangled. There are horrid little flies that like to torment sheep by laying eggs in their nostrils which turn into worms and drive the sheep to beat their head against a rock, sometimes to death. Their ears and eyes are also susceptible to tormenting insects. So the shepherd anoints their whole head with oil. Then there is peace. That oil forms a barrier of protection against the evil that tries to destroy the sheep. Do you have times of mental torment?

Do the worrisome thoughts invade your mind over and over? Do you beat your head against a wall trying to stop them? Have you ever asked God to anoint your head with oil? He has an endless supply! His oil protects and makes it possible for you to fix your heart, mind, and eyes on Him today and always! There is peace in the valley! May our good good Father anoint your head with oil today so that your cup overflows with blessings! God is good and He is faithful!!”

My cup overflows, ( The word of YAH fills our Spirit and is satisfying to our soul.

When we read the word of YAH and Abba YAH reveals His truth to us through the leadings of the Holy Spirit we overflow with excitement and cant help but to want to run out and share it with all those around us.) Surely goodness and

mercy will follow all the days of my life and I will dwell in the house of the Lord forever and ever...Amen

( Abba Father's goodness and His mercy will be blessed upon us all the days of our lives and we will dwell with Him in Heaven for ever and ever...

Amen John 14:27

Pastor Charles thoughts on how his Christian faith helps him in dealing with suffering.

February 11 2020, I called Pastor Charles today and asked him if I could interview him over the phone about this very important subject. Pastor Charles had a great idea in that he could record our conversation so I could keep it and write down what he says about suffering. So now without any further delay here is our conversation about how we cope with suffering through our faith in Christ.

“ Pastor Charles, how does your faith in Christ help you to cope with suffering?”

“ The truth of the matter is, is that until I began to suffer I didn't have the faith that I have now. When I say that, I'm not saying that I didn't have faith, I'm saying that through suffering I learned how to truly trust God, because prior to that I had regular faith in God. Faith is the substance of things hoped for the evidence of things not seen. I thought that God could do anything but not fail. But when I got sick and He was the source of my strength and everything that I needed was solely on His shoulders there was nothing I could do to fix the situation myself at that point I had to totally depend on Christ for my healing, I had to learn how to depend on Him.

I asked Pastor Charles, “How does he deal with suffering on a daily bases and what would he say to others who are suffering?”

“ Well first and foremost I start my day off with prayer. My prayer life is totally essential to my sanity at this stage of my life. Because there was a



time in my life were I was believing God and the more I believed God for my healing it seemed the sicker I got. Until one day I was on the brink of where the doctor was talking to my wife telling her that she had to begin making arrangements and at that point I made up in my mind that I was going to live and not die and I really started to trust God for my healing and I did that by reading His word consistently, listening to worship music, getting my mind right with God, you know, studying His word and seeking His face and always trying to be in His presents.

It was a point where I started reading the Bible over again. Every day for a year I read the Bible from Genesis to Revelation. It took me a year and a couple of days to do it, but I read the Bible straight through, I had been trying to do that for years, and it was being in the hospital and having nothing but alone time with God that I was able to conquer that Christian feet, it was something that I had been trying to do, read the Bible from front to cover.

When I was in the hospital in 2017 I started in Genesis and I would read the Bible for hours. I would begin to see the text in a different light, it began to literally come to life to me.”

Then I asked Pastor Charles, “ So the source of your coping through suffering is through the word of God?”

“ It goes deeper than just the word of God, it's in establishing a relationship with God, so that when you have a thought in your mind you know the difference between God's voice and your voice. Because I don't know about you, but for me God sounds like me in my head. I know the difference between when God is speaking to me and when I'm thinking something. Chaplain Paul, it's not just about reading God's word, it's not just about studying God's word, it's also about having intimate conversations with God, heartfelt conversations with God, getting to know God as you really get to know yourself.

Because you really don't know yourself until you know yourself through God's eyes. Once you establish who you are in Christ that's how you

know who you really are. Up until that point you're just existing in a world you know nothing about. But when you've established that firm foundation with Christ then you get to look through things and look through life in a totally different view.”

Once Pastor Charles placed his full faith and trust In God that's when things began working in Pastor Charles favor. One of the lessons that I have learned here is that we can either beg God for healing or we can trust God through our relationship with Christ Yeshua that He is working out all things for His good purpose...

