

HOPE IN TROUBLED TIMES –

Author Frank Henrich

Recommended by famous author

Jeffrey Burton Russell, published author of many books on Christian History who is Professor Emeritus of History at the University of California, Santa Barbara.

“The writings of Christian poet Frank Henrich are deeply spiritual and provide beautiful and practical insights that help us all to better love and serve God and our neighbor. As an ‘intellectual Christian,’ I find Frank Henrich’s heart-to-heart Christianity close to the heart of Jesus. People of all denominations will love this e book.”

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PREFACE BY THE AUTHOR

When troubles enter our lives, whether they be spiritual,

physical or mental, we ask a set of questions like: Why has this happened to me; why me; things were going so right; where are you God? These and other mental inquiries enter our minds and we have to answer them to again acquire the strength to proceed with life and recapture peace and joy. In doing so, we seek help. Hopefully we seek wisdom as we turn to God and others who have passed through like problems.

This book contains poems and true stories of how I meet some problems. The author believes that you must experience a problem in order to write about it. My 83 years have provided me opportunities to face many of these unwanted events while retaining my belief in a loving God and salvation thru the redeeming atonement of Jesus Christ. So take a journey with me, by reading this booklet! I pray that by so doing, you will find peace of mind and joy for your spirit to help you pass through your troubling times.

Frank Henrich January 15, 2015

Matthew 11:28-30 (NKJV)

»Come to Me, all *you* who labor and are heavy laden, and I will give you rest.

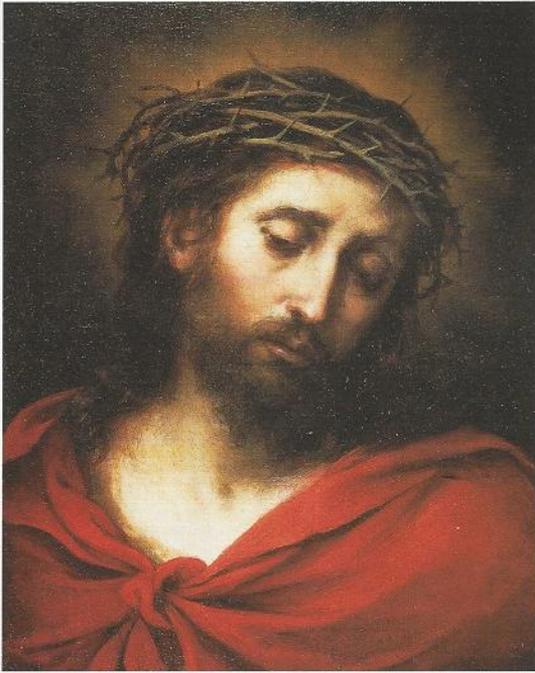
»Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

»For My yoke *is* easy and My burden is light.

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Ecce Homo

CHAPTER ONE - UNWANTED ILLNESS PROBLEMS

UNEXPECTED HEALTH ISSUE

Testimony by Frank E. Henrich

Most of my life I have enjoyed excellent health and was in the hospital only for a tonsillectomy when in my twenties. I had come to believe I would always possess good health until in 1998 when I was 67 I was diagnosed with rheumatoid arthritis. Then the scare was eliminated and the disease was curbed with prayer and medicines that allowed me to live a normal life. Then when I was 76 my heart acted up by firing only at 30 beats a minute. A pacemaker was inserted followed by a triple bypass heart operation, which gave me a new lease on life. By now, I was very conscience of my health, and lost 45 unwanted lbs. Life was a joy-filled, happy life. I retired from business

and was kept busy with my hobbies of family, writing poetry for the Lord Jesus and growing roses. Then in May of 2013, came an event that was so unexpected and life changing.

I had difficulty keeping my right foot warm. I tried extra blankets and heating pads with no avail. So I said to my wife, "I want to see Dr. Boozer" and an appointment was sought that morning. By late afternoon, we had not heard back from him and a friend, who is a retired medical doctor, stopped over to my house and looked at my right leg saying to us, "You better take him to emergency."

After stepping into the hospital my life became a blur for 4 days. I do remember being rushed to San Francisco by ambulance from the Modesto Hospital to the University of California Hospital ninety miles away. What happened next is written in the following poem.

SUFFERING AND DISABILITY

By Frank E Henrich July 8, 2013

I was lying in a bed and it was dark

I was just coming awake from a sleep,

Yes, from a space of, oh where had I been?

It was a hospital room, wasn't it?

Barb was whisperings something

As she stroked my head with pats

Of love and then she said, "Frank

Your right leg has been removed."

I was not sure I was hearing right,
Then she said it again softly,
I reached down and she was right,
The impact of it all hit home.

She continued and said, "It was your life
Or the leg, so we chose your life,"
The thought of losing a leg had never
Crossed my mind when we sought care.

My last memory was of walking
Into the emergency ward
Of the hospital seeking help,
For a minor problem of a cold foot.

Suddenly, I fully realized
That I almost went to Heaven,
At 81, I would have seen Jesus my Lord
But I didn't go, why I wondered?

It must be because God has use,
Yet, on Earth for my servant hood,
For Him, in yet another way,

A different way to reach others.

I wish the days that followed
Were days of ease and calm,
But I can say that God gave me
Grace and peace to live them through.

Through the last 3 months I have seen
The sick who suffer every day
And with them I pray about their fears,
And try to bring God's peace there.

Yes, suffering and being disabled
Is not a road I would have chosen,
But it is the road God has for me
So God give me strength as I go.

Then came the time to adjust to the pain of healing and loneliness in the hospital and rehab facilities; to the separation from home and family, especially from Barbara my wife. I lay there holding onto life through prayer and God given strength to accept what had happened. I remember I told a friend when he came to see me that I was trying to learn patience. He said, "You will never master patience until you accept your

disability. When your mind and heart accept that you are now handicapped, the ability to have patience will follow." How wise he was and I followed his advice asking God to help me to accept my infirmity and move forward in my life. Soon I was writing a new book called *Heaven* that later I passed out to my friends who were old or sick. By December, I was walking again with the assistance of an artificial leg and a walker. Praise God for He and the prayers of my wonderful family and friends saw me thru this unwanted trauma. I accepted that I would never again walk again unassisted.

Let us turn to the Scriptures to give us help.

Seek guidance - - He will protect his faithful ones, but the wicked will disappear in darkness. No one will succeed by strength alone. Those who fight against the Lord will be shattered. 1 Samuel 2:9 NLT

Be fearless - - This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go." Joshua 1:9 NLT

Reader, if you are suffering, turn to God now for strength, I pray. Don't wait for tomorrow. The thought may linger in your mind, but why must you suffer? The next poem discusses this topic.

G O D ! W H Y D O I H A V E T O S U F F E R ?

What if God would say to you:

Do not fret, my child,
Yes, I know you are ill,
Yes, I know of your pain,
Your mind says why me?

You are a member
Of the human race,
Yes, I know
I created you.

I did not promise you
A life of bliss,
With the joy comes the sad times
All part of being human.

But I did promise you
If you turn and obey me
I will always be with you
And guide you through it.

.

Are you sad because you cannot
Continue seeking worldly priorities

That gave your life purpose or because
You think I love you less?

My love for you is constant
So could it be your mind
Is focused on earthly concerns
And mine count for naught?

Let your illness and pain
Cause you to rest in Me,
Contemplate Me and you,
Let My plan for you unfold.

And you will be able
To accept your loss and pain
Knowing that you're bound
To join Me in My work.

If God so spoke,
What would be your reaction?

Poem by Frank Henrich February 21, 2010

Let us pray: "Oh God, draw near to me. Give me strength to live each day in your grace. Fill me with peace of mind and give my soul joy to meet this hour. "You say, "I want to see ahead. I want to know the future for me but I can't see." The next poem discusses this theme.

OUR VISION IS SHORT-SIGHTED

Moving around in a changing life

Is like going to a parade

Seeing with difficulty only

The parade view that's passing.

