

POB 26558; Colorado Springs, CO; 80936 USA www.tamarawinslow.com

Acts 4:34 Neither was there any among them that lacked: for as many as were possessors of lands or houses sold them, and brought the prices of the things that were sold, 35 And laid them down at the apostles' feet: and distribution was made unto every man according as he had need. 36 And Joses, who by the apostles was surnamed Barnabas, (which is, being interpreted, The son of consolation,) a Levite, and of the country of Cyprus, 37 Having land, sold it, and brought the money, and laid it at the apostles' feet.

He was very discouraged; understandably so. But Saul, a respected young Jew on the rise and of reputation in the Jewish world, had been rejected by the apostolic Church leaders based in Jerusalem. They didn't trust him, and with good reason. He was famous for hunting down and slaying believers. Regrettably, his undesirable reputation had gone before him, and even though it was his pre-conversion past, it stirred fear. Nonetheless, even though after his conversion, he'd declared his faith for Christ in Damascus at the risk of being killed by some determined Jews, the Church leaders still didn't want to take on the risk of welcoming him. He had too much baggage. He now felt that he didn't fit in anywhere, at least not any longer. Lamentably, in many ways he was now alone. Groomed for leadership and, already a respected young zealous leader among the Pharisees, he'd been a pupil of the great Jewish teacher Gamaliel. For this reason, Saul was accustomed to honors bestowed on someone of privileged position. But, everything had changed since his heavenly encounter with Jesus the Nazarene on the road to Damascus. The vision had transformed him in ways few of his old friends could relate to, let alone accept. Once an enemy to all Christians, he was now one of them. But sadly, even they didn't seem to want him. Dramatically converted, the young radical, and a developing apostle had successfully debated and proven that Jesus was the Christ to his listeners in Damascus. However, for that very reason, the Jews who'd once

Where Are The BARNABAS Ministries?

***REVIVING THE MINISTRY
GIFT OF BARNABAS***

considered him their best weapon against the fledgling Church, felt betrayed. They now deemed him as a dangerous threat, so much so, that they plotted to assassinate him before he could do them more damage. But, he couldn't deny that God had protected him from a nearly certain death in Damascus. Thankfully, the Christians of the city helped him by using some unconventional measures and delivered him out of the city walls safely. So now, after journeying such a long distance, and here in Jerusalem, though alone and rejected, he still surprisingly longed to join the ranks of the Church community centered in the city. Upon his arrival, they wanted nothing to do with him. He was too radical for them. Things might have been different had they been able to foresee how much he would impact the future of Christianity and the Scriptures. But they didn't. So, he wondered. How could he be part of them if they didn't believe him or, what's more, didn't want him in the community? It seemed hopeless. In fact, it was almost like he was invisible, even hidden, but he also knew without a shadow of a doubt that Jesus had called him for a specific destiny. Therefore, when confronted with the painful reality of his recent rejection, he felt helpless. That was until a man named Barnabas, came on the scene.

Dear ones, please consider this. The Church could have been deprived of one of its greatest spiritual contributors and authors had Barnabas the apostle not stood up for Paul at the time when he did. In fact, the Church and what we possess in the New Testament might have looked very different if Paul had not been received. So it also is in every age of the Church. Men and women, gifted like Barnabas have opened the way for leaders such as Paul throughout history. But the question is: Where are these key people?

If there was ever a time in human and Church history when a Barnabas' style of spiritually-inspired encouragement and supportive comfort should be operating, it's now. Similar to Paul's dilemma and rejection, we in the contemporary Church may have become blind to the existence of anointed and waiting believers who are presently hidden in the shadow of the Almighty's hand, and yet called for such a time as this. What's more, without the intervention of a Barnabas type ministry these muzzled souls are hindered by disrespect and rejection. Consequently, they can't step into the plan that God has intended for them because they aren't recognized. These unseen ones may indeed also contain seeds of greatness in their bosom. They may in fact know, like Paul did about his own calling, that God has called them to an End Time's purpose. But for whatever reason, whether it be excessive zeal, youth, age, gender or a cluttered past, no matter what they do, they're prevented from doing what God has called them to do, all because the Church doesn't see the need for their gifts and calling. Nevertheless, the historic record is consistent, and likely to be repeated. One must therefore ask: Could God once again raise up and use people like Barnabas to encourage and endorse the hidden or snubbed leaders that Heaven has called to specifically work in this generation? I'm inclined to believe that He will and that it's soon coming. So what should we look for?

The contemporary Church needs men and women like Barnabas. He was a hero of the faith, sacrificial in his wealth, willing to give up his comforts, risked his safety in travels, and totally devoted to people who were misunderstood. In his desire to see the Gospel spread he loved people who needed help to

become all they were called to be. He apparently realized that someone's failures shouldn't permanently affect their futures. He also believed that they could be properly trained and should be given a second chance. God is the God of the second chance and Barnabas exhibited this attitude.

Everyone has made mistakes and some may even be like Paul. What's more, at different times in life, we also may need someone to stand up for us. We need people who have a heart like Barnabas in the ministry of encouragement. Regrettably, the contemporary Church doesn't always know what to do about people who make mistakes. In their failures, they cry out for someone to help them. They desperately desire someone like Barnabas who'll believe in them and help them have faith to try and obey again. So we must ask: What could a modern Barnabas look like? Let's examine this now beginning with where his ministry came on the scene.

The early Church was blessed with a wide variety of gifted ministry leaders. Many of them were also linked by long term friendships, although we in the modern Church are ignorant of this history. Likewise, each of them contributed significant spiritual deposits through their personal ministry styles, qualities of character and shared messages that were all important to the foundations of what was developing at that time in Christianity. Those investments still affect us today, even though we may not be aware of them. One of those leaders Barnabas. So, let's examine what history and the Scriptures have to say about him, and why there is such a need for a similar type of ministry to arise in the days in which we live.

According to Scriptural record, Barnabas first shows up by name on the scene in Acts chapter four at the time when the new Church in Jerusalem was young. Interestingly, some historical and early Church writings suggest that Barnabas was already preaching in Rome during the lifetime of Jesus, because Barnabas was named as one of the seventy men set apart in Luke 10 having been sent out by Christ. This fact seems fairly certain because numerous extra-Biblical historical records identify that Barnabas was specifically named in several records of that list of the 70 disciples. Later on, the Scriptures reveal that he ac-



tively participated in the apostolic leadership council of the Church in Jerusalem. He also played a supervisory role in the leadership of Antioch and of course, the church in his homeland, Cyprus. But let me warn you that the further you dig into the history of Barnabas and his ministry influence, the more you'll discover a frustrating flurry of various records that talk about him, some of which contradict others. For that reason, we aren't going to spend a great deal of time in this article looking at the historic roles he played because more importantly there are 12 basic traits revealed in this man's ministry and life that we need to consider and shouldn't be ignored; one of which, is the meanings of his names.

Born a native of Cyprus, and having probably grown up in Jerusalem because of his education, he's also generally considered to be the founder of the Cypriot Orthodox Church. Barnabas was also a Levite. Some Church historians even speculate that he and Saul (Paul) were companions as students under the tutelage of the highly revered teacher Gamaliel. Easton's Dictionary of the Bible specifically suggests this. Barnabas loved God and eventually became a follower of Jesus, very possibly because of Gamaliel's influence. Many scholars of the Early Church propose that Gamaliel was a secret believer and eventually was honored as a Saint. If this is so, Barnabas' faith in Jesus had an early beginning. Historically, and as previously mentioned, Barnabas is also named among the the seventy apostles mentioned in Luke 10:1-17 and later detailed by several different early Church leaders including Hippolytus of Rome and Clement of Alexandria. But now, let's consider his names.

Depending on which language base you refer to, the name Barnabas can mean several different but uniquely related ideas. In the Aramaic origin, his name can be defined as 'son of Nabas', *son of the prophet*, or son of prophecy. His parents were most probably Hellenic Jews. There's something significant about the fact that this man's ministry, in direct correlation to the meaning of his name, suggests that his life originates out of prophetic inspiration. Addi-



tionally, Barnabas is defined according to the Greek text, as the *son of comfort*, *son of rest* or the *son of encouragement*. Biblically there's an irrefutable link between "prophecy" and "encouragement" as explained in Paul's letter to the Corinthians in 1 Corinthians 14:3. Therefore, as we review the impact of his ministry, we should also recognize that he exemplified all of the combined qualities of these definitions in how he managed his ministry and worked with others.

Significantly, the name "Barnabas" wasn't actually his primary given name. It was in fact a surname granted him by the Jerusalem apostles because of the generosity he exhibited. Originally, the Greek name his Hellenic parents gave him was Joseph, originating from the name Joses. This beautiful name and it's meaning can be rendered in several different ways, and are all applicable to this man's wonderful character. Joseph/ Joses can mean 1) Increaser, or 2) May He (Yaweh) Add. Various dictionaries of Bible names convey that this man's name would infer the traits of someone who is used by God to add and bring increase. Therefore, when he sold his property and gave the proceeds from those profits to the apostles in Jerusalem, the name Barnabas was appropriate. (Acts 4:36-37)

What were the qualities of life and ministry that he possessed and practiced? We need to ask these things if we're going to understand this ministry so we can pray intelligently and recognize these gifted people when they emerge.

12 QUALITIES OF THE MINISTRY OF BARNABAS

1. THE ANOINTING & MINISTRY GIFT OF (JOSEPH) BARNABAS IS DEMONSTRATED THROUGH SOMEONE WHO GOD USES TO BRING INCREASE & ADDS TO OTHERS. THESE PEOPLE ARE GIVERS!

Barnabas' style of ministry exhibits a sense of generosity, unselfishness and loves to bless others to cause them to increase or grow. This is a fundamental quality of this ministry anointing.