Proverbs 3:5-6 Trust in the Lord with all your heart, lean not on your own understanding, in all your way acknowledge Him and He shall direct your Paths...Amen

Thank You Pastor Charles for your kindness and friendship and for your words of Godly wisdom and support. You have been a true blessing in my life and in the lives of many others over the years. May Abba Father continue to bless and watch over you and your family, may He continue to help heal and strengthen you in Christ Yeshua's Holy Name I pray...Amen John 14:27

Chapter Nine Pastor Don and Pastor Sharon

When I was released from Kingman State Prison in 2010 I wanted to continue my Christian education so I began looking for an online Bible College to enroll in. I soon realized that Abba Father had better plans in store for me. Before I was released from prison I called the Phoenix Dream Center to see about entering into their program. I explained to the Pastor that I talked to that I had family to go home to and then asked if I could still participate in the care center outreach at the Dream Center and could I still do my community service through there even though I was living at home? The Pastor said yes and that is exactly what I did when I got back home. I soon began going with the care center outreach three and four times a week and I attended Church services there on Wednesday nights.

Then about a month later Pastor Jerry Tinsman asked me if I heard of the Chaplaincy Program offered at Phoenix First Assembly Of God Church. At the time I didn't know anything about the program. Pastor Jerry told me all about it and one thing led to another and I was enrolled in the program. Abba Father had lined the whole thing up perfectly I only missed the orientation class.

The Chaplaincy Program was taught by Pastor Don and Pastor Sharon who in time would go on to be a true blessing in my life. Their teaching and their support have been invaluable in helping me to become the Community Chaplain of God that I am today.

I called Pastor Don a few times to discuss the topic of suffering and how to deal with it. I confided in Pastor Don and Pastor Sharon many times. Today December 15 2019 I called Pastor Don to tell him about this book and how his insight about suffering in this book would be vital in helping people in the future who are having to go through a season of suffering.

“ Paul the way that Pastor Sharon and I deal with suffering is to look beyond our momentary time of suffering and look to being with Christ in Heaven for all eternity.”

Pastor Don informed me that their son Tommy drowned in a swimming pool in California when he was only 18 months old. Pastor Don and Pastor Sharon also lost a daughter who was in her fifties.

Losing a child is probably the hardest thing for a parent to have to face and here there was the loss of two children. How do we cope through such pain and

suffering? Pastor Don said that for the first year after their son's death that Pastor Sharon was numb. She just could not except the lost of their child. Then Pastor Don and Pastor Sharon went to a Bible study and Pastor Sharon was invited to sit in the hot seat. Please allow me to explain what the hot seat is.

In prison we as the Body of Christ would invite other members of the Body of Christ to sit in the hot seat for prayer. Lets say you were having a hard time of things or wanted to be uplifted, you could sit in the hot seat. The Hot seat was where a believer would sit then the Body of Christ would gather around that person and lay hands on them and pray their hearts out. I'm talking about intense, out loud prayer. So intense that the person who's sitting in the hot seat receives such high dose of positive energy that it really is uplifting and exhilarating.

While Pastor Sharon was in the hot seat she had a vision that Christ visited her with her young son Tommy and the Lord asked,

“ Is it ok that Tommy is with Me now?”

Pastor Sharon did not answer at first then said, “ Yes Lord.”

The way Pastor Don and Pastor Sharon cope with the pain of suffering is to look towards eternity for they know that even though they lost two precious children, that through their rock solid faith in Christ they will one day see their children again in Heaven. As Pastor Don puts it,

“ All of this is just temporary, we as believers are to look to Christ and His promise of having eternal life with Him in Heaven.”

Pastor Don also explained that God does not want us to suffer but through our suffering we draw closer to Him. In order to understand the origins of suffering we must first go back to the beginning at the Garden of Eden.

In Chapter three of the Book of Genesis we read how Eve was deceived by satan and how both Adam and Eve were tempted to eat of the forbidden fruit of the Tree of the Knowledge of Good and Evil. By aliening themselves with satan they received the consequences of death and suffering.

We can sit here and debate why would a loving God allow such a thing in the first place? The answer is found in free will. Human beings have been given

the gift of free will.

Suffering is a byproduct of free will, its that simple. We have been given the power to choose. God may already know the outcome but we still have the power to choose right from wrong.

The next question therefore is, “ Why would a loving God banish Adam and Eve from the Garden of Eden?”

Here is what I learned from watching Rabbi Greg Hershburg on line. Abba Father banished Adam and Eve from the Garden of Eden because death had now entered into human existence and for that reason Abba Father wasn't punishing Adam and Eve but has a loving Father He was protecting them from living a life of suffering on this earth for all eternity. Another words, God was protecting Adam and Eve from eating the fruit of the Tree of Life because in so doing it would mean that they would never die. I can think of nothing more horrible then to spend eternity in a aging, decaying body here on earth.

My mother suffered dearly for most of her life and then her suffering along with my father's suffering were magnified a thousand times when having to deal with end of life issues. “Why God, Why?” Because it was through their suffering that I am now the Chaplain of God I am today. Their suffering produced Cheesecakes For Christ where I donate home made cheesecakes and donate them to hospice, nursing homes, care centers, hospitals and rehabs. I do this to show appreciation and the love of Christ to the staff, nurses and doctors and in so doing hopefully that love will transcend into the quality of care to the patients.