I am surrounded by people

As I stand there straining to see

The crowd keeps stirring, I adjust,

Tall people block the view.

So that I cannot see what is coming,

Nor where the parade is going,

But then there is the announcer

Perched above the crowd speaking.

He tells me what is coming next

And where it is all going later,

I still would prefer to see myself
By climbing up to that perch.

In the real world we see little
But the present around us,
We would like to see it coming,
Like to know what our acts create.

In real life our announcer is not speaking,
Oh, when the announcer speaks
Will he speak loud and clear?
So we go searching for a visionary.

A person who can see beyond today
But after a great deal of trying
We find there is only one such person,
You say who is He, so I can meet him?

It is God who can see all the events
Their coming and their going,
You say, yes, but I can't hear Him,
I say yes, you can hear Him well.

He does not advise you with voice,
He guides you through circumstances,
And to receive this advice is expensive,
It means that you must trust Him.

Yes, His advice is costly to your life,
For it requires that you live a life
According to his commandments
And trust in his love and guidance.

Trust and Obey is necessary for us
To have peace and hope while jostled,
When things happen we do not want,
When things happen we wonder why.

We have to remember that God's vision
Is like the announcer on the high view
He sees it all from the first to the last
He loves us and will carry us forward.

People try to get to the announcer's perch
 By declaring themselves god and able
 To see the parade from first to last,
 The fruit of their work is like rotten fruit.

So put away the ladders, for there is no way
 Out of the jostled crowd of life,
 Things will happen to you that you hate,
 But submit and trust and obey a loving God.

Poem by Frank E. Henrich. I am grateful to Pastor Bob Collins
 for the topic.

 Again let us turn to the Scriptures for guidance.

SEEK GRACE - - The Lord God is our shield and way. He gives us grace. The Lord will withhold no good thing from those who do what is right. But God's love is so rich in mercy, and He loved us as expressed in Ephesians 2:5-8 NLT,"5 that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God's grace that you have been saved!) 6 For he raised us from the dead along with Christ and seated us with him in the heavenly realms because we are united with Christ Jesus. 7 So God can point to us in all future ages as examples of the incredible wealth of his grace and kindness toward us, as shown in all he has done for us who are united with Christ Jesus."

(Reader: In this chapter, I have told you about a suffering experience and given you Scriptures showing God's love and caring. But perhaps, your troubles are not caused because God

seems to be a stranger to you.

CHAPTER 2 HOW TO HANDLE THE SPIRITUAL PROBLEM OF BEING A STRANGER WITH GOD

Spiritual problems cause havoc to our minds, bodies and lives when through sin we know we are not right with God. The answer to this dilemma is the same as with the secular problems. We need to seek forgiveness. A cleansing of our souls by the only way we know, by the action of our God. In the secular world we can go direct to the person offended and ask for forgiveness. Yes, speak to them, face to face, or write them a letter. But here God does not talk in a physical way with us. So how do we seek God's forgiveness? The Scriptures provide the answers in its promises from God of his forgiveness.

For those persons who think they are without sin, the apostle Paul gives us Godly advice in Romans.

Romans 7:13-25 (NKJV)

“Has then what is good become death to me? Certainly not! But sin, that it might appear sin, was producing death in me through what is good, so that sin through the commandment might become exceedingly sinful.

“For we know that the law is spiritual, but I am carnal, sold under sin.

“For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do.

“If, then, I do what I will not to do, I agree with the law that *it is good*.

“But now, *it is* no longer I who do it, but sin that dwells in me.

“For I know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but *how* to perform what is good I do not find.

”For the good that I will *to do*, I do not do; but the evil I will not *to do*, that I practice.

”Now if I do what I will not *to do*, it is no longer I who do it, but sin that dwells in me.

”I find then a law, that evil is present with me, the one who wills to do good.

”For I delight in the law of God according to the inward man.

”But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members.

”O wretched man that I am! Who will deliver me from this body of death?

”I thank God--through Jesus Christ our Lord! So then, with the mind I myself serve the law of God, but with the flesh the law of sin.

DO YOU HAVE A CLEAR CONSCIENCE

1Timothy 6:6 reads, “Now godliness with contentment is a great gain.” So I sought to live a life of godliness without contentment, which was not a great gain. The verse spoke to and reminded me that although I can live a great life in Christ, following all the ways God has shown me in the Bible, but while doing this, and yet still have no contentment. What I learned is that contentment only comes when we have a clear conscience. It seemed to me that the main reason for this lacking was lack of forgiveness of others and my not making amends for my errors. So if one’s conscience is not clear, make it so even if it hurts you to do so. For what is life worth without being right with God? Otherwise you will revert to works salvation by trying to reach God through your good works. There are so many trapped in this condition today. Remember Jesus redeemed us on the cross.

When I was growing up, I had a sister. Mary Ellen who died at the age of twelve. I do wish I could have grown up with her. The family keeps her alive in our memories with a true event in her life. I will tell you all about

this memory as it is written in the story below.

THE MARY ELLEN STORY

I have a true story to tell you. My older sister was ten when she ran into the kitchen from the yard for supper. She was late and that always irked Mom so Mom looked at her and said "Didn't your brother call you for supper?" To this Mary Ellen responded, "He called me," and after a slight pause added, "but I didn't hear him." Over the years this has become a family story told over and over again. Mary Ellen and Mom are in Heaven yet the story lives on. Could it be that God is calling you to His service? Could you be saying, "Yes, God called me, but I didn't hear Him." Could it be an old story with you that God is calling you to repentance and to a new life that is right with Him? Say out loud the below prayer asking God to forgive you.

FORGIVE ME LORD, HEAL ME !

By Frank E. Henrich March 28, 2010

Lord, sin weighs heavy on my soul,
 I come to you with my hands
 Over my eyes, for shame fills me,
 Yet I know I need so much
 Your forgiveness and love.

For this life without you
 Is so dark and awful.
 Please forgive me and
 Do not forsake me
 For I need Your forgiveness.

The Holy Scriptures tell me
 How You paid for my sins
 By Your death on the cross.
 I want to believe that,
 Help me Lord Jesus.

Restore my soul to You, I pray.

Luke 15:6-7 'Rejoice with me, for I have found my sheep which was lost!' 7 I say to you that likewise there will be more joy in heaven over one sinner who repents than over ninety-nine just persons. NKJV

CHAPTER 3 NEED TO FORGIVE YOURSELF

If joy is absent from your soul and peace has not yet come to your mind, perhaps you have not forgiven yourself. Yes, yourself must be forgiven! You are not perfect and never will be. So stop beating yourself and face the person in the mirror and say, "I like you, you are not perfect but you are all I have. So you now are my friend." Yes, be a friend to yourself. You would be surprised at the thousands of persons who are mad at themselves for just being human. The Bible infers from dust thou art and to dust you shall return. Have you ever heard of perfect dust? God does not expect us to be perfect but just to trust Him while following His call to obedience. The poem speaks on this issue.

I HAVE LEARNED TO BE AT PEACE WITH MYSELF

One of the biggest battles

I have ever faced,
Is to be at peace,
With myself.

Do I like myself?

Often I have wondered.
Seemed easier to satisfy others,
At least I can walk away.

Yet, try as I might,
I had to find a way,
To be at peace,
With myself.

Oh, it is a hard job.
First I had to learn,
To like myself,
And that is not easy.

There are those stupid
Things that I do,
Old father nature,

Causes me to sin.

I liken it to a lion,

Caged up and hungry,

When I let him out,

I do stupid things.

Then I have to try,

To love myself again.

I fear that,

Christ is gone from my life,

I know, of course

The Christian life

Is one of obedience,

A hard task indeed.

But can I be happy

Otherwise?

I try to change and

To accept myself again.

But is this acceptance

Big enough to tolerate,

My being all day and night,

With myself?

No, it is not enough,

Life then is a drag.

So how can I

Solve this dilemma?

I remember the teaching,

From dust you are,

And to dust

You shall return.

So I ask God's forgiveness,

Feel right again with Him,

Accept myself as dust,

Trying my best.