People who exhibit a heart like Barnabas are wisely generous and invest in people destined to produce good fruit. For example, Barnabas gave a donation

from the sales of his property at a time when the believers in Jerusalem needed help. But his lifelong testimony reveals that he was sacrificial in everything he did. He was, therefore, a real hero of the faith. Likewise, he invested in the lives of Paul and John Mark in obvious ways that produced lasting fruit.

This type of ministry anointing sees beyond judgments, people's opinions and superficiality. People with this gifting know when, why and how to give.

2. THE ANOINTING & MINISTRY OF (JOSEPH) BARNABAS IS EXHIBITED IN SOMEONE WHO POSSESSES A CALLING THAT EMERGES AT A TIME WHEN THERE'S A PROPHETIC OR SPIRITUALLY-INSPIRED INFLUENCE OR NEED.

Acts 11:27 And in these days came prophets from Jerusalem unto Antioch. 28 And there stood up one of them named Agabus, and signified by the Spirit that there should be great dearth throughout all the world: which came to pass in the days of Claudius Caesar. 29 Then the disciples, every man according to his ability, determined to send relief unto the brethren which dwelt in Judaea: 30 Which also they did, and sent it to the elders by the hands of Barnabas and Saul.

While in Antioch, the third-most important city of the Roman Empire at that time, Barnabas and Paul worked to instruct the growing number of believers. The time was pregnant with possibility. At this same time a group of prophets from the church in Jerusalem, ministered to the people there. One prophet, Agabus, foretold of a desperate time soon to come to the world. The Antioch believers were deeply moved by the word and responded in turn by donating relief to the struggling church of Judaea. For that reason, Barnabas and Paul were used by God in a prophetic time to facilitate those donations.

People who function like Barnabas are folks who live and walk in the Spirit. They respond in a spiritual, timely fashion and can recognize the needs around them, and they will consequently attempt to meet those needs. They are prophetically ON TIME.

3. THE ANOINTING & MINISTRY GIFT OF (JOSEPH) BARNABAS IS DEMONSTRATED BY SOMEONE WHO POSSESSES A COMBI-

NATION OF THE RARE GIFTS OF ENCOURAGEMENT, CONSOLATION & COMFORT.

This wonderful mixture of attributes eases the distress and anxiety of a people and creates a state of rest. This gifting is especially facilitated by people who bring aid and relief when they lift the distress that financial difficulties and lack have caused. This was especially evident at the time when the Church in Jerusalem was afflicted by great lack and many of the believers were impoverished. Barnabas' large donation, from the sale of his property, eased the burden of the mass of people causing their hearts to be relieved from the sorrow of need. This anointing is expressly gifted to

encourage the downtrodden, comfort the rejected and console the overlooked, just as he did for Saul.

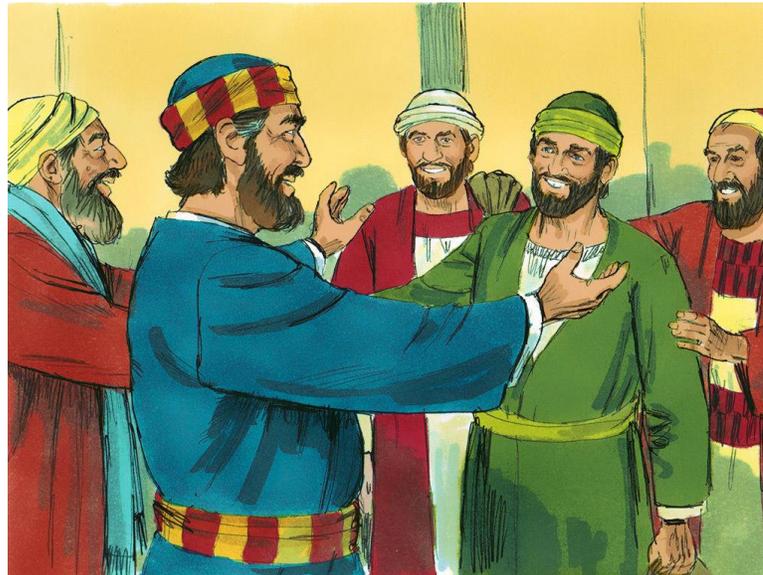
4. THE ANOINTING & MINISTRY GIFT OF BARNABAS IS DEMONSTRATED THROUGH SOMEONE WHO HAS THE ABILITY TO RECOGNIZE TRUE POTENTIAL EVEN WHEN OTHERS ARE BLIND TO THOSE GIFTINGS.

Individuals like Barnabas recognize potential and leadership gifting even when others don't see it. As a result, this type of ministry will take on and disciple people who aren't necessarily mature or "perfect".

5. THE ANOINTING & MINISTRY GIFT OF (JOSEPH) BARNABAS IS DEMONSTRATED IN SOMEONE WHO EXHIBITS UNUSUAL PATIENCE & GIVES SECOND CHANCES TO PEOPLE WHO HAVE BLOWN IT.

This type of ministry anointing demonstrates unusual patience with people who could be considered difficult and need to mature i.e.- Paul, John Mark, the church at Antioch and probably many many more.

When the team of Saul and Barnabas were about to set out on their second missionary journey, an intense argument arose between the two men as to whether



they should take John Mark with them once again. John Mark is described as having deserted the team in Act's 15:38. His action was regarded as a moral, or character failure, and consequently Paul didn't support the idea that John Mark should travel with them on that particular occasion. Barnabas, however, saw potential in John Mark, and in his usual supportive, insightful manner felt he should be given a second chance. In the same way that Barnabas did not allow Paul's early ministry issues to be his final identity, (Acts 9:30) so he also refused to accept that John Marks' mistakes were his ultimate end. Barnabas believed in him, and he had no problem with bringing him along. But, Paul and Barnabas disagreed.

Contrary to a popular interpretation of the crisis, there is no indication or even a mention that the two apostles were bitter with each other, nor do the Scriptures state that they bore un-forgiveness toward one another. I've also found that in many instances, a wide assortment of theologians implies that there was a total breakdown in the relationship. But this is a dangerous conjecture considering the long term relationship and mutual respect shared by the two men. It seems more likely that they respected each other enough to appreciate and consider the other's appraisal of the situation. Furthermore, some scholars have been inclined to depict Barnabas as being weak, sentimental or out of touch with what was going on. Nonetheless, there is no indication of sinfulness assigned to Barnabas in any part of this account. It is, therefore, unreasonable to praise the Barnabas who introduced Saul to the apostles, and likewise nurtured him, and then criticize this same man who refused to give up on John Mark. Was he not behaving in the same manner in each situation? In contrast to the John Mark event, Barnabas and Paul expressed extreme disagreement in the event reported of in Galatians 2:11. But if we interpret the issue of John Mark and of Barnabas and Paul through the eyes of their long term relationship and respect, it makes sense that the two men were actually working through the difficulty that in the end would produce a blessing. In fact, it's highly possible that Paul recognized that there was still a place for John Mark in the work of the Lord. With that in mind the solution proved to double the number of teams sent out at the same time providing a way to disciple John Mark, and Silas, a new member of the team who was brought on board. Therefore, John Mark, an immature believer was taken under wing, and accompanied Barnabas to Cyprus (Acts

15:36-41) for the next level of his training. There is also a wide range of differing opinions as to who John Mark actually was. Some scholars say he was Barnabas' nephew or cousin which might have been some of the reason Barnabas took him on so willingly. But nonetheless, people like Barnabas aren't weak in character just because they stand up for the immature believer.

6. THE ANOINTING & MINISTRY GIFT OF BARNABAS IS EXHIBITED BY SOMEONE WHO PRACTICES EXTREME LOYALTY TO FRIENDS, FAMILY & DEFENDS THE DEFENSELESS.

People with a heart like Barnabas tend to express a deep sense of loyalty to the people that they were once allied with. These folks are loyal almost to a fault and it can sometimes get in them in compromising situations.

According to Galatians 2:11-13 in the biblical case of Barnabas, he found himself at odds with Paul in Antioch because of some things Peter had done inappropriately. Peter had demonstrated an indiscrete, hypocritical attitude because it seemed he was afraid of the Jews from Jerusalem, who were visiting Antioch and Barnabas became caught up in the compromise. Barnabas also probably felt a sense of unwarranted loyalty to Peter even though he should have known better. The difficulty occurred when some Jews from Jerusalem arrived in Antioch. Peter, because of fear of criticism, then stopped eating with the Gentiles he'd previously dined with. Consequently, Barnabas unwisely sided with Peter, even though it was obvious he'd acted prejudicially toward the Gentile believers. Paul confronted all of their impropriety and prejudice. But Barnabas' loyalties were caught in the fray.

Individuals who exhibit a Barnabas ministry also defend the ones who can't speak for themselves. Various theologians believe that Barnabas and Paul were probably companions or students together in the school of Gamaliel. What's more, John Mark was very probably a relative of Barnabas, although some scholars differ in this opinion. You see, "Barnabases" defend people who can't help themselves. Paul needed a spokesperson and Barnabas understood what needed to be said, and who needed to hear what he had to say. Moreover, people like Barnabas know how to navigate the governing structures of the Church such as when Barnabas went to the Jerusalem

Church council in behalf of Paul. A skilled mediator, people with a Barnabas heart know how to expel the suspicion that leaders sometimes possess, being able to introduce and defend people, like Paul. They literally defend the underdog.

7. THE ANOINTING & MINISTRY GIFT OF BARNABAS IS EXEMPLIFIED BY SOMEONE WHO IS A GOOD LEADER & WHO ALSO KNOWS WHEN HE CAN'T DO SOMETHING ALONE. THESE FOLKS NETWORK & WORK WELL IN TEAMS.

Acts 11:25 Then departed Barnabas to Tarsus, for to seek Saul: And when he had found him, he brought him unto Antioch. 26 And it came to pass, that a whole year they assembled themselves with the church, and taught much people. And the disciples were called Christians first in Antioch.