Has hard as it is to imagine and to think about even if we suffer for our entire life here on earth it doesn't compare to eternity in heaven with Christ our Lord. If we focus on the now we will be depressed but if we focus on Christ Yeshua's love and the promises of God we will be at peace.

When we're going through the storms of life it may at times feel like it's forever, but think to yourself, how long was Grade School and High School? Twelve years of school seemed like forever back in the day but now it seems like five minutes right?

Pastor Don and Pastor Sharon's way of dealing with suffering is to look beyond their temporal afflictions and look to their eternal rewards that await each of us in heaven...

Romans 8:17-19 Our sufferings do not even compare with the glory in heaven to come. 17 And if we are children then we are heirs; heirs of God and co-

heirs with Christ, if indeed we suffer with Him so that we may be glorified with Him. 18 Consider that our present suffering is not comparable to the glory that will be revealed in us. 19 The creation waits in eager expectation for the revaluation of the sons of God.

Revelation 7:17 And the Lamb who is in the midst of the throne will shepherd them and lead them to living fountains of waters, and God will wipe away every tear from their eyes.

Thank You Pastor Don and Pastor Sharron for all of your kindness and support over the years. You both have been a true blessing in my life and in the lives of many others. May Abba Father continue to watch over you both and your family and may He continue to bless you each and every day in Christ Yeshua's Holy Name I pray...Amen

My Blessings

Chapter Ten  
A Portion of Abba Father's Holy Word About Suffering

Purposes of Suffering as written in The Open Bible. Perhaps the most painful question confronting the believer is the problem of suffering. Why does a loving and wise God permit His children to suffer? The Scriptures offer a number of reasons for this.

A. To produce fruit. If we allow suffering to accomplish its purpose it can bring forth patience, Joy, knowledge, and and maturity.

Patience through suffering. Hebrews Chapter 11 Faith

James 1:2-4 My brethren count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its prefect work that you may be perfect and complete lacking nothing.

B. Joy, Psalms 30:5b Weeping may endure for a night but joy comes in the morning. Psalms 126: 5-6 Those who sow in tears shall reap in joy. He who continually goes forth weeping bearing seed for sowing shall doubtless come again rejoicing bringing his sheaves with him.

**Nehemiah 8:10** Nehemiah said, "Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength."

Even in the midst of our suffering there is great joy to be found through Christ Our Lord.

Another purpose for suffering is to strengthen our faith and silence satan. Satan once accused Job of merely serving God for the material blessings he was receiving, but the Lord allowed the devil to torment Job to demonstrate that His servant loved God because of who He was and not for what he could get from Him. Job 1:9-12 2:3-7

Its interesting that God would even allow such terrible sufferings to happen to Job just to prove a point to satan. But again God sees the final outcome of things where we can't. Through the sufferings of Job millions of people down

through the centuries have been able to draw great strength, hope and comfort through the story of Job. Job suffered dearly but he was always under the full protection of God. It's hard to wrap our minds around that kind of reality.

As each of us enter into a season of suffering it is very comforting to look at Job and to know that God is in full control for the better good. What is comforting when we suffer? Love of family and friends. The promises of God that we read in His word. To know that Abba Father will never leave us nor forsake us and to know that we are not alone.

Jobs friends showed up because they where genuinely concerned and when they saw Job they had compassion but their advice and reasoning about why Job was suffering was all wrong. This is why reading Scripture is so important in our lives because through the word of God we receive real answers to our questions and we receive real peace of mind.

Job 1:11-13 Now when Job's three friends heard of all this adversity that had come upon him each one came from his own place – Eliphaz the Temanite, Bildad the Shuhite, and Zophar the Naamathite. For they had made an appointment together to come and mourn with him, and to comfort him. And when they raised their eyes from afar and did not recognize him they lifted their voices and wept, and each one tore his robe and sprinkled dust on his head toward heaven. So they sat down with Job on the ground seven days and seven nights and no one spoke a word to him, for they saw that his grief was very great.

Job's three friends sat with Job and did not speak for seven days because they saw that Job's grief was very great. When someone we care about and love is suffering just being their with them is a source of great comfort.

Here are some more purposes of suffering.

C. To glorify God. John 9:1-3 and 11:1-4.

D.To make us more Christ like. That I may know Him and the power of His resurrection and the fellowship of His suffering, being conformed to His death. Philippians 3:10

E. To teach us dependence. This is brought out by both Christ ( John 15:1-5) and by the Apostle Paul 2 Corinthians 12:1-10



F. To refine our lives. Psalms 66:10-12 Proverbs 17:3 1 Peter 1:6-7

G. To rebuke our sin. 1 Peter 2:20 3:17 4:15 As a faithful earthly father must must in love punish his erring child so does our heavenly Father. Hebrews 12:5-9

H. To enlarge our ministry towards others. 2 Corinthians 1:3-7 it has been observed that he who has suffered much understands the sufferings of others.