With glad hands,

I welcome into my heart,

**That friend
Called myself.**

**There comes a time,
When I am alone a lot,
Then it is most important
That myself and I are friends.**

By Frank E. Henrich December 2, 2006



CHAPTER 4 MENTAL ANGUISH

No one is immune from bouts with mental anguish. We say to ourselves, "But if I had only not done that or oh, if I could turn the clock back and erase that foolish act?" Of course, we can not change the past. We have to live with it. Sometimes these unwanted events were caused by events that had side effects not expected. The intention of the act was ok, but oh those unwanted side effects. Others were sinful or were of wrong intent from the start. We say to ourselves, "Oh, what am I to

do? This chapter discusses what we go through when wrestling with our problem concluding with how we can find help and hope.

If you have offended someone, the only way to again have peace of mind is to ask forgiveness of the offended party. Here I caution you to only ask the person affected and not the whole world. Outsiders will treat your confession as gossip. In a sincere way, privately, ask forgiveness and I have found most persons will forgive you. When they forgive you, you need to accept their forgiveness and not continue to punish yourself with bad thoughts that will make your life miserable. Yes, I know there will be a time for adjusting back to a normal life. Yes, it is the only way! And then you will need to find peace with yourself by forgiving yourself.

If forgiveness is not sought you can remain silent and hope it will not be uncovered. That is to say that your shameful act will not be discovered. However this may result in a year or two filled with a mental anguish for your conscience will give you no rest.

Then there is the reverse situation, where we have not forgiven others for hurtful actions imposed into our lives. Here the problem is a new deadly form called bitterness. If someone has offended you, it is time to remember that the prayer Jesus taught us, *The Our Father*. It reads "Forgive us our trespasses as we forgive those who trespass against us." We can't expect God to forgive us if we do not forgive them. So if they ask your forgiveness or not, verbally to God forgive each one and be not bitter.

I wrote the below two poems when I suffered mental anguish. Perhaps my narrative poems will show you that you are not alone, although you feel that way. I recovered and so can you!

FEELING DEPRESSED

By Frank Henrich December 2, 2014

There are times when the future
Is an ugly blur before my expectant mind
I want to step out of its of its grip
To find a peaceful harbor to anchor.

.

My mind wanders backward
To events of stress and suffering
And I wonder if life is worth living?
I feel what Job must have felt.

Then my mate touches my hand
And I am filled with her love,
And slowly life returns to joy
And I remember God loves me.

I can do no foolish unintended act
That overshadows His and her love,
And I am slowly learning to become
Less fearful of what lies ahead.

My problem is I want to do right always,
But try as I might I can't do it, for come

Those well-intentioned but foolish acts,
And I am thrust back into depression.

Oh! God help me to accept life
As I have lived it and remember it,
For I cannot live a perfect life and
There is worth even in a lesser life.

At 83, I can view the lives of my friends
And there are none who are perfect,
Who told me I must be perfect?
I cannot remember their names.

True, choosing Jesus to lead me
Is my greatest achievement here on Earth
But I have to learn to live with
The person I see in the mirror.

Let us turn again to the Scriptures.

Romans 8:31-39 (NKJV)

»What then shall we say to these things? If God *is* for us, who *can be* against us?

»He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?

»Who shall bring a charge against God's elect? *It is* God who

justifies.

²⁶Who is he who condemns? *It is Christ* who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us.

²⁷Who shall separate us from the love of Christ? *Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?*

²⁸As it is written: *"For Your sake we are killed all day long; we are accounted as sheep for the slaughter."*

²⁹Yet in all these things we are more than conquerors through Him who loved us.

³⁰For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come,

³¹nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

ENCOURAGEMENT WHILE DEPRESSED

By Frank E. Henrich December 4, 2014

How long must I go forward with this stress?

Can I not block it out or live for the moment?

And then I remember God's unconditioned love

And the love and care of my family members.

Thank you God for this peaceful day

Each day I start with fear of what might happen

Going forward one hour at a time, an appointment

Then comes lunch and thank You for a peaceful time.

And a peace of mind floods into me
And a mind that could not sleep
Lies down and is fast in slumber
All because of God's mercy and grace.

I am so blessed to know of God's love,
So if you are depressed, find Jesus,
Ask Him to come into your life,
And regain peace of mind and joy.

The world can never render solace.
Only God can grant a love filled reality.
God restored my mind
And God will restore yours if you turn to Him.

Yes, I know I have only discussed two type of major troubles you can face. I wish the book would be long enough to speak of other troubles that may have beset you. But what is important is that the solution to living with all troubles we face as Christians is our turning to God for help. You say, "How do I turn to God so He can hear my plea? The answer is through prayer, the subject of the next chapter.

CHAPTER 5 - DOES GOD ANSWER PRAYER?

Prayer is a request by us to ask God to intervene spiritually into the physical world. It is a powerful tool that God has granted us. He said in the Scriptures that He will hear your prayer. He may not grant it as we ask, but He will do what is best for us in His will. You must not be afraid to ask God for a healing from your troubles. The key to effective prayer is the faith you hold; in your prayer that God will not only listen to you but that He cares and will act.

James 5:16 (NKJV)

“Confess *your* trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.

I remember when I doubted if God answered prayer. Praise God, he showed me the importance of prayer through a powerful experience that I have written down and call the Double Whammy Story, a true event in my life.

DOUBLE WHAMMY !!

What is this Double Whammy? This true story began in April

1975. I began to question whether prayer is as powerful as some would claim. My employment was as a sales representative in my own little company, selling products throughout the San Francisco Bay Area to large industrial companies. Many a book on prayer had met my perusal leaving me always being still in greater wonderment. Could prayer really be that powerful was my thought? I longed to see prayer as an effective spiritual weapon for me, but I still questioned it. Let me put your mind at rest, I did not question that prayer works. What I questioned was whether God answered direct prayers of a very specific nature.

I, in frustration, turning all books aside, decided for a time to think no more on it. I do this often when I do not know the answer and I find my mind troubled. Then I turned to Matthew 7:7-11, asking God to fulfill the promise of Jesus by giving me a clear mind on this subject as a gift from Him. It was a call for spiritual wisdom and understanding. Paul in his letter to the Colossians expressed it so beautifully in Chapter 1, Verse 9:

“We have not ceased to pray for you, asking that you may be filled with the knowledge of His will in all spiritual wisdom and understanding.”

Therefore, I turned it over to the Lord and let the matter slip from my mind, trusting that He would instruct me in His time.

My wife was a nurse in a hospital. One of her fellow workers, a woman named Joan, had a problem with which my wife, Barbara, felt I could assist her. Joan's husband was rushed to the hospital with emphysema. Joan came from a Catholic background. Her husband, Matt, was a Protestant in his youth but not active in any church for years. Joan did not know any Protestant ministers but yet Matt wanted to see a minister. When Joan mentioned this to Barbara, she suggested that I come and pray with him. The meeting was arranged and I prayed over him. His health improved enough for him to go home.

Some weeks passed, and I was calling on clients. It was a

Wednesday and my appointment calendar was full. I started the day eager to obtain some sales. At noon, I called my answering service for messages. My wife had left a message for me to call her. I called her and she said Matt was again in the hospital and his condition was critical. His wife wanted me to come to the hospital immediately and pray for him. Before I responded to my wife's request, all my afternoon appointments and their importance flashed through my mind, but then I thought did God want me to pray for Matt? It seemed as though before I could ponder further I said yes, I would come at once. I hung up the receiver of the pay-booth phone and began canceling my afternoon appointments.

I was 50 miles from the hospital and I was going out there during my prime selling time. The thought kept repeating in my mind as I drove to Novato, CA, "Lord, you don't need me there. You can heal him without me. You don't need me there." I could not seem to erase this recurring thought and the seemingly emptiness of my going there. I became irked with myself and thought, "It must be that God wants me to comfort Joan. That must be why He's sending me there."