The apostles and believers in Jerusalem were impressed with the move of God in the growing church of Antioch. This development was also at the same time Jerusalem's Church was financially weak and the practical needs of the community was desperate. It seems as if the Jerusalem council might have hoped that the small, but prosperous merchant class in the church of Antioch, could eventually be moved in heart to help the Jerusalem believers. But let me make this clear. I don't believe the Church leaders of Jerusalem had an inappropriate reason for networking. Nonetheless, the reality was, Antioch, could have helped them. For that reason, someone trustworthy, and skillful in economic dialogue would have been best choice to go and assess the situation and also assist the new church in it's growth and structure. Understandably, the ideal person to investigate this condition, and one who also could have wisely superintended the Antioch movement was Barnabas. As a result, he was sent to oversee the developing church and its wealthier community. Upon arriving there, however, he found that the work was far more extensive and weighty than what he'd originally surmised and he wisely discerned that he couldn't do the job alone. According to Acts 11:25-26, his logical choice was to travel to Tarsus in search of Saul (Paul) whom he'd hoped would come to Antioch to aid him. The Scriptures record that Saul returned with Barnabas to Antioch and worked with him for an entire year.

People who exhibit Barnabas' style of ministry recognize and know their own strengths and weaknesses. Therefore, a true Barnabas is always on the lookout for people who can make up the difference when

they don't possess the ability, talent or anointing to do the job alone.

Additionally, throughout the book of Acts, Barnabas is seen as a team player. He was good at networking others together in the work of the Lord with him, and understood what it takes to make a team truly successful. People with a Barnabas style of ministry are team players. They aren't in the work of the Lord to become stars!

8. THE ANOINTING & MINISTRY GIFT OF (JOSEPH) BARNABAS IS DEMONSTRATED

2016 ITINERARY

Writing-

Newsletters and new books- IN THE END, WHAT MUST WE DO?, "THE DRAMA OF TRAUMA" and other books.

Music-

Recording soundtracks for the DAUGHTERS OF EVE musical review

June-

TENTATIVE INSTITUTE SEMINAR (Depending on how many students apply and register.

"Learning to Pray and Intercede For Such a Time As This"

June 8th-11th, 2016

See Facebook page for specific details

<https://www.facebook.com/Dr.TamaraWinslow/>

August-

August 25-27 Thursday to Saturday

From Trauma to Triumph Seminar
WOMENS INTERNATIONAL NETWORK

Co-hosted by Dr. LaDonna Osborn

& Dr. Chyanna Mull-Anthony, Pastor

555 S. Memorial Dr. Tulsa, OK 74112

(918) 836-5525 Registration is required @

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Dates are available for scheduling in the Oklahoma, Kansas or Missouri area

October

South Pacific Women's Christian Association
Auckland, New Zealand

Contact and hostess- Gina Siaozi

October 10th- Arrive in New Zealand

October 14th-15th Prophetic Leadership Conference

October 16th-20th Teaching Classes in the SPWCA school.

Please contact ifbtruth@gmail.com for information how to schedule Dr. Winslow if you want to host an event in your church, school, ministry center etc.

BY SOMEONE WHO HAS THE ABILITY TO ORGANIZE & COLLECT FINANCIAL SUPPORT FROM THE WEALTHY SO TO HELP THE LESS FINANCIALLY WELL OFF.

At the end of their first year of working together in the church of Antioch, Barnabas and Saul traveled to Jerusalem. Probably because of Barnabas' ability to inspire the business class of the church, the two men went to Jerusalem bearing donations from the church in Antioch to be give aid to the poorer believers. (Acts 11:28- 30). On top of this, and in connection with Barnabas' name meaning son of prophecy, these gifts may have been inspired by the prophetic words of some prophets who traveled from Jerusalem.

9. THE ANOINTING & MINISTRY GIFT OF (JOSEPH) BARNABAS IS DEMONSTRATED IN SOMEONE WHO DOESN'T HAVE TO BE THE CENTER OF ATTENTION OR THE LEADER

It's truly amazing when you consider that Barnabas started as the leader of the team when Paul was recruited to assist him. Nonetheless, gradually over the process of time, Barnabas took second place. Mind you, it didn't happen immediately, but it appears as if Barnabas actually made room for Paul's rise to leadership. For example, Acts 11:25-26 clearly identifies Barnabas as the chief, which is confirmed in these listed verses. (Acts 11:30; 12:25; 13:2,7). This transition of position appears to have slowly developed during their mission in Cyprus. I find this interesting because Cyprus was Barnabas' homeland, or you could say his territory. If there was any place that would have given Barnabas cause to be power hungry, or jealous of Paul, it could have been here. But you don't see that. Beginning with the account of the story in Acts 13:9, when Sergius Paulus, the governor of Cyprus became a believer, and in most references onward (Acts 13:43,46,50; 14:20; 15:2,22,35), Saul, known by his Roman name Paul, was designated the leader of the duo. The only excep-



tions for this are found in Acts 14:14; 15:12,25 when Barnabas occupied the first place again, probably because Barnabas was in a closer relationship with the church leadership in Jerusalem than Paul. Nonetheless, never once do the Scriptures even infer that Barnabas had a problem.

A Barnabas style anointing is one that doesn't demand the right to be the center of attention, nor do such people crave position. You can see in the verses mentioned that this man allowed others to increase, as he himself decreased, even though later in his life he singularly exhibited tremendous apostolic ability. In some ways his willingness to relinquish authority is reminiscent of John the Baptist, who likewise recognized that Jesus would increase as he decreased in fame. For that reason, this ministry necessitates genuine humility and emphasizes the desire to the see the Kingdom of God furthered, rather than self.

10. THE ANOINTING & MINISTRY GIFT OF (JOSEPH) BARNABAS IS DEMONSTRATED IN SOMEONE WHO FUNCTIONS IN THE PROPHETIC, TEACHING & APOSTOLIC MINISTRY GIFT COMBINATIONS

Acts 13:1 Now there were in the church that was at Antioch certain prophets and teachers; as Barnabas, and Simeon that was called Niger, and Lucius of Cyrene, and Manaen, which had been brought up with Herod the tetrarch, and Saul. 2 As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. 3 And when they had fasted and prayed, and laid their hands on them, they sent them away. 4 So they, being sent forth by the Holy Ghost, departed unto Seleucia; and from thence they sailed to Cyprus. KJV

Barnabas is distinguished as being an apostle in Acts 14:14 along with the historical records of the early Church. He is, however, identified as possibly both a teacher and prophet while in Antioch. This wonderful combination of gifting, along with the abilities to encourage and give should be considered normal for anyone who functions like Barnabas in time's past.

11. THE ANOINTING & MINISTRY GIFT OF (JOSEPH) BARNABAS IS DEMONSTRATED IN SOMEONE WHO LOOKS DIGNIFIED AND IS DIPLOMATIC IN

MANNER.

Acts 14:11 And when the people saw what Paul had done, they lifted up their voices, saying in the speech of Lycaonia, The gods are come

down to us in the likeness of men. 12 And they called Barnabas, Jupiter; and Paul, Mercurius, because he was the chief speaker. 13 Then the priest of Jupiter, which was before their city, brought oxen and garlands unto the gates, and would have done sacrifice with the people.

Appearances are rarely an accurate appraisal of character. However, in the case of someone like Barnabas, there's an outstanding sort of dignity, an almost diplomatic manner that makes them shine significant. Their looks and persona also foster an attitude of respect so that people will listen to them.

Likewise, Barnabas was additionally a gifted diplomat, so much so, that when there was a serious division in the Jerusalem council, his influence along with Paul, affected the Jerusalem leadership to admit the new gentile Christians who wouldn't be expected to adhere to the usual Jewish rituals. This situation was a key dilemma in the early Church and had it not been for Barnabas' ability to mediate the conflict the Church as we know it might not have been as it is now.

12. THE MINISTRY GIFT OF BARNABAS IS DEMONSTRATED IN SOMEONE WHO HAS ACCESS TO LARGE SUMS OF MONEY, PROPERTIES & WEALTH, BUT ALSO UNDERSTANDS THE IMPORTANCE OF A WORKING ETHIC.

Barnabas seems to have been financially well to do. Consequently, we could surmise that his economic status enabled him to relate to the wealthy business people of Antioch. However, from what the Scriptures reveal about him, it seems he also possessed a dedicated and wise work ethic. Notably, he did everything he could to make certain that his reputation as a minister wasn't tarnished or misrepresented by excessive lifestyles or taking money from the financially struggling churches that could be misconstrued as wrongful gain. Together, he and Paul funded their missions by working side jobs. It's even inferred that they also went without some of the perks that the other apostles received. (1 Cor. 9:6) Remarkably, 1 Corinthians 9:2 describes that he and Paul also willingly sacrificed those added blessings so that they would cause no hindrance to the Good News of Christ. What a heart they had.



Much more could be written about this man, his character and ministry. Notably, the traits he exhibited are desperately needed at this time. But what's more, the final years of his life were filled with accomplishment and challenge. He didn't quit when things became difficult and most probably championed other people like Paul and John Mark. The end of his life is evidence of the depth of his commitment, though the historic records differ slightly. You see, almost all accounts state that he was martyred in a horrible fashion. Not surprisingly, his death made an impact on the early Church. Moreover, the various reports describe the uncompromised stance of his commitment to Christ. These things being said, there are men and women of the faith hidden and waiting to be encouraged by the modern day Barnabas ministry. This is a calling that mustn't be forgotten or delayed. But before the ministry can begin, the Barnabas heart must be stirred.

Those of us who desire to see such ministry revived need to pray intelligently, observe sensitively and approach God with a heart of intercession. Only God knows how many Paul's are hidden waiting to come forth. But like John the Baptist of old, at the time of the first coming of Jesus, many folks are hidden in desert and wilderness situations of life. (Luke 1:80) They need someone to call them forth and disciple them. Those "someones" could be like Barnabas of old. The days of the hiddenness of God's End Times servants is about to come to an end. But these servants won't emerge from their invisible state until someone stands with them, understands them and is willing to take on all the training challenges they may go through.