### 2 Corinthians 1:3-7 Our Ministry is Our Suffering

Blessed be the God and Father of our Lord Christ Yeshua, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble with the comfort with which we ourselves are comforted by God. For as the sufferings of Christ abound in us, so our consolation also abounds through Christ.

Now if we are afflicted it is for your consolation and salvation which is effective for enduring the same sufferings which we also suffer. Or if we are comforted it is for your consolation

And our hope for you is steadfast because we know that as you are partakers of the sufferings so also you will partake in the consolation.

Basically it works like this, lets say you get diagnosed with liver cancer and you go through all of the treatments and all of the heartache, pain and suffering that is associated with having liver cancer. At the end of the day you will be much better suited in ministering to someone who has just been diagnosed with liver cancer. You've been through it and can best help others to get through the same experience hopefully with a lot less grief then what you had to endure.

Our ministry is our pain. I went to prison for two years I can best minister to someone who has to face prison for the first time. What ever pain and suffering that you and your family has had to face, that season of suffering can be of a great resource and a great blessing to others who are now having to face the same trials and tribulations for the first time.

The strong get tried the hardest in life and it's through our pain and sufferings that many are lead to Christ. Our testimonies of how we weathered out the storms of life through our rock-solid faith in God is due to the indwelling

Spirit of God within us. The light of Christ leads others out of the darkness of hopelessness and despair and into the light of salvation, forgiveness, and love through Christ Yeshua Our Lord...Amen Isaiah 41:10

### **1 Peter 4:12-14 New International Version (NIV)**

#### **Suffering for Being a Christian**

**12** Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you. **13** But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed. **14** If you are insulted because of the name of Christ, you are blessed, for the Spirit of glory and of God rests on you.

My Blessings

## Chapter 11 Our Time Spent Together

Dec. 30 2019, I visited Joanna today after being sick with the flu for over

two weeks. Shannon who is one of the patients had asked if she could buy two of my books, one for her and one for Joanna I did not have the heart to charge her so I gave her the books for Christmas. Shannon was visiting with Joanna when I arrived at the Care Center. Joanna's condition seems to be worsening. The Nurse was feeding her. I tried to be my cheerful self. Joanna is my Executive Assistant for LaTribuna Publishing and she has been a true blessing with sharing her insight about publishing with me.

I guess Joanna has been reading my Children's book called Fomba The Elephant because she began critiquing it. My writing style with the Fomba books goes in and out of rhyme. Joanna said that it's hard for the reader to keep up with. Another words either have the story fully rhyme with a good flowing rhythm or not.

I respect Joanna's in-site and opinion especially where writing and publishing are concerned but in this case she is absolutely totally wrong. Just kidding I wanted to see if your still paying attention. I get her point, the Fomba books would be very difficult to write completely in rhyme. O well I guess it's back to the drawing board for Fomba Book 7.

Our visit suddenly turned from being lighthearted to very serious when Joanna looked over at me and said,

“ At the end of our journey I want you to be right.”

“ What do you mean, Joanna?”

“ I want you to be right, I want to be able to feel Christ and to feel God's love. I don't want to have to pretend that I feel Him, I want it to be real.”

I was greatly moved by what Joanna had just said to me. I felt very sad. I told Joanna basically what Thomas had told me, that we do not always feel God's presents and love but He is always with us. He will never leave us nor forsake us.

I told Joanna that God really does love us, I explained just like with Thomas sometimes when we suffer God has us in the palms of His hands. He is protecting us but at we just can't feel it. Just like with Job, Job's suffering was so terrible but even so God was still protecting Job. As hard as it is to grasp our minds around

God is working out all things for His good purpose.

After spending some time with Joanna today I prayed with her then we parted until next time God willing. I pray that Abba Father will reveal Himself to Joanna in a supernatural way so as to uplift Joanna and to remove all doubt of her thinking that God does not love her and I pray this prayer in Christ Yeshua's Holy Name...Amen.

January 1 2020 My friend Peter had asked if I could meet with him today to go and visit his friend Eddy who is in ICU after having triple bypass surgery. I had told Peter a little bit about Joanna and he told me about the prayer shawls that his Church makes for those who are suffering.

After visiting and praying with Eddi and his family Peter gave me three prayer shawls to give to the patients where I serve. I gave one of the prayer shawls to Keven who's wife is very ill and I gave the other one to Janell who is Joanna's room mate.

When I arrived at the room Joanna was sleeping so I decided to lay the prayer shawl on her bed but then she woke up and we began talking about books. Joanna told me that the beginning of a book is called a preface because not knowing I wrote Description Page in all of my books.