Fifty minutes later, I arrived at the hospital. I found Barbara and she told me the number of Matt's private room. I pushed open the door expecting to find Joan there and expecting to soothe her troubled mind. To my surprise, she was not there. Only Matt was there and he was unconscious. I said in my thoughts, "Why should I pray over this man? He will not know that I am praying for him. This doesn't make sense." There was a large, comfortable chair at the foot of the bed and I went and sat down. I do not know how long I sat there, but I certainly remember what happened there. Suddenly, I had an inward knowing that God wanted to restore Matt and for a reason beyond my intellect, I was to pray for him. I jumped up and mightily did I pray over Matt. Later as I left the room Matt was still unconscious and no one had entered even though I prayed for quite a while.

Matt passed the crisis and in a few days returned home. I went over to see him to ask for his forgiveness for being reluctant to

pray for him. I told him of the events of that day and the prayer for restoration for his life. He began to cry. You would have to know Matt to understand that it was difficult for him to cry; he was a man's man. He then told me that when he was around 17 he had accepted Jesus as his Lord and Savior in a small Protestant church in the South. There he had been very active in the work of the Lord. At age 20, he left there and went into the world and from that point for him it was wine, women and song.

Now time had passed, so he no longer was the dashing young man. He was 55 and had emphysema in the advanced stages and yet God still loved him. I believe he was crying because Jesus wanted to restore him. I too wanted to cry because God had answered my question on the power of direct prayer. He used me in His work and that brings the greatest joy to me; and while doing this, showed me the power of prayer. For Matt and me, it was a double whammy.

Matt lived for a year and a half confined to his bed with constant oxygen. The Lord filled him with a peace and a joy that surmounted all his obstacles. I saw him often. I would go over to encourage him, to exhort him but found that he exhorted me. He began a study in the Bible and the Lord used him to touch those in his life and in the mobile-home community in which he lived. It was not the kind of testimony that Matt would have thought he should give for the Lord. It was not the testimony of a successful, manly, proud male, but rather of a man dying while proclaiming in his words and actions that God loves him and has restored him. If you are a fallen away Christian, Matt would be saying, "God can restore you." I know of two persons who received Jesus Christ as their Lord and Savior through the witness of Matt.

All stories have to have an ending. I am at a loss as to how to end this story. Perhaps I am not qualified to pen an ending. Could it be that this story is meant to live on in your life and after you have added your element, your reaction, and then only you can add the ending? To this approach, I pray God will assist you. Let us all give the glory to the only deserving One, our Lord and our God.

The next poem is a special prayer that I suggest you pray.

WASH ME, O LORD

By Frank E. Henrich August 12, 2010



Here are my feet, Lord, wash me
Cleanse my body of sin so foul
Wash me, wash me, wash me, O Lord.

You say you did this already
You did it on Calvary

Wash me, wash me, wash me, O Lord.

I didn't always follow you

My memory relives sins

Wash me, wash me, wash me, O Lord.

Help me to fathom your gift

Of your body for my sin

Wash me, wash me, wash me, O Lord.

Be my copilot thru life

Guide me thru uncharted waters

Wash me, wash me, wash me O Lord.

As my body grows old

And quality of life grows rare

Wash me, wash me, wash me, O Lord.

When my trumpet sounds afar

And my spirit rises to you

Praise you, praise you, and praise you, O Lord.



Oil painting *Holy Trinity* by Frank Henrich

CHAPTER 6– PRAY FOR A MIRACLE

People ask me, “Is it ok to pray for a miracle? I always ask how big is your God? Is He the creator of this world, its planets, the mountains and lakes and yes, even you? Are you not his creation? My mind turns to the Scripture where Jesus says, (Matthew 10:29-33 NKJV)

“Are not two sparrows sold for a copper coin? And not one of them falls to the ground apart from your Father's will. But the very hairs of your head are all numbered. Do not fear therefore; you are of more value than many sparrows. Therefore whoever confesses Me before men, him I will also confess before My Father who is in heaven. But whoever denies Me before men, him I will also deny before My Father who is in heaven.

Jesus knows the number of hairs on your head; so of course, He can do a miracle of healing for you. It is important that you ask and then say let it be done according to Your will. So pray away. I like to call God “My Old Friend” because of His loving-kindness; I choose to draw Him close as one would a friend. Why don't you call Him “Old,” and ask now for a miracle. What is that you say? “God did miracles in the past but not now.” Who fed you that malarkey? I believe that God loves to show his loving care for us. Let me show you how He has blessed my life by telling you about two miracles in my life and show you how to pray for a miracle in your life. The first deals with a financial need.

FINANCIAL NEED

I HAD TO SELL MY HOME TO PAY A BANK LOAN

A TRUE STORY in my life, told to you in the form of a letter to a

friend

June 11, 2006

Hi Bill,

When I was in for a back adjustment, you told me that you may have to sell your home to pay your business debts. If it helps, the same thing happened to me in 1979. I had a small business and needed \$15,000 for inventory material. I borrowed it from the bank and when it came due, I did not have the money to repay the loan. Yet, I knew God provides all my needs. Selling the house was the only answer. I remember going out into my home office. Locking the office door, I prostrated myself on the floor with anguished groans and words, "Why, God, will I have to sell my house; You have the cattle on a thousand hills; why not provide?" The tears came running down my face. The mental anguish was so hard to handle.

Then I thought, since that is the way it is, I will praise God and soon my prayers in English turned into my tongue language that God had given me six years earlier. Tongue language is one of the gifts of the Holy Spirit whereby God blesses a believer with a prayer language, spoken or sung, that the believer's mind does not understand. It is as if the believer's spirit is speaking to God without the believer's mind censoring what is said. As I lay there with my eyes closed, my spoken tongue language turned into singing in tongues. I felt all stress leave me, and then I could hear in my mind's ear, choirs singing on all sides of me. We sang in unison for what seemed to be a long time. The music was so beautiful. I realized I was hearing a heavenly choir singing with me. My sadness turned into joy. I wanted it to go on and on.

Then, it all stopped abruptly and there was silence in my office. It was then that I heard, in my mind some soft words. I had to strain to hear them, but I knew they were not from me. Soon, I could hear them louder. The words were, "In Heaven all you can do is sing praises, but on Earth, you can praise Me and also do My work. Which do you want? Come here or work for Me down there?" I was caught off guard by the meaning of the words so that for a few moments I was silent. Then I said, "Lord, leave me here, so I can do your work. I can understand now that what house I live in is not important."

I stayed in a prostrate position hoping the singing would start again, but it did not. I lifted myself from the floor a new man. Did I like selling my home? No. Was it easy for me to sell the house? No. But I could tolerate it because I knew God was with me and He would provide. Maybe not as I would choose, but our needs would be met. My wife and family had to live through this turmoil. We need to realize and accept that we do not sometimes understand God's reasoning and ways.

Now it is 2006, twenty-seven years later, and in all these years, God has always met our family's needs. He has provided Christian ministry for my wife and me among fellow workers and clients, those who were in distress and in need of Christian encouragement. God has now provided a debt-free home (see picture below) and retirement income funds for us. Praise be to Him in all His glory.

It is my prayer for you and your wife that sharing this true story will strengthen you and your wife to hold firm in your faith. You will see that He has wonderful things for you to do ahead that will bring Him glory, and in that I celebrate with you.

Read Scriptures: Luke 12:25-34 & Psalm 50:10.

Your friend, Frank Henrich



Our debt-free home in Modesto California

Perhaps it is not a financial healing that you need but you a physical one.

PHYSICAL

HEALING OF THE ARTHRITIC HAND OF FRANK HENRICH—A True Story

Let us turn to the second miracle I want to share with you. It was of a physical healing.

For two years I had been unable to shake hands with my business clients. The squeezing action was so painful. I had prayed for a healing but since my hand still hurt, I had come to the conclusion that I had to live with the limitation.

To explain what happened, I want to take you back in time. It is the year of 1976 and you are attending a dinner meeting at a restaurant in San Rafael, California. There are thirty persons attending a special dinner of the core leaders of the Full Gospel Businessmen's Organization. These men had been busy over many years bringing Jesus to lukewarm Christians, being God's instruments to turn them on fire for the Lord Jesus.