There are people with the heart like Barnabas waiting in the wings to speak. So, begin to pray child of God. We live in a different age and situation. We also desperately need this ministry to return. Therefore, don't be lax in your prayers. Great days are ahead for the Church, and those times are very likely dependent on whether men and women of God take their place in the Hall of Fame of faith trained by people like Barnabas for such a time as this. The hidden leaders of the future are about to become visible. Let Barnabas come forth and release them.

BARNABAS (BARNEY)

MEET THE NEW ADDITION TO OUR HOME

In December 2014, Reagan, our last precious golden retriever died in our arms from cancer leaving us with broken hearts, an empty house and uncertain if we'd ever get another dog again. We'd nearly closed our hearts to the thought, but I was especially longing to get another dog as I often have to spend a lot of time alone when I write and my husband is busy. The company of a furry four legged friend is wonderful. Then a few months ago, in



Coming home from Montrose, CO

December, some events occurred that made us both realize we wanted another dog. We looked in a variety of places but nothing seemed to fit. In the USA dogs of all sorts are generally quite expensive, and even "pound or rescue dogs" are pricey. We really needed a miracle and clarity.

Then one very unusual day, it became very starkly clear to us that we truly wanted another golden retriever. One of the pounds advertised they were offering a 2 year-old male golden for adoption at their pet fair. We went in hopes of adopting him only to miss the opportunity when the mother of a small family grabbed his leash before anyone could ask any questions about the dog. It all happened so fast. We gasped when we saw him, and that was enough. We knew then that if we were going to get a dog it would have to be a golden. A few hours later, after the disappointment of not adopting that specific dog, I spent some time in prayer while I was shopping and asked God to confirm to us whether this decision for another golden was right. Moments after praying I exited the store and to my shock I saw my husband standing beside our car in the parking lot, petting a light golden 6 year-old female retriever belonging to a couple who lived 2 hours outside of the city. The owners had never brought her into town so it was a total fluke she was there. They told us about her breeder and we eventually contacted that breeder who helped us locate what we



needed in looking for the type of golden we wanted. I searched online and found Peach Valley Kennels located outside Montrose, CO, being about 5 hours from Colorado Springs. Interestingly, the breeders are also pastors of two Word churches in that area. What a blessing. They had two male puppies available and the little guy we got met all the criteria we were looking for. But how did we get his

name?

I've been studying and actually teaching about the apostle Barnabas for about 2 years now. I also taught on the subject when I was in Switzerland in early December.



If you'll remember this newsletter's article reveals Barnabas' name means son of comfort, encouragement and prophecy. The name can also refer to God adding or bringing increase. We'd been quite grieved over the death of Reagan because he was really part of our family and extremely special. I know it's hard for some people to understand, because to them a dog is just a nice animal. But our dogs have always been very special to us, and they've always been instrumental in relating to the students of the Institute, especially those who need a little help opening up so I could pray with them. Little did we know that this new little fur ball would bring us such encouragement and healing. My husband didn't know that I'd been focused on the ministry of Barnabas. Therefore, when we were discussing names, and trying to choose one, Michael said that maybe we should name our new puppy after a biblical figure, such as an apostle like Barnabas. I was stunned when he said this because I knew what it meant. So BARNEY is his name. He's already been a tremendous comfort, and joy, and God has definitely brought increase, adding something special to our home. He's also unusually intelligent, more so than the other 4 goldens before him. This has kept me extra busy, but every minute has been worth it. On top of this we just had him assessed and discovered that he has all the qualities necessary to train a good therapy dog. So he's going into ministry someday too. LOL. What a genuine blessing he is and we thank God for our little Barney.



FRUIT THAT REMAINS

John 15:16 Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should re-

main: that whatsoever ye shall ask of the Father in my name, he may give it you. KJV

Throughout my 37 years of ministry, one Scripture has always been especially meaningful to me. That verse, John 15:16 states that someone with an intimate relationship with Jesus should bear lasting fruit, or fruit that can endure any amount of pressure without being adversely affected by it. This principle has been a constant goal in my life. I long to produce fruit that lasts. I've also been reflecting on something a seasoned ministry veteran from Australia told me many years ago. He said "Tamara, multiply yourself." I told him that was my intent, but also reminded him that healthy multiplication requires time, and it's not something people always understand or appreciate.

You see, to multiply one's ministry, one has to sow the right kind of spiritual seeds and impart similar ideologies, teachings, and values that can produce the type of result that will retain the integrity of the seed. At the same time, a genuine mentor must also allow for the uniqueness of each individual's expression. What's more, the people you sow into must be receptive and understand that the seeds have a unique DNA, that must be honored, but also developed in a way that doesn't ignore the consequences of the foundations that the seeds will produce. So, in actuality, after having sown a lot of spiritual seeds, I've been waiting. Now, in recent months, I believe this multiplication is becoming visible. Be mindful, however. Multiplication is not replication or even duplication. It isn't imitation, nor does it produce an identical work. Multiplication, in reference to what I've been gifted in, is specifically aimed to cause someone to grow into the person and gifting God has designed for them to be. It's always my hope that my students will use what they've learned, making the things they've been taught into something of their own, without forgetting the importance of the consequences for what they've been taught.

About a year ago, I began to receive emails or other forms of communication, from Institute alumni and young people who I intentionally invested time and teaching into. It has been extremely exciting for me as I've read their testimonies and learned of the work that these folks have put into practice in their ministries and life expressions. Consequently, I've already begun to network with several of those students and even minister in their ministry works. God be praised.

In the past few months I've also reconnected with and been blessed to minister alongside several students who attended the Institutes 10-15 years ago. Timo Vetter and Bjorn Heide were both instrumental in my speaking to the Double DTS they led in Wiler, Switzerland in late November. I was also privileged to share in a podcast interview with Rockie Lee, the founder/ director of Clarity Coach. His ministry is an organization designed to help people discover the direction for their lives, as well as helping couples deal with marriage issues. Finally, coming up this year, I will be speaking to an organization that champions women in the South Pacific founded by Gina Siaosi, <https://www.facebook.com/spwca/>. I received this touching FB message from her and wanted to share it with you. Gina writes,

"I have thought of you over the years and your amazing ministry. Approx 15 years ago you prophesied some things over me and I wanted to touch base and let you know that I am doing them. I started a Women's Ministry to Polynesians which branched out to other nations and we have just come back from Asia, Europe, Israel and LA. I'm not sure if you could remember all the way back to that particularly school or the prophecies...but with regards to my vision/project to run a school...I'm preparing to run the first pilot programme next year towards the middle-end of next year. I was wondering whether you may want to come and lecture on 'Foundations' on the first week or another topic that you feel to teach/minister on. Hope to hear from you soon. Much love and blessings, Gina

These are some of the exciting developments and signs that the fruit is remaining and the ministry is multiplying. Please will you be praying that God continues to water and develop these seeds for His glory. The credit and honor belongs to Him for His faithfulness to watch over His word to perform it. How wonderful He allows us to be part of His plan.

UPCOMING PROJECTS

UPCOMING BOOKS

IN THE END WHAT MUST WE DO?

A large number of End Time's books and articles are increasingly showing up on the Christian book scene representing a wide range of theological and doctrinal opinions. Although the intentions of the authors are probably good, many of these documents merely fuel fear and leave the readers with numerous unanswered and practical questions that need solid solutions. The book *IN THE END, WHAT MUST WE DO*, is designed to dissipate the fears and deliberately offer practical solutions that can be walked out in the various stages of the Last Day's, taking into consideration the various eschatological viewpoints. It addresses the 18 different Biblical directives and instructions revealing what the believer should do in the times before Christ's return. This book will be an asset to any believer and is a practical guidebook for all followers of Jesus.

THE DRAMA OF TRAUMA

Trauma, and military and non-military PTSD are on the rise throughout the world. *THE DRAMA OF TRAUMA* exposes the End Time's ancient satanic plot designed to cripple human beings with fear and traumatic events. Dr. Winslow examines this vast subject according to the Scriptures. Additionally, she describes the spiritual, clinical and psychological perspectives behind this in order to educate the believers as to why, and how this strategy works. Practical, Biblical and spiritual solutions are explained so that those suffering from trauma may be healed. This book is a must for all believers to understand especially in the times in which we live.

MUSIC

THE DAUGHTERS OF EVE

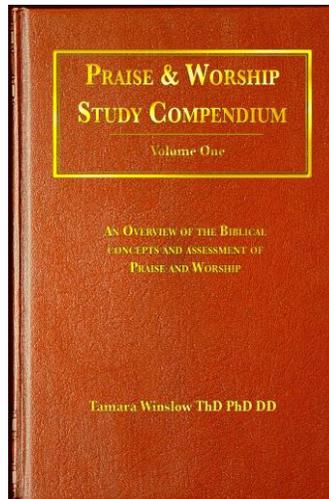
Over the course of nearly 40 years, Dr. Winslow has composed 26 songs that tell the story of key women in the Scriptures using touching lyrics and powerful melodies. These songs make up the *DAUGHTERS OF EVE* Broadway style musical revue. Dr. Winslow will begin recording the music soundtracks for this revue this year. Many of the songs are quite complicated to arrange, so she'll do them only a few songs at a time. She will also be recruiting the voices of other gifted women to sing these songs with her.

There will be approximately 100 voices in the final and actual cast, but approximately 20 women will be involved in the solo characters. These songs are powerful and tell the story of these women in a unique manner. Please be praying for this project as God leads. The estimated cost for the recording of this double CD project is approximately \$40,000. Dr. Winslow is also aiming to get the orchestration help from some well know Christian movie soundtrack arrangers.