Then Joanna informed me about the preference part of a book as being the background prior to starting the story, and then she explained about the Epilogue as being the closing statements of a book. I felt just a little stupid but bounced right back with saying,

“ Well look at it this way Joanna I'll do it the right way with my next three books this one included and besides it only took me having to write eleven books to finally get it right.”

After a short laugh Joanna told me about her mother and father's trip to Italy and the fact that it was two short having only been for two weeks. I looked at Joanna and asked her if she was Italian and she said yes, then I asked what her last name was and was floored having now realized yet another connection with Joanna that we are both from Italian descent.

Before I left I helped Joanna to realize that the prayer shawl was yet another example of Abba Father's love being poured out through others. Each prayer shawl has this beautiful, heartfelt message attached to it.

This Prayer Shawl was made just for you, to bring comfort. To know you are

loved. To share in your journey. This shawl is to wrap you up when you are cold, when you are hurting, when you need to snuggle. This shawl was crocheted with blessings, with love, with prayers by Shepherd of the Valley Prayer Ministry.

January 7 2019 I went to visit Joanna today and sadly her condition seems to be getting worse the medication is causing minor hallucinations. She told me that her sister has started reading my book The Miracles of Kingman State Prison and that she found some errors. I got a little anointed at first, but realized the Lord might have sent me a very good editor.

Joanna and I talked about a few different things then the question that she has been asking right along popped up. The question of, why would a loving Father allow His only begotten Son to die such a horrible death the way He did?

I opened my Bible just wanting to read a psalm or a comforting scripture verse and found myself in the Gospel of John chapter 9:1-7 This is where the man who was born blind has his site restored by Christ Yeshua. I though this would be a good story to tel Joanna because here was this poor man who was blind from birth, a man who probably thought He was being punished by God. A man who probably thought of himself as being abandoned by God and a man who probably thought of himself as being nothing but a worthless beggar.

O but look what happened Christ healed the man and brought site to his eyes and that blind beggar became one of the most famous beggars on earth. He could have never imagined in his wildest dreams that his healing by Christ would go on to give millions of people around the world great comfort and hope.

As I began reading this wonderful story of God's mercy, compassion and love the fan in Joanna's room blew the pages in my Bible and the page turned to the Good Shepherd in John 10:14-18 and it reads as follows,

I am the Good Shepherd and I know Mine and Mine know Me, even as the Father knows Me and I know the Father. And I lay down My life for the sheep. And other sheep I have which are not of this fold I have to bring them as well, and they shall hear My voice, and there shall be one flock and one Shepherd.

Because of this the Father loves Me, because I lay down My life in order to receive it again. No one takes it from Me, but I lay it down of Myself, I have authority to lay it down, and I have authority to receive it again. This command I have received from My Father.

All throughout these scripture verses we see that Christ Yeshua gave of Himself willingly out of compassion and mercy, and love so that our sin debt could be forgiven. No one forced Christ to sacrifice Himself by dying on the cross He chose to do it in order to save all mankind from the torment of hell.

And when we think about it we too give our lives willingly to Christ so that through Him others can be brought into a meaningful relationship with Christ our Lord and be saved.

As I was sharing this with Joanna I began saying,

“Joanna we as believers should not get so hung up on the methods of God, we as believers in Christ should be focused on the results of God. All things are working for good for His good purpose.”

I began tell Joanna that we are all on a train headed to heaven and that her and Pastor Ken who was in the room as well are sitting side by side waiting for our turn to be let off of the train into heaven. I said if I go first I will be waiting for her and Ken and when those train doors open and you come stepping off of the train I will be there to give you the biggest hug you ever had.

Joanna looked over at me and smiled and said, “Me too.” I have to tell you I wanted to cry because seeing Joanna suffer that way was heartbreaking. All of a sudden I decided to read my poem called The Train, here the poem I read to Joanna.

## The Train

by Chaplain Paul D. Vescio 7-4-09

“O Great horse of iron and steel, spewing smoke and breathing fire, eating wood and coal, drinking water, releasing steam high into the air, rolling free down your tracks. Locomotive of lightning, thunder and steel, your cars that you pull like so many little children holding hands all in a row. Passengers delight in all of your power and speed.

The Conductor calls out,  
“Tickets Please”

Now some tickets lead us on a path of righteousness and still others on a one way ticket straight into hell.

As we continue to travel down the narrow track light turns into dusk, then into darkness of the night, caboose passes by laughing and singing and is gone in the blink of an eye.

Then entering a tunnel, dark and void of the light our train comes to a sudden stop, some of the passengers are let off right into outer darkness; why?

Starting once again on our way, passing through time and space

I begin to question, “where, when, how and why?”

Moving ever faster now, time seems to stand still and bend,  
a long dark night gives way to the sweet morning light.