This dinner was a rare event as only the core leaders and their wives were attending. We sang songs and Scripture was read followed by dinner and a time for fellowship. We were all seated and talking during the after dinner time. The chatter was broken when Jack Maher stood up. In a strong voice he said, "Let me have your attention. The Lord has a healing for person with a disease of the hands. Stand up and claim you're healing." Everyone was looking at him.

Barbara, my wife, and I were clear across the room from Jack. There was a silence as he stood there waiting, but no one stood. My wife said to me, "Stand up you have osteoarthritis of the hands." So I stood up and said, "I claim the healing." The group broke out in applause for the Lord.



I need to explain to you that I had developed osteoarthritis of the hands over the previous two years. My mother's hands were gnarled with this disease and so I figured I had inherited

it. I was a salesman and it hurt me to shake hands with anyone, so I would not offer my hand, but explain I had arthritis.

That night I left that meeting thanking the Lord for the healing. Slowly over the next three days the pain left my fingers. Are my knuckles still gnarled? Yes, but the pain and disease are gone. Once in a while, but very rarely, a finger will start to hurt. I immediately rebuke Satan saying, "Satan be gone for God has healed my hands from osteoarthritis." Then the pain leaves.

My healing was an unexpected gift from God. Praise His Name. We pray and sometimes we are healed and other times we are not, because it is not the will of God. What is important is we say to God, "Please heal me, but let your will be done, for I will accept whatever you have for me." This blind acceptance of what God has in store for us is expressed so beautifully in Matthew Chapter 26 verse 39, about Jesus in the garden, "Jesus went a little farther and fell on His face, and prayed, saying, "O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will." NKJV

It is now the year 2014 and 38 years since my hand was healed. Although my right hand still shows the markings of gnarled knuckles there still is no pain. Praise God.

God heals us out of his love and compassion. Praise God!

There have been many more times that God has had pity on me and healed me. But what is important is that you trust that God can heal you. Yes you! Get down on your knees or lie in your bed and ask God. Then believe He has heard you and look forward to receiving the miracle. For prayer is a message to our Old Friend asking Him to intervene spiritually in our physical world. We do not know His timing. As with my hand it was two years later but no prayer goes unheard to our Old Friend. Isn't time for you to pray for a miracle concerning your problems?

We move now to the third event of this chapter. That being we

can pray for a miracle in our lives for guidance to live a holy life pleasing to God. We so often falsely think we have learned all we need about a subject, even religion, that we close our minds to improvement. God can't correct the errors we hold true.

SPIRITUAL HEALING

The third miraculous healing is a spiritual healing of persons who are so sure they are serving God but aren't. They in their zeal strive to love and serve God but because of learned errors from man not God, find themselves hindering God and His work. We all have faults in us. Only Jesus is perfect. I often pray, "Lord, show me my faults so I can correct them." I invite you to pray the same prayer. There is an excellent Biblical example in the life of Saul, later to be called Paul. That very man who later would be inspired to write a large portion of the New Testament, thought he was right but was wrong.

Acts 9:3-7 (NKJV)

³ As he (Saul) journeyed he came near Damascus, and suddenly a light shone around him from heaven.

⁴ Then he fell to the ground, and heard a voice saying to him, "Saul, Saul, why are you persecuting Me?"

⁵ And he said, "Who are You, Lord?" Then the Lord said, "I am Jesus, whom you are persecuting.



John Henry Jowett, a famous Christian writer wrote, "God insists that we draw up the blinds if we would receive the light. If we board up our windows, God will not drive the gentle rays through our hindrance." Jowett's remarks beg the question have we so boarded up our minds? Jowett continues, "The discipline of inquiry fits us for the counsel of the Lord. Man inquires not; and this meant loss of sight. When light fails, sight fails." Jowett continues on saying we then become blind. To me I see this light as the light of Christ. Jowett wrote, "When a spiritual power is not exercised in the heavenly, it is deprived of its appointed functions. And the tragedy is this, that the blind are deceived into thinking they retain their sight." the next poem was written with these thoughts in mind.

PULL UP THE BLINDS

TO SEE THE LIGHT OF CHRIST

I so often seek
 The best road ahead
 Hoping to go surefootedly
 Along unchartered ways.

But my route is filled
 With doubt and worry,
 Who will help me
 To steer the correct course?

King Saul, the anointed of God
 Sought guidance from a medium
 Instead of asking God,
 We all know the result.

Let us, you and I
 Diligent workers for Christ
 Be not swayed away
 When seeking God's direction.

Go to your window of life,
 Pull up the blinds,
 Let the light of Christ
 Radiate into your life.

The light of Christ
 Is not only illumination
 But it is also inspiration,
 Generating joy of spirit.

The light of Christ
 Is both light and heat,
 That confers guidance
 In a dynamic way.

So pull up your blinds!
 Worry not about your path,
 For God will give you guidance,
 Surefooted as a mountain goat.

By Frank E. Henrich March 2, 2015

Quote is from a wonderful devotional book by John Henry Jowett titled *My Daily Meditation* page 297.

James 1:5-6 (NKJV) 'If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. 'But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind.

CHAPTER 7 - LEARNING TO DEPEND ON GOD TO SUPPLY OUR NEEDS

Mankind always seeks to know from where does the spring of life and knowledge lie and who controls it. My favorite

Scripture to answer these questions is from the book of Job, where God asks Job some questions. Let us listen into their conversation.

Job 38:1-12 (NKJV)

Then the LORD answered Job out of the whirlwind, and said:

"Who *is* this who darkens counsel By words without knowledge?

Now prepare yourself like a man; I will question you, and you shall answer Me.

"Where were you when I laid the foundations of the earth? Tell *Me*, if you have understanding.

Who determined its measurements? Surely you know! Or who stretched the line upon it?

To what were its foundations fastened? Or who laid its cornerstone,

When the morning stars sang together, And all the sons of God shouted for joy?

"Or *who* shut in the sea with doors, When it burst forth *and* issued from the womb;

When I made the clouds its garment, And thick darkness its swaddling band;

When I fixed My limit for it, And set bars and doors;

When I said, 'This far you may come, but no farther, And here your proud waves must stop!'

"Have you commanded the morning since your days *began*, *And* caused the dawn to know its place.

John Henry Jowett, the famous Christian author wrote, "When our God begins to ask questions our pride is soon humbled, for the limits of our knowledge and power are speedily reached. The mist is very close to our doors and in a very few steps we are lost on a trackless moor." (from *My Daily Meditations* page 282)

Job 40:1-4 (NKJV)

Moreover the LORD answered Job, and said:

"Shall the one who contends with the Almighty correct *Him*?

He who rebukes God, let him answer it."

'Then Job answered the LORD and said:

"Behold, I am vile; What shall I answer You? I lay my hand over my mouth.

There are things and conditions in this world we do not like. We do not see them as God sees them. We need to trust God even when we do not understand their purpose and the tough times we are passing through.

OUR MARVELOUS GOD

By Frank Henrich 2006

When I start to ponder,

The awesome wonder of God.

Searching for the expressive words,

My voice falls silent.

From a single butterfly,

Who finds his food.

To decisions by the president,

That will effect millions.

To the formation of rocks,

Millions of miles of land.

Yet One who provides,

The smiles of happiness.

One so awesome as all this,

Yet wants to live with me.

What can one say to Him,

But thank you with all my heart.

Psalm 89:5-8 (NKJV)

**·And the heavens will praise Your wonders, O LORD; Your
faithfulness also in the assembly of the saints.**

·For who in the heavens can be compared to the LORD? *Who*

among the sons of the mighty can be likened to the LORD?
 ·God is greatly to be feared in the assembly of the saints, And
 to be held in reverence by all *those* around Him.
 ·O LORD God of hosts, Who *is* mighty like You, O LORD?
 Your faithfulness also surrounds You.