NEW MINISTRY PRODUCTS

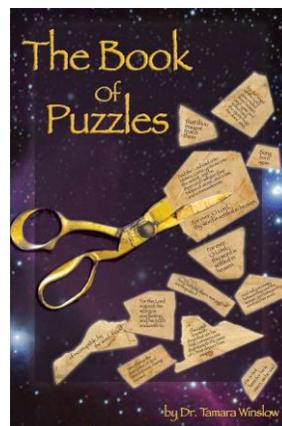
NEW E-BOOKS ON SMASH-WORDS

The Praise and Worship Compendium Volume One: An Overview of the Biblical Concepts and Assessment of Praise and Worship \$29.99 USD



The Praise and Worship Compendium Volume One: An Overview of the Biblical Concepts and Assessment of Praise and Worship presents an in-depth Biblical study on worship according to the ancient Biblical languages and forms. This treasure trove holds a wealth of useful insight for the Modern

Church, looking at the forms, philosophies and how the modern generations interpret the praise and worship of God. Both young and seasoned saints will be helped by this wonderful tool.



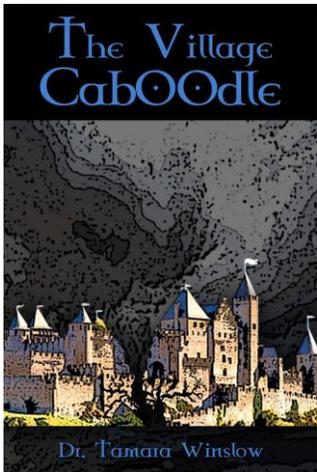
THE BOOK OF PUZZLES \$ 2.99 USD

The Book of Puzzles is a poetic tale about how God gave His Word to humanity. The story begins in Heaven when The Foe (Satan) wars against The Pure (God) as he tries to destroy creation. The theme of the poem surrounds God's Book in Heaven when God decides that He will put His Word into clues so that the Foe can't discover what's

going to happen. From the event of the Fall of humankind to Pentecost, the story moves up and down as the Pure's clues are gradually dispersed to various human

beings like Moses, David, Isaiah and others, until finally, a written form of the Book develops on earth. Things get intense as The Foe tries to discover what the clues mean, until finally the Promised Seed appears and is then killed by The Foe. Nonetheless, the reader will realize that this battle is still raging. Throughout the book the ancient languages and their interpretations, as well as important understanding of the truths of Scripture will cause the reader, Christian and unbeliever alike to become hungry to understand the Bible. Any age of believer will enjoy this special book.

The Village CabOODle \$2.99 USD



The Village Caboodle is a poetic fable that illustrates the moral of how when fear is allowed to dominate people, conflict will always occur. In this delightful story, the small village ruled by the CaBoodle family is on the verge of catastrophe. Surrounded by a large wall, for many years the village has tried to maintain a sort of pseudo-peace as the ruling family forbids any other citizen to speak about the state and laws of the village. The wall is beginning to fall as the controls tighten, but the Mayor and the family don't realize the dangers. There is a wonderful imagery depicting various characters in this story that any reader will love. But the focus of this tale explains how the controlling force of the CaBoodle Mayor must be challenged if the town is to avoid destruction. Read and discover how the fearful plot is exposed by a wise young man who saves the village from the real enemy of fear.

MUSIC

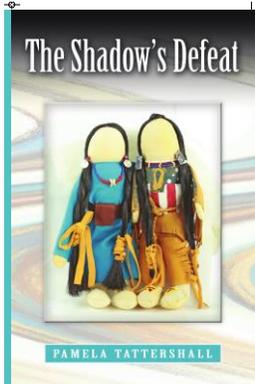
“I Can Do All Things” SHANGHAI CONCERT CD RECORDING

The new the live prophetic praise and worship concert CD recorded in Shanghai in November 2015 will soon be available for purchase. The CD includes 19 original songs composed by Dr. Tamara, as well as numerous spontaneous prophetic songs in the 80 minutes of music. What a tremendous privilege to share this time of worship with the Ex-Pat believers who participated in the gathering. Listeners will be blessed when they hear

the enthusiasm, the faith and the joy that these faithful saints sang. The songs are as follows.

- | | | |
|-------------------------|-------------------------------|-------------------------|
| 1. Look Unto Jesus | 9. I Have Put My Trust in You | |
| 2. One True God | 10. The Victory Song | |
| 3. In Him In Power | 11. No Other | 17. Cast Your Burden |
| 4. I Wanna Live | 12. You Are Faithful | 18. Prayer |
| 5. Made in His Image | 13. Worthy Is The Lord | 19. Pour Out Your Glory |
| 6. I Can Do All Things | 14. Give Me A Tender Heart | |
| 7. How Marvelous | 15. Do You Remember When? | |
| 8. How I Love Your Word | 16. My Heart is a Throne | |

“THE SHADOW’S DEFEAT” by Pamela Tattershall



Rev. Pamela Tattershall, the leader of “A New Day Ministry” in Tulsa, Oklahoma and in collaboration with Lakota Vision and South Dakota Mission Project has authored a wonderful children’s book addressing the subject of bullying and suicide increasingly affecting young native American children. The distribution of this book is initially attempting to reach The Pine Ridge Indian Reservation in South Dakota

where the issue of suicides among its young people is estimated at 400 times higher than in the rest of the country and children as young as 9 years old are killing themselves. Tribe officials say they cannot remember such a high rate of suicides and attempts in such a short period on the reservation, which is already overwhelmed with high rates of unemployment, poverty, domestic abuse and alcohol addiction. There needs to be a revelation to the parents, teacher and the children of the power of God and the authority of the name of Jesus! This is the only way that this will stop!

I am sharing about this project because my heart is deeply stirred by the need. Unbeknownst to the author of the book, she contacted me and has asked me to record spiritually impacting music that will be included in the audio recording of the reading of the book. I am deeply humbled to be part of this work, and have already composed a theme song to be recorded soon. Please be praying for this project and also for me so that the music fits the need of what God desires to do to reach the readers, and especially these young children. This is a crucial time for all the people involved.

MINISTRY REPORTS

TULSA, OKLAHOMA CONCERT

Dr. Winslow had the extreme privilege of ministering a prophetic praise and music concert on the evening of October 4th, 2015 at the International Gospel Center in Tulsa, Oklahoma hosted by Pastor- Dr. Chyanna Mull-Anthony for the Women's International Network monthly meeting. Dr. Winslow led the group in a selection of her original praise and worship songs that was attended by a tremendous peace of the Lord. The willingness and unity of the women was so precious. Interspersed throughout this worship time, and in accordance with the theme of the women's meeting Dr. Winslow sang a selection of several songs from her musical revue, DAUGHTERS OF EVE. It was a precious time for all present. Here is one of the comments after the concert written by Pastor Babette C. Du Plessis-Biddlecombe, a respected pastor and woman in ministry from Tulsa.



Babette C. Du Plessis-Biddlecombe *What an incredible time in the Lord! What a wonderful Psalmist anointing as she led us into the presence of the Lord and ministered to Him and to us. Received so many confirmations, was refreshed, refocused and recharged! Yay! Ready to go again!!!! Thank you Tamara Winslow- the Lord bless you for pouring yourself out so much- refill and refresh please Lord. Love you mighty woman of God!*

MINISTRY REPORTS

SWITZERLAND

WILER, SWITZERLAND YWAM DOUBLE DTS

November 30th-December 4th

About 12 years ago, two young men, Timo Vetter of Switzerland and Bjorn Heide of Germany attended the Institutes For Biblical Truth courses. Since that time they've both grown and matured in their individual ministries and lives. They're now married to



wonderful women of God and have beautiful families. Together these two men led a YWAM DTS in Wiler, Switzerland to which they also invited me to speak. What a precious time it was. I taught on the Basic Doctrines of the Faith, as well as ministered an evening a praise and

worship with prophetic song, in which God gave tremendous breakthrough in the lives of the students and staff. It was truly a blessing to minister to the young people who attended this course. In many ways, while ministering the prophetic song to each student, it reminded me of the prophetic songs God allowed me to sing many years ago. The transformation in their lives and apparent on their countenances was unforgettable.



CHURCHES

MOUDON, SWITZERLAND

December 6

Pastor Ann Freymond is the pastor of the EEM church in Moudon, Switzerland where I spoke. What a wonderful woman of God. I was impressed to speak about releasing the ministry of Barnabas in a prophetic word to the

church. Following the teaching I ministered prophetic song and prayer. The Spirit of God tangibly moved on the people and many were openly weeping. The pastor's daughter translated for me as well. I additionally enjoyed some great fellowship with the fami-

ly in their 150 year-old family Swiss farm home. What a treat to be with some very precious people.

YVERDON SWITZERLAND

December 7th, 2015

I enjoyed a wonderful lunch and time of inspirational fellowship with John Mark, the father in law of Sylvain



Freymond. This brother is one of the elder spiritual fathers in Switzerland. What rich discussion and how tremendous it was to have this time of fellowship and meet with this seasoned veteran of the faith. Following a lovely meal with the family that you see in the photo, I ministered to the House of Worship led by Sylvain Freymond & Louange vivante in Yverdon. This was such a special group of people and I'm hoping that I will be networking more with Sylvain in the future. Its interesting because once again an old acquaintance has reconnected with me for God's work.

<https://www.facebook.com/sylvain.freymond.louange.vivante>

GENEVA SWITZERLAND

CHURCH December 8th, 2015

It's a rare occasion when I have the privilege of ministering in a church location that truly made history. That was my situation on December 8th when I spoke at the church located where the Red Cross started many years ago. Those of you who are familiar with my ministry know how much I'm sensitive to speaking into the foundations of where past moves of God occurred for the purpose of seeing revival occur once again. I was blessed with



a fantastic translator who understood that as well. I thoroughly enjoyed my time with this wonderful assembly, and was additionally blessed to reconnect with people who I'd lost contact with many years ago. I also was thrilled to discover the identity of a woman who had given one of my songs AWAKE OH DEBORAH, to an intercessory ministry in Israel. It is such a small world. What a beautiful time we enjoyed in the Lord.