Coming into the station it's the dawning of a brand new and  
glorious day. As the train comes to a rolling stop we are told to  
leave all of our belongings behind, we won't be needing them any-  
more. Stepping off of the train I can now see why, For standing  
before me is a Kingdom of light shining so Heavenly bright, love,  
song, gates of pearly white, a million angels stand at attention  
singing as ten thousand doves take to flight.

People cheer and sing, laugh and shout. All the Saints help  
the new arrivals off the train.

Then the engineer steps out and into our sight, with hands and  
feet scared, a crown of thorns, a flowing white robe and snow  
white hair He says,

“Welcome home my good and faithful children; “I love you”

And so my faithful friends always remember when the train  
of life comes at the end of life make sure you have the ticket  
of Salvation and Righteousness for it will surely save your life,  
in Christ Yeshua's Holy name I pray...Amen ( John 14:27 )

John 3:16 Is Truly Our Golden Ticket To Eternal Life.

After I read this poem Pastor Ken and I prayed with Joanna and then we said  
our good byes and we left for the day. Then Pastor Ken looked at me and said,

“ I noticed as you were reading your poem to Joanna that her heart rate went  
from 270 to 72.”

My Blessings

## Chapter 12 Letters of Encouragement

How My Cousin Michelle Deals With Suffering Through Her Strong Faith in God



Question of my thoughts as a believer dealing and/or suffering with a chronic illness.

I have to admit I was surprised when I was diagnosed with MS (Multiple Sclerosis )at the age of 35. I had been working in the corporate world for a major company for approximately 13 years at the time of my diagnosis and was climbing up the corporate ladders do life seemed good. I was a Christian serving The Lord for about 12 years at the time, had recently moved out of my grandmothers house after caring for her the last few years of her life. I had moved in with her and my grandfather when My grandfather became ill 5 years earlier and was diagnosed with cancer which he then eventually passed away from.

When I think back about the diagnosis of MS when I was approx 35, I remember the emotions I had as if it were yesterday yet it was 23 years ago. When the doctor spoke the words out, I remembered that immediately I thought, “I was not going to allow fear to grip me. I was the same person walking out of that office as I was when I walked in”

I had bible study scheduled that evening (I had been teaching for a few years at that time). Prior to everyone getting to my house that evening, I had printed out a set of tickets for all people that were attending. They each had a word printed on them:

- Fear
- Doubt
- Unbelief
- Power
- Love
- Sound mind

I instructed each person entering that evening to take the first set (fear, doubt, unbelief), shred them in my small handheld shredder I had and replace them with the 2nd set (power, love, sound mind).

I declared the MS although may be a diagnosis with a world definition, for me it meant something different, Mighty Savior giving me More Strength.

Thank the Lord, at that time I had been attending a church where I was receiving the true Word of God. I had also graduated a Christian University where

I received my degree in Christian counseling and I was serving The Lord at that time for approximately 12 years.

I knew how important it was for me to put my faith ahead of fear. I knew I needed to listen to doctors advice but also to trust God. It's funny when you are a Christian, you not only deal with the physical aspects of a sickness or disease but also the mental aspects as well. Almost like the "Job" syndrome, "you must have done something that made you get this" or what kind faith are you displaying if you are having to give yourself a shot everyday, instead of just praying, believing and being healed? Why would you not just be healed if you are following a God of healing, a God of miracles?

I don't know the answer to the why's of every question I think of but I know the one who has kept His hand upon me through all the questions, uncertainties and frustrations through these years.

When you are a person of faith, there are times when it may appear that you are not stepping out in faith and trusting God, but I realized every day I got out of bed, I was trusting God. For several years I had decided not to take a medicine (which was a daily shot) to help stop the MS from progressing. I felt like if I did that it would show a lack of faith.

I finally realized after a 2nd exasperation that not using a medication that could help, was foolish and not the will of God. If I really believed it was wrong, I should never go to a doctor again and also never even take an aspirin. It was during this time that I believed The Lord revealed to me that He placed doctors and medication here for us, for when our faith was not perhaps not where it needed to be. In His mercy and love for us, He still provided healing. The thing I need to keep in mind was all these benefits were from Him. Are there times I deal with symptoms? Yes. But just like from the beginning, I realize, I am not alone. He goes before me. I can face tomorrow because, He is already there. I go to His word, I declare His Word and I keep moving as He has blessed me to do so.

I am grateful The Lord has kept me all these years and if I had to go through all that I went through to bring me to where I am today with The Lord, it is fine with me and all is well with my soul.

God is Good all the time, even when things are not perfect, God is perfect, still faithful and His mercy endures forever!

Gen 50:20, I know what the devil meant to harm me God has in the past, now and ahead of me, will bring out good and use it to accomplish His purpose.