I must admit that I did not have a grasp of the greatness of our
 God until I made an airline trip described in the following
 story.



HOW BIG IS GOD TO YOU?

BY Frank Henrich 9-20-2010

How big is God to you? When you study the history of mankind over all the centuries, you will lose your faith if your God is small.

I flew from Omaha to Sacramento (a distance of 1500 miles) and sat there looking down on the rivers and the small cities and the forests and said to myself, "My God created all this." His majesty is so beyond my mind's ability to fathom. My prayer became, "Oh help me God, to not try to understand what I am unable to ponder; but let me accept the awesomeness of your great majesty. To honor You and be Your fingers and voice to this earthly world."

How big is God to you? The size of your small brain! The size of your intellect? That little! Then your God is too small a God to create this entire world. Think again. Let your mind not be puffed up with thinking that it is superior to your creator,

for such action leads to the road to hell. If your God is small take time to think and ponder His majesty. Ask the Holy Spirit to help you.

The secret is, even though God is, of majesty beyond our intellect, He loves us and we can trust Him to guide our lives; for He created us and will guide us. Praise God in all His majesty.

When we are redeemed by Jesus, the desires of our life change from the bodily desires to the desires God plants in our minds. This planting is called Grace and described in the next poem.

A BALM OF GRACE

What if God, (your Old Friend) would
say to you:

I would like you to bathe
In the balm of My grace
As the twilight of the day
Slowly ends a day's pace.

Do not grow weary from doing
For tomorrow that's unknown
For each day will be coming
Will not find you all alone.

For in your spirit I Am
Not visible and quite silent
Yet there you know so I Am
Always guiding your ascent.

Let us respond:

Oh! Yes Lord let it be so
Live within me guiding me
Up toward my Heaven glow
Till my journey end will be.



We must guard against spiritual pride and of course develop the three qualities of meekness, humility and boldness. I wrote a fictional story called *The Road to Emmaus Hall* which will help you gain these three qualities.

The Path to Emmaus Hall

May 23, 2006

By Frank E. Henrich

I have a story to tell you. It all started on August fourth at a Christian mountain retreat. The summer sun was bright promising a pleasant day as a group of men made their way from the breakfast table to the conference room down the hall. There were twenty-four men of different ages although none were under 18 and the average age was 45. A vigorous group of men who are in the prime of life and spark plugs in their various churches.

The conference room was large and chair-less so the men stood waiting for whatever next was to happen. The coordinator called for silence and then told them the next conference meeting would follow in the Emmaus Hall, one mile up the camp trails. He then told them this would give them some walking exercise, and the fresh air would sharpen their minds for the lecture at the hall on the subjects of meekness, boldness and humility as used in their walk as a Christian in the secular world.

The coordinator, Ted, then restated the three subjects and said, "I want all of you who believe that boldness is the most important of these three attitudes to raise your hand. Good, now those who raised their hand go to the window on the far left. How many of you think that humbleness is the most important? If so raise your hand." Seeing many, he said, "Good, now you go to the window near the door to the garden. The rest of you come close to me for you are the third group."

Ted then said, "You will walk in groups of three to Emmaus. The men in the bold group, you go by the name of Bold, while the persons in the humble group are to be called Humble and the last group will have the name of Meek. Now, members of the bold group, I want each of you to select one person from the other two groups that you do not know and form a grouping of three. Remember do not use your real names for

you have a special name for this project.”

The groups started forming and the room was full of conversational noise. Ted spoke strongly, “Gentlemen! Gentlemen, let me have your attention. When you walk to Emmaus Hall, you will walk with your group. We will send you out in four-minute intervals, on the three different paths to the hall. Remember to be courteous to other retreat groups you see. Who wants to be the first group? Oh, yes, I see your hands,” gesturing to a group by the coffee table saying, “You can start now.”

The first group stepped out through the garden door into the sunshine and fresh air of the new day. Quickly they found the sign pointing turn right on the path to the hall. Bold stepped out in front of the other two as they entered the path. For a minute, there was silence. Bold spoke first, “I do not know how you could have selected meekness or humility. How far would you get in business with those tags? Yes, it takes boldness to be victorious.” Humility said, “That’s what non-Christian do, one must be very humble.” “Now, now,” said Meek, “Arguing will not help us. Let meekness guard our tongues.”

Just then they heard a voice behind them. They quickly turned to see a stranger on the path. The man said, “Will you step aside so I can go ahead of you?” He was a man in his mid-forties walking alone. They stepped off the walkway so he could pass. When he was even with them, he stopped and looked them in their eyes and said, “I heard you argue. When in dispute, should we not turn to the Bible for the instruction?” Meek, startled by the stranger’s remark said, “I am not sure what the Bible says about meekness.” The stranger replied, “Oh, Meek, we make life so complex just trying to understand it. Let’s start with humility. It is the recognition that what we have comes from God. The scripture Philippians 2:3-4 says, *‘Don’t be selfish; don’t live to make a good impression on others. Be humble, thinking of others as better than yourself. Don’t think only about your own affairs, but be interested in others, too, and what they are doing.’* And in 1 Corinthians 4:6-7, *‘What makes you better than anyone else? What do you have that God hasn’t given you? And if all you have is from God, why boast as though you have accomplished something on your own?’* Humility is an attitude

that guides our life into knowing that God will always be our provider."

Meek injected a thought saying, "That sounds like meekness to me." "Oh no," said the stranger. Meek looking down the path, said, "Will you explain the difference but we must keep walking for we have a class to attend." The stranger said, "That will be fine." The group commenced their walking again. The stranger continued his remarks in a slightly elevated tone to cover the sound of the feet walking on the path. The path had turned into a packed hard dirt surface that curved under and around the tall pine trees that smelled so fresh. The sun touched the top of the trees but the path was in shade.

The stranger continued, "Meekness is based on the recognition that God is in command and in control of our lives. The scripture speak of meekness in Matthew 11:29-30, *'Take my yoke upon you. Let me teach you, because I am humble and gentle, and you will find rest for you souls. For my yoke fits perfectly, and the burden I give you is light.'* And again in Matthew 6:26-30, *Look at the birds. They do not need to plant or harvest or put food in barns because your heavenly Father feeds them. And you are far more valuable to him than they are. Can all your worries add a single moment to your life? Of course not, And why worry about your clothes? Look at the lilies and how they grow, they don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for flowers that are here today and gone tomorrow, won't he more surely care for you? You have so little faith!'"*

The stranger stopped and turned to face them peering gently into their eyes and then continued, "Yes, it is hard to live a meek life. Harder than to live a humble life! A devoted follower of Jesus learns over many years, how to build up his walk in meekness.

The stranger threw his arms out wide in a sweeping action and then said, "I am sure you have sat on a three-legged stool sometime in your past. You all know a chair of this type requires perfect balancing." They all nodded that they understood him. He continued, "Let me use this figure to explain. Let us call one leg humility, the second leg meekness

and third leg boldness."

Bold broke into the conversation saying, "It is about time we talked about not being a softie." "Right on," said the stranger, "The words, *'good courage'*, affirming boldness are found twenty times in the Bible along with phrases to not be afraid. My favorite is Joshua 1:9, *'I command you, be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go'* and in Hebrews 13:6 *'So that with good courage we say, the Lord is my helper; I will not fear; What shall man do unto me?'* and finally in 2 Timothy 1:6-7, *'This is why I remind you to fan into flames the spiritual gift God gave you when I laid my hands on you. For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.'* So you see as soldiers for Jesus we need the stability of a three-legged stool." The stranger continued, "We need meekness, humility and boldness all wrapped in one and correctly balanced."

Humble spoke as there was a period of silence, "Well, that is ok when we deal with other Christians; but out in the secular world, I have to operate with different attitudes when I deal with non-Christians." The stranger stopped and looked into their eyes saying, "You cannot act differently in the secular world or you will be a hypocrite Christian. You have Jesus to help you. You have nothing to fear."