PODCAST WITH ROCKIE LEE

On February 18th I was privileged to do a podcast interview with the founder/ director of

<http://www.claritycoach.ca>, Rockie Lee, of #110-11300 No.5 Road, Richmond, BC on the subject of PRIDE THE #1 KILLER OF MARRIAGE. Its been many years since Rockie attended the Institute and it was such a joy to see how he has matured in his gift and calling. Once the podcast is finally edited and produced we will make that link information available to anyone who is interested on my FB page <https://www.facebook.com/Dr.TamaraWinslow/> What an exciting time to be able to share in this ministry and

and about this much needed message.

May 2016 Edition

SWORD & SONG NEWS

Celebrating 38 Years of Ministry

An Extension of the Prophetic Teaching Ministry of Dr. Tamara Winslow

POB 26558 Colorado Springs, CO 80936 www.tamarawinslow.com

Matthew 27:46 And about the ninth hour Jesus cried with a loud voice, saying, Eli, Eli, lama sabachthani? that is to say, My God, my God, why hast thou forsaken me? KJV

The overhead lights were dark, and the nicely furnished living room emanated the potential of being a warm, cozy retreat, but instead, it felt like a tomb, vacant and cold. In the shadowy chamber, you could barely see the silhouette of a light grey, upright, cushioned recliner, bearing a sitting solitary woman as she blankly stared off into the empty space. She'd been there for several hours, unmoving, and looked almost catatonic. Her face showed little expression. Her eyes were vacant, and her hands, though clasped together, lay in her lap lifeless. Her mobile phone, an older model, laid next to her elbow on the arm of the chair. But there would be no calls, no texts and no reason for her to expect anything to be any different, even though she still hoped a little. She was alone. Oh yes, she had family and people who claimed to be her friends. But they seldom called, and even less frequently visited. They didn't even really know what was going on her life because they were understandably busy with their own. In fact, they innocently assumed she had a vital and thriving social environment. But that was the furthest thing from the truth. In the past, she'd tried to phone them, and though they were polite, she could tell that her call was an annoyance, or at least an unwanted interruption. So rather than try again, she gave up. She couldn't remember



the last time she'd had an invigorating conversation. But, here alone with her muddled and slow moving thoughts, loneliness was gradually and simply killing her. The fatal and unrecognized plague of loneliness had found another victim and no one would even recognize what was at the root of her eventual demise, disease and death. The question is: Do you have to suffer at the hands of this foe? May I reply- No!!!! No!!! No, you don't!

In the past several years, as I've been working on the manuscript of my book, THE DRAMA OF

TRAUMA, I've noticed that there is a very unusual but significant symptom reflecting the effects of trauma that's seldom considered, let alone understood or talked about. You see when you examine the roots and fruits of trauma, a pattern emerges that is often ignored. This pattern reveals that where ever you find trauma, you'll also observe loneliness. And, like the question about which comes first, the chicken or the egg, where ever you find loneliness, you'll also discover trauma. The two are dangerously paired. We shouldn't therefore be surprised when we read in

Scripture that even Jesus experienced these two related conditions while on the cross. "My God! My God! Why have you forsaken me?" expresses His feeling of having been abandoned. These heart rending words emote the sensations that are often associated with intense loneliness. Furthermore, the cross was one of the most traumatic deaths a



human being could endure, and as Jesus died there for us, He carried our sin, sickness, grief and a host of innumerable human failures. The victory over loneliness begins with accepting what Jesus experienced in our behalf. Thankfully He faced and overcame the pain and effects of trauma-induced loneliness through his death and resurrection for humanity. But how does this all relate to us today?

I've never heard a sermon addressing the subject of loneliness, let alone read much of anything written by Christians who've researched it both Biblically and clinically, with the goal of delivering the lonely soul from the depths of this misery. What's more, not much research was even done on the subject in the psychology world until around 1959 when a German Jewish woman, Freida Fromm-Reichmann wrote a paper entitled "On Loneliness. Her article shifted the psychoanalytical opinion on the subject in a much needed way. She'd fled Germany for the United States prior to Hitler's genocide of the Jews, and had she not survived, we would have missed out on her very helpful insight into the study of loneliness. Now

obviously her work wasn't Biblically based or spiritually driven. Nonetheless, her attitude toward people deemed incurable by the mental health world emulates something that all Christians should consider and practice. She believed that no patient was too sick to be healed through trust and intimacy. In fact, her writings and practice revealed that she believed that "loneliness lay at the heart of nearly all mental illnesses and that the lonely person was about the most terrifying spectacle in the world." Researchers since that time have come to discover that loneliness is at

the root of a wide range of physical ailments, even to the point that it can alter human DNA and affect brain matter development. One study involving the abandonment of Romanian orphans, born during the reign of Communist dictator Nicolae Ceaușescu, revealed that the neglected babies grew up with severe emotional and learning disabilities. The trauma of their isolation and their lack of experience in intimate human relationship

was catastrophic in that it resulted in their brains developing less gray and white matter necessary to normal human existence. Memory, emotions, decision-making and social interaction were not functioning properly, all because of the root of the loneliness these little ones endured. But, interestingly, when a child was adopted into a healthy family situation, most of the problems were corrected. This sad account notably reveals that when love is especially absent in the earliest stages of life, the human brain will not develop properly, along with a host of other disabilities. Human beings need to be loved!

I won't invest a lot of time expounding on the clinical aspects of loneliness, but I do want to communicate the importance of understanding the physical, mental, emotional, spiritual and social complications created by it. You see when loneliness and all its sidekicks invade the human being, the condition actually causes misleading hormonal signals to be sent throughout the body that messes up the molecules of genes that govern our behavior. This internal corruption then knocks some of the most important physical systems out of whack opening the person up to sicknesses, many of

which might kill you if the loneliness is long term. In fact, emotional isolation is ranked as high as the effects of smoking in connection to human mortality. So, its vital that we address this problem from all aspects.

The new statistics for the United States reveal that loneliness is on the rise. In the year 2000, a survey was done that discovered that 1 out of 5 people were considered chronically lonely. The newest survey revealed that this percentage has significantly increased. As of 2010, 1 out 3 people were identified as chronically lonely. Furthermore, as the Baby-boomer generation heads toward retirement age, researchers forecast that this percentage will surely spike! There could be as much as 75% of the population deeply lonely. But who are these people? They are the elderly, the poor, the bullied, the shamed, the rich, the unemployed, the infirm, the physically isolated, the different, young homebound mothers, spouses, singles and basically anyone who doesn't have daily healthy interaction with people. But for the Christian, how does this apply?

As I've been reflecting on the seriousness of this matter, after having reviewed numerous contemporary articles, and considered the increasing number of research papers and some ministry publications, I'm sad to say, from what I've assessed, that much of the Church is oblivious to the extent of this escalating trend. Christians! We need to wake up to the immensity of this monster. It is crippling, and yes, killing people on a large scale. Let me explain.

There is often a nearly invisible predicament that occurs when the desperately lonely, with all their various needs, tries to join Christian fellowship. That problem is avoidance. There are degrees of loneliness and the trauma that comes with it is as unique as the individual personality. That being said, I've begun to wonder if we even know what we should do when someone deeply lonely attempts to mingle in our circles. Do we know how we should react to them? What are the characteristics of a lonely person? How can we discern the real need? Frieda Fromm-Reichmann faced this same issue, and she chastised her fellow

therapists for withdrawing from the seemingly unreachable patients because they were afraid of being contaminated by them, or worse, not wanting to face their own masked loneliness. But the changes that need to happen will not occur if we ignore and sweep this problem under the carpet. The question is: How can we deal with it if we don't even know how to define it in a practical and spiritual manner?

DEFINING LONELINESS

Loneliness according to the definition that Fromm-Reichmann came up with is simply this. Loneliness is the want of intimacy! Wow. Its more than being without friends, or being cooped up because of disease, or even being dissatisfied with your relationships. **It is**

the lack of intimacy. What's more, loneliness is not an absence of people contact. Nor is it the lack of conversation and interaction. It is the lack of closeness that determines what brings on loneliness or not.

In like measure, we also need to define intimacy. In our very natural and carnal cultures, intimacy has become a word

entirely sexually driven. However, true intimacy is not built around physical closeness. It is an attitude of the heart that produces a sense of worth and stability.

Dear ones, every human being needs to feel close to someone in order to live in a healthy manner. But human relationships can be changeable and lost in a moment. Additionally, busy-ness and activities with the people you associate with mean little when you're lying in bed late at night and staring into the darkness wondering, "If this is all there is?". So, don't you find it interesting as a Christian that the primary spiritual calling, or what we were created for, is to first have intimacy with God?

The early Church believers enjoyed a fellowship that drew them together. Yet, no relationship was ever allowed to take precedence over the fellowship with the Lord. Furthermore, if we lack intimacy with people, on top of feeling isolated from Jesus, we can never exhibit all of the fruitfulness that we're designed to produce. Loneliness murders that possibility.

HOW DOES LONELINESS MANIFEST?

**Loneliness is
the want of
INTIMACY!**

The primary emotion associated with loneliness is the sensation of rejection. Furthermore, feelings of worthlessness run a close second, and you need to know that they have a demonic origin. Nonetheless, the condition of being rejected, for whatever reason, is an aspect of loneliness that is probably the most damaging because it builds a platform for a secondary foe- worthlessness.

Worthlessness occurs for two reasons. In the Biblical sense, worthlessness is always related to the spirit of Antichrist, (in which the Old Testament is named Belial, is also defined as the “spirit” of worthlessness). In the beginnings of the rejection associated with loneliness, worthlessness seduces people to believe that they aren’t valuable. Their imaginations then tend to run wild as the negative possibilities are magnified and consequently makes room for increasing pain. For that reason, people come to believe that they’ve been rejected because they don’t matter, or they don’t mean anything to others. There must be something wrong with them. Then, eventually the spirit of worthlessness talks the individual out of believing in her or his personal talents, spiritual gifts and abilities, so that as the process advances the person gradually loses the ability to communicate and share who she or he is with others. Eventually, the victims relinquish their senses to self-pity and turn inward, ceasing to reach out because in his or her mind, “What’s the use?” The combination of these two foes create a formidable challenge. But, may I remind you, because of what Jesus did on the cross, this problem is not undefeatable. God has made a way out for the lonely. Let’s now take a look at some of the symptoms and behaviors often present in the chronically lonely life.