### My Blessings

This letter is from my Mother in-law Barb who lives alone in New York and who suffers dearly with R.A. rheumatoid arthritis each day. She's a real Prayer Warrior who has a rock solid faith in God.

## Trials and Suffering February 14<sup>th</sup> 2020

Since I was 40 I came down with R.A. Due to stress over a divorce and not knowing our Lord fully or trusting in Him completely God had His hand on my all my life. I just didn't know that I am very blessed, always was. I have been so very much health wise, emotion wise and on and on.

Thru trials and suffering we are brought so close to are Father. When I was having to go thru different issues I focus on God's word, what He says in His word and no matter what happens He will never leave us nor forsake us, He will always be there for us and He goes thru it all by our side and we can always see His hand in everything.

We must pray, seek Him always, just be still and know that He is with us, He does not lie His word is true. I look at His word what all He says and I am comforted even though I don't like to be in trails and don't like suffering. I always come out more blessed and closer to our Father. It's so awesome.

Nothing we go thru or should I say everything we go if we belong to has to have God's OK on it and He has reasons for everything we go thru. If we belong to Him and look to Him daily He will direct you always. It's so beautiful when you see how God works in your life, you can see His hand in everything.

I had some pretty rough times but wouldn't trade them for anything because I am closer to God than ever. So when trails come and suffering I just say, " OK God I don't like this but I know You are in charge and I wait on God and ask for His peace and strength to get me thru it all and He always is there for me, He is the only one you can truly count on to be there for you.

Give your life to Him and you will never be sorry, He is my Rock, my Salvation. I falter and fail but God is with me, He is always here for me and I'm looking forward to my days in heaven with Him forever.

Psalms 18:2 The Lord is my Rock, my fortress and my deliverer;  
my God is my Rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.

### ISIAH 53 The Suffering Servant

Who has believed our report? And to whom has the arm of the Lord been revealed? For He shall grow up before Him as a tender plant, and as a root

out of dry ground. He has no form or comeliness. And when we see Him there is no beauty that we should desire Him.

He is despised and rejected by men. A man of sorrows and acquainted with grief, and we hid as it were our faces from Him. He was despised and we did not esteem Him. Surely He has born our griefs and carried our sorrows. Yet we esteemed Him stricken, smitten by God and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities, the chastisement of our peace was upon Him.

And by His stripes we are healed. All we like sheep have gone astray, we have turned everyone to his own way. And the Lord has laid on Him the iniquity of us all.

He was oppressed and He was afflicted, yet He opened not His mouth. He was led as a lamb to the slaughter, and as the sheep before the shearers is silent, so He opened not His mouth.

He was taken to prison and from judgment, and who will declare His generation? For He was cut off of the land of the living, for the transgressions of My people He was stricken. And they made His grave with the wicked, but with the rich at His death, because He had done no violence, nor was any deceit in His mouth.

Yet It pleased the Lord to bruise Him; He has put Him to grief. When you make His soul an offering for sin, He shall see His seed, He shall prolong His days and the pleasure of the Lord shall prosper in His hand. He shall see the labor of His soul and be satisfied.

By His knowledge My righteous Servant shall bear their iniquities. Therefore I will divide Him a portion with the great, and He shall divide the spoil with the strong because He poured out His soul unto death. And He was numbered with the transgressors, and He bore the sin of many and made intercession for the transgressors.

When I Endure Physical Pain, Copied from pages 57 and 58 in  
Praying Through the Tough Times a book by Author Lloyd John Ogilvie  
published by Harvest House Publishers.

Christ I cry out to You in times of physical pain. Bones ache, joints swell, nerves twitch with pulsating waves of pain. You know all about what I endure. It doesn't even compare with the anguish of Your suffering. But what I'm feeling is mine, in my body. I can't take it without the healing touch of Your hand. I yield my pain to You O Lord. Please Lord, take it away or give me the power to survive the devastating cause of it. I breath out the pain and breath in Your Spirit. Thank You for calming my panic.

I think of a time when four men tore a hole in a roof in Capernaum where You were teaching. They lowered down the stretcher with their friend on it. Their deepest desire was to put the man face to face with You. I picture the moment his eyes met Yours and You reached out to touch and heal him.

I imagine myself on that stretcher being lowered down before You. Now I look into Your face; wondrous love! I look into Your eyes; compassion, empathy, merciful care. And then I feel His healing hand. It's warm, tender, yet strong and powerful. I feel the surge of Your Spirit enter every facet of my being.

Lord, You are the Healer; You use medicine and doctors and nurses; You work through caregivers. And now I praise You that most of all You give Your healing touch when I need it so much...Amen

The turning point in our healing often takes place when we surrender our plight to the Lord, relinquish our tenacious grip on our future, and relax in complete trust. Putting our total life under the complete control of the Master is allowing Him to work out the results according to His plan. After all we belong to Him whether we live or die. Death is a transition in the mist of eternal life. But in the meantime the physical problems we face are to be committed to the Lord, placed under His authority and released for His disposition as He deem fit.