There was an uncomfortable silence that held sway until the stranger spoke again, "I will give you a very important bit of wisdom." Bold said in a hurried voice, "What is it?" He leaned forward to make sure he did not miss it. The stranger responded, "If you want to be successful in your career, you must let your associates know that you are an active Christian and will not do anything that is in violation of God's laws, like to lie or steal. For then, they will never ask you to do an illegal thing, as they already know your answer. However, if you hide your Christianity and they ask you to do something illegal and you tell them no; well, that is curtains for you as they will seek the fastest way to get you fired. As long as you do not openly evangelize them, they will leave you alone. While all the time you can be a light for Jesus. Being there where they can ask you why there is so much joy in you when they have difficulties.

Suddenly, there was a clearing ahead and the sun shone on the

green grass. Emmaus Hall was only 200 feet ahead framed by the blue of the sky above and the bright sun shining on its white exterior with green trim. Meek said to the stranger, "Are you with the Leader's Retreat, for we are heading for a training session in Emmaus Hall?" The stranger slowly shook his head no. Humility said, "Please join us" and the others nodded in agreement. Bold added, "You are so knowledgeable!" But the stranger said, "It is time for me to pass on up the path. Let me leave you with a closing scripture. Truly, one of my favorites, where Jesus said in John 15:5-11, *'I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. I have told you this so that you will be filled with joy.'*"

They reached the side path to the hall. The stranger shook each of their hands and wished them God's blessing. As they were walking to the door, they all agreed they had learned much from the stranger and wanted to hear more. Bold said, "We didn't even ask him his name." Then Meek's face expressed much excitement when he explained, "That's it. I understand how it happened we met the stranger, yes, that is what happened! It was all planned."

Ted, the coordinator greeted them at the door. Meek said to the coordinator, "You sure are a clever fellow. You kept us off guard by sending a teacher to walk with us while instructing us on the lesson." "Yes," Bold said, "And what a great teacher!" Humble agreed saying, "I was fascinated by his memory of the scriptures and I listened to every word." The coordinator's face went blank, as though not understanding. After a pause he said, "I sent no-one." The three men looked at each other in amazement and then they made a dash out of the door to look for the stranger. They could see the path a long way and no one was walking there. The path was empty.

Let us season our life with joy as described in the following poem.

JOY IN THE PRESENT

By Frank E. Henrich

June 17, 2013

Let your mind live quietly

In this present moment of time,

Let all anxieties dissipate,

Let not fears inhibit you.

For what have you to fear

When unexpected events come?

Can all your thoughts protect you?

No! no! Live for the present moment!

Trusting God to lead you forward,

Your mind will relax and rest,

And the present will become a joy

As your mind lives in the quiet now.

The Bible tells us that our bodies

Are temples where God lives,
Yes, the Holy Spirit comes,
And is our companion for life.

Psalm 46:10-11 Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth! The LORD of hosts is with us the God of Jacob is our refuge. NKJV

One of the key ingredients in learning to depend on God is to trust and obey Him. The next chapter discusses this in detail.



Old Couple Being Called to Heaven, Oil Painting by Author



CHAPTER 8 -TRUST AND OBEY GOD

“Trust and Obey” is an old hymn with much wisdom. The need for us to trust and obey God is clearly expressed in the below Scriptures.

Psalm 112:5-7 (NKJV)

‘A good man deals graciously and lends; He will guide his affairs with discretion.

·Surely he will never be shaken; The righteous will be in everlasting remembrance.
·He will not be afraid of evil tidings; His heart is steadfast, trusting in the LORD.

Psalm 2:12 (NKJV) Blessed *are* all those who put their trust in God.

The longer and deeper our walk with God grows the more dependent we seek to be right with God. We guard ourselves from sinful areas. We have trouble handling the spiritual world. The next poem offers help in this matter.

TRUST GOD'S SPIRIT, FOR YOU HAVE NO OTHER CHOICE

BY Frank E. Henrich October 3, 2012

Oh God the spirit world scares me
I have heard so many horrid stories
What can I trust, what can I do?
Trust God's spirit, you have no other choice.

There were the times when I was drawn astray
Thinking that person speaks for God
I must listen to him or her, then the echo comes
Trust God's spirit, you have no other choice.

Is there not an easier way to live life?
Can I forget that now I know of spirit life?
Go back to the simple life, but the echo comes
Trust God's spirit, you have no other choice.

I am reminded of the song Toy Land Boy Land
Remembering that once thru the gate
You can never return again, as the echo says
Trust God's spirit, you have no other choice.

It is not that I do not want to trust you God
But the world is so confusing and then there is
That problem this morning, then the echo comes
Trust God's spirit, you have no other choice.

Help me God to learn to trust You with my life,
To not fear what life brings, knowing deep in my spirit

That you are always guiding me, then the echo says
Trust God's spirit, you have no other choice.

So now in trouble, I yell out in my silent voice
Be gone Satan, for Jesus protects me
I will trust Jesus to always be with me
Until the day my passport to Heaven arrives.

Luke 21:16-19 (NKJV)

"You will be betrayed even by parents and brothers, relatives
and friends; and they will put *some* of you to death.
"And you will be hated by all for My name's sake.
"But not a hair of your head shall be lost.
"By your patience possess your souls.

Jeremiah 23:4 (NKJV)

"I will set up shepherds over them who will feed them; and
they shall fear no more, nor be dismayed, nor shall they be
lacking," says the LORD.

The following poem expresses the continuance of the topic of
trust.

FLOWER IN THE NIGHT

By Frank Henrich November 24, 2013

Oh flower that shines so radiantly through the darkness of
night

Whose essence fills the nostrils of those intoxicated by its perfume.

That bids fear to flee from souls who quake as the night approaches

Bringing the uncertainty of what is yet to come in their lives.

Who is this flower that shines so radiantly through the dark?

That brings peace and great joy in all things large or small?

Can I buy this flower so wonderful from a florist?

No, for the flower of peace and love is Jesus our Redeemer.

So fear not the darkness when the world would have you quake,

Even if He is unseen, have faith that God is with you,

He promised to be with you as your eyes prepare to close

For our loving God is the flower that leads us in faith to rest.

Living a life trusting God becomes a joyful life filled with peace of mind and body. Let us now praise God as the psalmist did in psalm 117.

Psalm 117:1-2 (NKJV)

·Praise the LORD, all you Gentiles! Laud Him, all you peoples!
·For His merciful kindness is great toward us, And the truth of the LORD *endures* forever. Praise the LORD!

Now let us turn to the white robes of salvation with the following Scripture and poem: Rev 7:13-17 Then one of the

elders answered, saying to me, "Who are these arrayed in white robes, and where did they come from?" And I said to him, "Sir, you know." So he said to me, "These are the ones who come out of the great tribulation, and washed their robes and made them white in the blood of the Lamb. 15 Therefore they are before the throne of God, and serve Him day and night in His temple. And He who sits on the throne will dwell among them. 16 They shall neither hunger anymore nor thirst anymore; the sun shall not strike them, nor any heat; 17 for 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." NKJV

Let us close this chapter with the following poem:

VESSEL IN WHITE

By Frank E. Henrich March 15, 2009

Lord, look upon me as a vessel
 A person dressed all in white
 Whose sins are covered by the blood
 That my Lord Jesus did aright.

Standing before you empty handed
 With hands extended outward
 Hoping eagerly to be commanded
 In whatever task you award.

Yes, Lord, call me into service
 This vessel in white before you.

CHAPTER 9 - LIVING WITH GOD

Let us start with a Biblical version of what it is like to live a life with God.

John 17:6-26 (NKJV)

‘I have manifested Your name to the men whom You have given Me out of the world. They were Yours, You gave them to Me, and they have kept Your word.

‘Now they have known that all things which You have given Me are from You.

‘For I have given to them the words which You have given Me; and they have received *them*, and have known surely that I came forth from You; and they have believed that You sent Me.

‘I pray for them. I do not pray for the world but for those whom You have given Me, for they are Yours.

‘¹⁰And all Mine are Yours, and Yours are Mine, and I am glorified in them.