THE SYMPTOMS

Hebrews 12:1 Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, 2 Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.3 **For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.** KJV

Loneliness has a way of affecting the brain that causes a person to fixate his or her thoughts into a mad cycle

of pain and emptiness. This fosters a wide range of problems and may actually embed an unhealthy pattern of thinking into the individual brain so much so that it can be a challenge to correct. As a result, the lonely person’s thought processes slow down and fragment. Paul the apostle, a man very probably prone to long periods of isolation and loneliness, explained the importance of staying focused on what Jesus did on the cross to prevent mental weariness.

Once the thought processes begin to disintegrate, a lonely person gradually loses the ability to communicate and their social skills usually disappear. Therefore, speech and communication skills become increasingly difficult as loneliness enforces its agenda. It also isn’t unusual for the lonely to speak in a slurred manner. They may also talk in a mumbling tone, making it hard to hear what they say. This is because, worthlessness convinces them that what they have to say isn’t important enough for anyone to hear, so they’re often unable to find the right words to utter. This may develop into stammering and they may struggle to put sentences together.

Depression is a foregone conclusion in the chronically lonely life. This is because loneliness strips the soul of its purpose so that he or she will feel the need to sleep all the time, especially during the daylight hours. Sleep becomes a means of escape from the pain of being alone. Then, because they’ve slept so much during the day, they won’t be able to sleep at night and will inadvertently wrestle with wild and negative thoughts that only take them further down a darker path. The fruits of depression are therefore as follows.

In connection with depression, hopelessness and despair are commonly experienced in the lonely life. Sometimes these fruits are difficult to discern. You see, on occasion an individual may “look” like everything is ok, when in reality, if loneliness has had a long term hold, that individual may have inwardly given up. You can’t always tell by outward appearances. The chronically lonely think that they’re without hope and they don’t believe there can, or will, ever be any change in their life’s condition. They in fact, despair of ever being truly loved. As a result, an assortment of destructive thought patterns progressively gain ground.



Hopelessness also inevitably produces an “I don’t care attitude”. It may affect how and if the lonely person practices good hygiene and it may often trigger an unkempt appearance such as how they dress, messy hair, wrinkled, dirty clothing and such. Because of this, it’s not unusual for isolated lonely people to not eat a healthy diet or regular meals. They often won’t dine at normal meal times, either because they forget to eat, or they don’t want to eat alone. This is especially true for senior citizens who live alone and experience long periods of time without people contact. Most of these conditions generally spring from the combined states of hopelessness and despair common to the lonely.

Self-pity is often another result of the combined effects of loneliness, worthlessness and rejection. It especially becomes a problem for the Christian when Jesus and the work of the cross and resurrection are forgotten. Elijah the prophet, after having defeated the prophets of Baal in the showdown on Mount Carmel, sunk into a depression that exuded self-pity. He’d lost his focus, but he was also emotionally, physically and spiritually spent from the intense conflict with the false prophets and of course, Jezebel. Then, collapsing in the desert under a skinny dried up juniper bush, loneliness and despair overtook him and he gave into self-pity spouting out incredibly hopeless words, groaning that he wanted to die. Self-pity is one of the most-deadly vices that loneliness makes use of. Moreover, it can sadly also be one of the greatest hindrances to liberating someone from the affects of loneliness. People who yield to self-pity usually believe that they’re entitled to feeling sorry for themselves. In reality, the self-pity is actually an aim to get attention from the people they hope to connect with. But, it’s always empty and without fruit.

In some situations, the chronically lonely person will become manic in behavior and speech. This is because fear and paranoia drives them to force their idea of socialization on others. They are not aware of their surroundings, or the ones they’re attempting to engage with. Sometimes the combination of this mania and fear cause the lonely soul to act out in unsocial behaviors in order to get attention, even if its only a negative form of intimacy. This is especially true among neglected children. Negative attention is still attention, even if it’s not what they truly crave.

Chronically lonely people are usually desperate for conversation and fellowship. Sadly, they don’t always know how to properly connect with others that they want to relate to. What’s more, depending on the condition of their social skills, they may do one of several things. I say this so that if someone who is in this state approaches you, you will need to remain sensitive, patient and understanding. Be sincere and kind. Don’t avoid them. Nonetheless, always realize that lonely people will either act withdrawn and be silent, or they will talk with rapidity and non-stop. Lonely people have so many thoughts and words pent up within them, that if they find someone they believe will listen, they explode like a geyser. They fear that there won’t be another chance, or another person, who will listen. But, if you give them room to express themselves, without allowing for co-dependent behaviors to develop, they will eventually get healed and become more particular in how much and what they say. But it takes time for this to come to pass.

Although many more conditions may be caused by chronic loneliness, the last one I want to mention may surprise you. People who’re persistently lonely tend to live in poorly lit and messy, even filthy, living environments. In some instances, this might be exacerbated by poverty. But, because loneliness has shut down the perception of order and structure, the heart broken souls are blind to the havoc surrounding them. They may even become hoarders. In the most advanced conditions, they will need help to get out of their hole because the mess becomes too overwhelming to them.

WHAT ARE THE SOLUTIONS?

A LIFE OF PRAYER

As overwhelming as the pains of chronic loneliness can be God has made a way so that the believer can triumph. What’s more, being alone and isolated isn’t truly the problem. In fact, if you remember, loneliness is actually a lack of intimacy. You can be in a crowd and still be chronically lonely.

I’m increasingly inclined to believe that a great majority of believers have never learned the importance, or how, to practice an intimate relationship with Jesus. And, I know that even though it’s not all bad, there has been an increasing trend in ideology and teaching that overemphasizes “self” and “personal

identity” above a walk of faith. The spiritually-minded believer denies self and practices a humble servant’s heart. But the current trend focusing on personal identity and value, sets that idea aside. In some ways, in fact, we may have lost the sacredness of what a committed walk with the Lord looks like and one that isn’t so concerned about “ME, MYSELF AND I”. Therefore, when the Christian is called to walk with God in an intimate fashion, the focus becomes Jesus. One’s personal situation or emotional desires is consequently nailed on the cross. Walking with the Lord, is a daily discipline, and it should not be considered a religious ritual. It is instead an intimate exchange of the human heart with God.

Consider this. The early Church was radically inspired by dedicated believers who sought a personal sanctuary in God’s presence, so much so, that they journeyed and lived for many years in the solitary places of the desert, wilderness regions of the Middle East. There in that seclusion, they intentionally sought God. They focused on being alone with Him undistracted by people, pleasures and natural worldly circumstances. My question for you is this. How did these faithful ones manage to overcome the loneliness that would have been normal for anyone who chose such a life? They rarely had contact with people, and lived in a manner that was without even the simplest pleasures. How did they survive the isolation and primitive existence? I believe it was because these precious ones understood how to focus on the presence of God. They made it their single aim to fully and intimately know Him above all other things. Although I don’t recommend you slip away to live in a desert, I do think that we as contemporary Christians have misplaced our priorities and settled for shallow, superficial experiences that can’t produce the type of spiritual intimacy we’ve been created for and inwardly crave. There is an intimacy, a spiritual exchange, that God has designed us for, and that will without fail defeat the woes of this world’s loneliness. Friends, family, spouses and other humans can only partially satisfy our need. But if this is so, it means that we need to truly learn how to pray.

Psalms 142:1 I cried unto the Lord with my voice; with my voice unto the Lord did I make my supplication. 2 I poured out my complaint before him; I shewed before him my trouble. 3 When my spirit was overwhelmed within me, then thou knewest my path.KJV

In brief, prayer is not a religious ritualistic practice. It’s a two-way exchange that involves mutual communication between God and you. Let me make it simple. Talk to Him! Include Him in your life, minute by minute, hour by hour, and circumstance after circumstance. Intimacy requires inclusion. Include Him in your every moment. Be intentional in your connection. Then LISTEN!! He wants to talk to you. You see, if you end the conversation, the intimacy has already ceased. Talk to Him. In fact, the Psalmist said it well when he wrote: I poured out my complaint before Him! Make yourself practice pouring your heart to Him, instead of looking for a human ear to listen to your issues. He is the best one to talk to! Lay aside all of your hyper spiritual vocabulary and be honest with Him and yourself. If you do so, you’ll find yourself growing to enjoy a depth of closeness that no human being can truly afford you. What’s more you won’t feel so empty when people don’t talk to you, or take time to be with you. He is there all the time waiting and listening.

FOCUS ON JESUS AND WHAT HE ACCOMPLISHED FOR YOU ON THE CROSS!

Hebrews 12:2 Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. 3 For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.

Secondly, if we’re going to deal a deadly blow to loneliness we need to identify and accept what Jesus carried on the Cross for us. Then, we must pray those truths through with intentional application every day.

In walking out the work of redemption, and living according to what’s been accomplished in you in the New Birth, you need to train yourself to always look to Jesus, the author and finisher of your faith. Consider what He did and then line yourself up with those truths.

Isa. 53: 1 Who hath believed our report? and to whom is the arm of the Lord revealed? 2 For he shall grow up before him as a tender plant, and as a root out of a dry ground: he hath no form nor comeliness; and when we shall see him, there is no beauty that we should desire him. 3 He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not. 4 Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. 5 But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.

Loneliness preys on your feelings. Though your feelings may be real, and poised for pain, they're not always the truth. In the New Creation, you've been seated in Christ, above all the experiences and feelings you deal with. If you focus on what Jesus accomplished for you and place your affections in who He is, you can then lasso your runaway imaginations, putting them under your feet, and take ascendancy over the pain loneliness exudes. But to do this you must choose to deny the right of your emotions to rule you and focus on Christ's victory and the work of redemption.