Isaiah 41:10 Fear not, for I am with you: Be not dismayed for I am your God I will strengthen you, Yes I will help you, I will uphold you with My righteous right hand.

Insightful words of wisdom by Pastor Ken Fox.

Today is Monday February 24 2020 and I met with Pastor Ken at the care center where we both serve visiting and praying for the patients, I asked him if I could interview him in getting his thought on how he deals with suffering

through his strong faith in Christ. I was expecting to hear about how he deals with physical pain but when I asked him about how his faith in Christ helped him in coping with the loss of his wife to illness I realized that suffering goes far beyond physical pain. We also suffer with emotional pain and suffering like, depression, anxiety, worry, doubt, fear etc. Here is what Pastor Ken had to say.

“ Pastor Ken, how do you personally deal with suffering through your strong faith in Christ?”

“ Well I talk to God and I go to His word. When my wife passed away I asked Him, What was the lesson in all of this? Because my wife had five sons and I knew that something positive was going to come out of it. After my wife died I didn't want to just sit at home feeling sorry for myself then I was reminded of a scripture verse, Do unto others as you would want them to do unto you. I realized that God was calling me into meaningful service in reaching out in helping others. God led me to the care center where I serve now.

God taught me not to focus on my loss but to focus on the time that my wife and I shared together while she was still alive. One way in dealing with grief as believers in Christ is to go out and serve in helping others. As we spend time helping others we are relieved of our suffering, we receive the blessings of God through those we minister to. God fills us with a peace and a love that surpasses all understand.”

Talking to God and placing our faith, hope and trust in Him through reading His word and serving Christ our Lord is the Spiritual medicine that we all need in relieving our emotional suffering.

Pastor Ken asked me to please read Psalm 41 and I decided to share it with you in this book. God Bless You Pastor Ken.

## Psalm 41

Blessed is he who considers the poor; the Lord will deliver him in times of trouble. The Lord will preserve him and keep him alive, and he will be blessed on earth. You will not deliver him to the will of his enemies.

Him on his sickbed. I said, "Lord be merciful to me: heal my soul, for I have sinned against You." My enemies speak evil of me: when will he die and his name perish?" And if he comes to see me he speaks lies, his heart gathers iniquity to itself: when he goes out he tells it.

All who hate me whisper together against me. Against me they devise my hurt. An evil disease they say clings to him. And now that he lies down he will rise no more. Even my own familiar friend in whom I trusted, who I ate my bread has lifted up his heel against me.

But You O Lord be merciful to me and raise me up, that I may repay them. But this I know that You are well pleased with me because my enemy does not triumph over me. As for me, You uphold me in my integrity and set me before Your face forever.

Blessed be the Lord YAH of Israel from everlasting to everlasting!  
Amen and Amen.

As a Volunteer Community Chaplain serving in an Acute Respiratory Rehab and Care Center I see first hand the positive impact that volunteering has on the lives of people who are suffering. The Bible teaches us that we are to treat others as we would want to be treated, I can think of no better way of putting this Godly



teaching in action than to volunteer somewhere in helping others. Has we reach out in helping others the people that we help are actually helping us to see ourselves and the world around us in a whole new light. We become closer in relationship with God through the people that we minister to. We begin to learn a great deal about ourselves and about the world around us and in so doing we become less selfish and more grateful, we become less prideful and more humble, we become less of ourselves and we become more Christ like.

The true riches in life are not money, fame or worldly power or wealth. The true riches in life begin with the Good News of Salvation through Christ The Lord. The true riches in life include things like forgiveness and our relationship with God and things like family, compassion, mercy, peace, goodness, kindness, Godly wisdom, Faith, Hope and Love and the greatest of these last three is love.

My Blessings

Broken For The Glory Of God  
By Abba Father

It's only broken ground that brings forth fruit.  
It's only broken clouds that brings the rain.  
It's only broken grain that produces bread.  
It's only broken bread that produces strength.  
It's only when we become broken in Christ Yeshua that Abba Father  
begins transforming us into the likeness of His Son for the glory of God  
Only through hardship can come creation.  
When we are made to be broken God has something incredible in-store  
for us...Amen

Psalms 126 Sow in Tears, Reap in Joy.

Genesis 50:20 What man meant for evil God transforms into  
good for His glory.

2 Corinthians 12:7-10 The Thorn in The Flesh. In our  
weaknesses we are made strong for the glory of God.

Romans 8:18 For I consider that the sufferings of this  
present time are not worthy to be compared with the glory  
that will be revealed to us. ( in heaven )

A Faithful Prayer