‘¹¹Now I am no longer in the world, but these are in the world, and I come to You. Holy Father, keep through Your name those whom You have given Me, that they may be one as *We are*.

‘¹²While I was with them in the world, I kept them in Your name. Those whom You gave Me I have kept; and none of them is lost except the son of perdition, that the Scripture might be fulfilled.

‘¹³But now I come to You, and these things I speak in the world, that they may have My joy fulfilled in themselves.

‘¹⁴I have given them Your word; and the world has hated them because they are not of the world, just as I am not of the world.

‘¹⁵I do not pray that You should take them out of the world, but that You should keep them from the evil one.

‘¹⁶They are not of the world, just as I am not of the world.

‘¹⁷Sanctify them by Your truth. Your word is truth.

‘¹⁸As You sent Me into the world, I also have sent them into the world.

‘¹⁹And for their sakes I sanctify Myself, that they also may be sanctified by the truth.

‘²⁰I do not pray for these alone, but also for those who will believe in Me through their word;

‘²¹that they all may be one, as You, Father, *are* in Me, and I in

You; that they also may be one in Us, that the world may believe that You sent Me.

“And the glory which You gave Me I have given them, that they may be one just as We are one:

“I in them, and You in Me; that they may be made perfect in one, and that the world may know that You have sent Me, and have loved them as You have loved Me.

“Father, I desire that they also whom You gave Me may be with Me where I am, that they may behold My glory which You have given Me; for You loved Me before the foundation of the world.

“O righteous Father! The world has not known You, but I have known You; and these have known that You sent Me.

“And I have declared to them Your name, and will declare *it*, that the love with which You loved Me may be in them, and I in them.

In the poem below the author describes his life with God. The definition of the term “Christian mystic” is a much misunderstood and misused phrase in our world. I use the term to denote a spiritual seeking of God who is spirit and not in a magical or mystical sense. The mystic differs from other Christians because in the process of seeking God he or she makes this endeavor a first priority. Many Christians place other priorities above God such as business success, family, hobbies or wealth. These are also important priorities but not #1 for a mystic. A mystic is a person who lives his or her life to serve God in faith and service. He or she seeks a presence with God. This is the definition of the word “mystic” in the poem below. We can all be mystics if we choose.

LIVING WITH GOD WHILE IN THE WORLD

By Frank E. Henrich April 18, 2011.

There is a silence that surrounds me,
 It forms an invisible cocoon of peace,
 Life swirls around me ever changing
 Seeking an input from my energies.

This cocoon is formed by grace from God
 Unearned yet found in a God lover
 With gifts to complete ministries
 That form the power for bold actions.

In this silence is a known direction,
 A knowing of a way that is right,
 Without a word spoken or written
 The Christian mystic knows his place.

The degree that the world swirls about
 The person living in Christ's presence,
 Is of God's choosing for He has needs
 For both cloistered and front-line warriors.

I am not cloistered so I cannot speak
 But no doubt Satan and flesh haunt them.
 For I am a Jesus front line mystic warrior
 Out in the joyful grinds of daily living.

A mystic without a building or order
 To protect from the outside sinful world,
 Clinging tightly to an invisible Friend
 As the world whirls in great disarray.

I must admit that I often have fears
 That this wonderful invisible cocoon
 Will be pulled from me by my God
 And I will have to face the world naked.

You ask how could this happen to you?
 Easily, let spiritual pride puff me up or
 When my meek submission to God
 Goes astray claiming God's work is mine.

Humility and meekness yet with
 The boldness when God so wills it,
 These are the markers of a mystic
 Along with doing God's work timely.

This road to become God's warrior
 Is not reached in a hour, not a year
 But painfully learned in the life's fire
 Until sensitive to God's call to serve.

Oh my Master, my Old Friend, thank you
 For my invisible cocoon of silence
 And the spiritual gifts and insightful
 Giving direction for this Jesus front line warrior.

After writing the above poem, I wondered why it was penned. For I know all that is said here and it is my pattern for life, so it must be written for some other reason. For such a poem draws attention to the writer, and could lead to the danger of spiritual pride for me. So even knowing this, it was penned. I have learned that when we do God's work, we must not expect to know the whys! It does not stop me from wondering, was it written for you? Did you gain from its insight? (Written in my 80th year)

Let us all place ourselves in the hands of God. We will be safe there.

IN THE HANDS OF GOD

By Frank E. Henrich July 10, 2010

The night creeps across my consciousness,

A soothing balm sweeping my mind

Into a state of restful relaxation,

As I know, soon the day will turn to sleep.

What have I accomplished this busy day?

Now that I have expended forth with gusto
With all the energy I could gather,
Is my life or life of others better?

When a play is performed, the end happens,
But with my life the end never happens
The events keep flowing on forever
Only God is to determine good from evil.

But there is one satisfaction to life,
Because it never stops in its varied tracks
We can always look to tomorrow's light
With renewed hope, that all will be right soon.

Oh! Jesus you provide tomorrow's hope,
Your awesome power is beyond my grasp,
Your spiritual guidance of my events,
Take me, by the hand and lead me always.

Let us pray daily for our lodgings; showing appreciation to God for His protection. The next poem speaks on this topic

and is one of my favorites. One night I sat in my living room as the end of day approached. A sense of peace filled me as I sat in my chair enjoying the rest of my body and mind. My eyes focused on the walls with their pictures and the fireplace. Then over the next fifteen minutes the next poem came to me. I dashed off to my computer. When a poem starts to form in my mind, I sit before my computer praising God and waiting for the poem to unfold. I never know its ending until it's time to type it. The endings often surprise me but they always glorify God. The poem below unfolded in a unique way.

THE WALLS OF MY HOME

By Frank E. Henrich

January 9, 2012

I stared at the living room walls

As the soft lights illuminated

Their rosy pink color,

Then as I continued to stare

I thought only 6" thick walls

Protect my comfort from the outside.



(AUTHOR'S HOME, DAUGHTER MEG & WIFE BARBARA)

From these thin large walls
 Made of wood, nails and plaster,
A shell of protection has extended
 For 26 years, they have guarded
Me from the outside world of rain
 Also from heat, cold and wind.

I do not think I have ever been
 As appreciative before now
Of these sturdy but fragile walls
 That allow me to have beauty
As I sit in my comfortable chair
 In my living room this gentle night.

As this shell protects my body
 In a physical shield from pain
What protects me in the spirit realm
 From the Devil and his wiles?
It is a wall of love-filled grace
 That protects my precious soul.

Can I live without this wall of Grace?
 Oh! No, God forbid! My soul

Is more needful of God's protection

For my body is flesh and bones

That will pass away into dust

But my soul will live eternally.

Praise You my God for your walls

So little appreciated yet so needed.

Yes, the walls that guard my soul

And those that keep me warm,

All You want from me is to love you

And all, to know me, as a lover of God.

Where do you lodge? Have you invited God to lodge with you?

Many parades have drums setting the pace of march. Can you hear the sound of God's drum leading you on? The next poem will help you to hear and follow God's lead for you. I wrote the following poem during a very stressful time in my life. I wanted something that God thought better. It is one of my favorite poems.

LORD LET ME HEAR YOUR DRUM !

By Frank E. Henrich 1982

(Readers note -- When reading this poem pretend you are on a stage reading it to a large audience. First read it over silently to learn the words. Then aloud with the flare and the emphasis of an actor. Then you will receive the full impact of the poem and it will be more meaningful to you)

Many strong desires die a hard death.

Their scars leave behind
Blatant reminders of bruised egos,
And of hopes crushed by
The fingers of time.

But, like the morning that always comes.
There is the new day,
With it comes the smaller, less pretentious desire,
That seeks its fulfillment
In the passing parade.

Lord Jesus, help me to forget
What might have been,
Show me the path that
You have lighted for me.

Give me the strength
To wipe away the tears,
So that I may walk with hope and joy
To the sound of Your drum.

Dear Reader, it is time to say goodbye. May God bless you richly.
Rowing for Jesus, Frank Henrich

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