Col. 3:1 If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. 2 Set your affection on things above, not on things on the earth. 3 For ye are dead, and your life is hid with Christ in God. When Christ, who is our life, shall appear, then shall ye also appear with him in glory.

There is an increasingly scary ideology being proposed by well-meaning teachers to modern Christians. It ignores the basics of faithful walking with God that requires discipline and putting off the old manner of living, by alternatively emphasizing a more "psychological" perspective of life. This doesn't mean we shouldn't be compassionate with the hurting, and deny the reality of the feelings people go through. But in the mind of many contemporary believers, emotions have become the truth. Therefore, in this frame of mind, the new nature of the believer is ignored in favor of a more "natural" angle. This truly non-Christian philosophy innocently pets the emotional state of the human and consequently makes excuses for carnal behaviors instead of nailing these things to the Cross. Please understand that it is impossible to defeat the trauma of potential loneliness if you remain in a fleshly state of mind. Your emotions may be real but don't let them become your truth.

REVIEW HIS PROMISES AND MAKE THEM YOUR TRUTH

Thirdly, if you want to combat loneliness, you'll need to review the promises of God on a regular basis. His Word is His bond! He has said He will never leave us or forsake us. Check out these verses and embed them in your heart.

Deuteronomy 31:6, 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.", 8 The LORD himself goes before you and will be with you; He will never leave you nor forsake you. "Do not be afraid; do not be discouraged."

Joshua 1:5 "As I was with Moses, so I will be with you; I will never leave

you nor forsake you."

1Kings 8:57, "May the LORD our God be with us as he was with our fathers; may He never leave us nor forsake us.(Psalms 37:28; Isaiah 41:17; 42:16

Hebrews 13:5 Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."

THE ROLE OF WORSHIP AND MUSIC

I've studied extensively and instructed about the subject of Praise and Worship for over 35 years. My experience in the past decade, however, has revealed that people are tending to lose themselves in their music and its technique, wrongly thinking it's worship, when in fact, it's not. Worship requires thoughtful, heartfelt expression to God for who He is. Therefore, true worship, does not require music. In fact, genuine worship opens up the heart to an intimate reciprocating exchange. Music may unlock your emotions, but if the worshipper isn't focused on who God is and adoring Him, the music becomes an idol and subtly seduces the heart away from knowing God. On the flip side, edifying and structured music, with a message and a direction, can be very useful, affecting the brain in a very positive way. This is because well-structured music can heal and correct destructive patterns of thought in the human psyche. Just remember, however, your music should focus on Him and be edifying in theme and and message.

PARTICIPATE IN CHRISTIAN FELLOWSHIP AND FUNCTIONS

If you're able to physically do so, you should try to attend a local church and or Christian fellowship functions. Genuine fellowship fuels the spirit. Regrettably, church attendance, however, is not the solution for the chronically lonely because in many Christian gatherings interaction, welcoming and helping people feel a part of the group, does not always happen. Years ago, it was a common practice for church members to invite newcomers out for a meal after church service was over. But sadly, today visitors, may not even see a welcoming smile, or a genuine handshake or "Hello, how are you?" The chronically lonely person may therefore find church attendance daunting and empty. We need to seriously ask, "How can we recognize the lonely and make them feel genuinely loved and welcome?" The chronically lonely person, saved and unsaved alike, will seldom try to find a church to attend, if they don't experience a welcome early on in the search. Be aware of this and let love be

your manner with anyone coming to participate in Christian fellowship. If you are the lonely one and looking for fellowship, pray that the Lord will lead you as to where and when to go. He will not forsake you.

PRACTICAL OPTIONS AND APPLICATION

HELP THE CHILDREN!

One set of statistics suggests that 48% of lonely people are lonely because it is inherited, while 52% of lonely people are so because of environmental and external influences. Yet, if it is heritable, then parents who struggle with chronic loneliness, may consequently pass it on to their children by negative social modeling. What's more, even if you were to fall prey to inherited loneliness, the Christian has been delivered from that through the redemptive work of Jesus. You are a new creation freed from a curse of loneliness.

I believe that one of the greatest needs that should be considered is when we think about loneliness, is that we're facing a serious challenge with children suffering from chronic loneliness. This is due to many different factors, not the least of which is the fragility of the modern family. Parents who don't know how to parent, and especially mothers who don't know how to mother, are issues we mustn't ignore. In fact, much of the research that points to the development of chronic loneliness is specifically centered around the lack of love and security in the home.

I asked Mrs. Dana Gould, M.Ed Early Childhood, a school teacher from an economically challenged small town in Kansas, if she'd received training during her education to recognize the lonely children in her classes. Her response was interesting, insightful and lengthy. She explained that teachers are normally taught to recognize the ravages of poverty and childhood trauma, because the need is so great. This was especially important in the area of the country where she has worked. But, as far as having received actual training as to how to recognize a child who is chronically lonely, it was somewhat of a new thought to her.



Nonetheless, she also noticed that wherever there was poverty there was almost always loneliness. She and I discussed this at length because her observations revealed that when poverty is present, social skills were always negatively affected. What's more, she agreed that loneliness probably begins with the effects of poverty in the home situation. I am hoping that she and I can continue dialoging about this in time to come. But, for the most part, because the emotional needs of many school age children are so great, the teachers are faced with a huge dilemma. Who do you

help when so many are hurting? Thankfully, Christian teachers, like Dana, know to pray for their students. The problem the teachers face is: Who do you reach out to so you can make them feel loved and secure if the home situation is destructive? The needs are like a bottomless pit. For this reason, teachers need to be trained to recognize that loneliness is a serious, often hidden problem that leads to all sorts of problems including disease. If loneliness begins in the home it will generally originate with the parents, who are also lonely.

We're in an unusual time as the Biblical ideas about parenting and family are on the firing line. What's more, the sociological generations of Traditionalist, Baby Boomers, Generation X, and Generation Y have very different ideas about family and parenting. In fact, currently there is a dichotomous trend emerging, with one trend being, parents who've been labeled as "helicopter parents". These parents are generally Baby Boomer or Gen X parents, and they tend to hover over every area of the child's life. On the other hand, children are being raised by bone tired parents, especially the mothers, because they're busy just trying to put food on the table and pay the bills. Consequently, they have little time to be affectionate. In fact, sociologists are saying that mothering is becoming a forgotten skill.

I know many young mothers who're doing a great job raising their children, but I've observed they're in the minority. Sociologists have come to agree that loneliness often begins when Momma is unable to love her babies in the way that develops their inward security, and sense of well-being. The child who goes unloved

starts to expect that they will also be un-loveable by other people outside the family. This is heartbreaking. Thank God, Jesus made a way to heal this. But nonetheless, there is a huge need for training in mothering, and also parenting.

GET A PET

Get a pet! An animal can never truly satisfy the type of emotional intimacy that God provides, or likewise what people are designed to bring. But, an



animal, especially a dog or cat, because of the softness of the fur and the interaction, can be of great comfort when you're forced into an isolated people-less existence. Just remember, prayer is always your best option when finding intimacy that is fulfilling.

SOFT STUFFED TOYS

In clinical treatment/ and research situations, especially when working with young abandoned and traumatized children, it can be difficult to draw the child out of his or her withdrawn condition to trust and love. It's been found that in the early stages of ministering to such broken souls, and interestingly, similarly in clinical experiments with young monkeys, soft stuffed toys helped immensely. The tactile feel of the softness of the fabric eases a child's emotions and they relax so that they can eventually be held and drawn out. Of course prayer must always accompany this form of ministry. Whenever dealing with broken people, which in essence is what a lonely person is, one must always be patient, gentle and allow the Spirit of God to work. He is near to the broken in heart. There is a softness in His manner that should be imitated in everything that we do.

FIND A HOBBY

Find a hobby you enjoy and do it habitually. Some people choose to write their memoirs. Others like to research subjects they're interested in. The list is endless. Gardening is an option that would get you in the out of doors, and where you could get some fresh air and sunshine. Many lonely people are also vitamin D deficient and would greatly benefit from the perks of being in the sun where they can absorb the vitamin they need. Get a hobby.

CLEAN LIVING

Keep your living environment neat and well lit! Loneliness thrives in isolation, specifically where there is a lack of structure and where there is also physical darkness. Make it a goal to make your bed every morning. Do some daily house cleaning and keep your rooms picked up and dishes done. The lonely person often tends to become slack in personal housekeeping maintenance. Correct this as soon as possible. If you can afford to have a regular

housekeeper, do so because it will enable you to have some regular people contact, even if it's only for a short while.

VOLUNTEER

Volunteer!!!! Self-pity is a hungry devourer when you're lonely. If you can get out and join some organization where you can help people do so. Get your mind off yourself. Volunteer to help serve food in rescue mission kitchen. Offer to visit the infirm and people who are house bound if you're not. Consider assisting at local schools where you will have contact with children. They can brighten a lonely dark day very quickly. But volunteer your time if at all possible.

SEE SOMEONE EVERY DAY- IF POSSIBLE

Make an effort to see and talk to people every day if you are able to get out and do so. Otherwise, if you're in a confined or limited setting, such as a senior citizen center, nursing care facility, private house, farming region etc., you will need to find ways to have people come to you. This can be a challenge, especially if no one knows you are there. In such cases,

you may have to then solely rely on your prayer life, which isn't a bad thing anyway.

SOCIAL MEDIA?

Don't depend on social media to fill your need for intimacy and relationship! As helpful as social networking can be, you can easily isolate yourself by always sitting in front of the computer or being attached to your cell phone. Sometimes I think the words "cell phone" are more than just a name. People are becoming "jailed" by these handy little devices, not even realizing that they're losing important social skills. Social websites are great for connecting and reconnecting you with old friends and new. But they'll never give you the type of complete and true picture of what's going on in another person's life. We may in fact actually be enabling loneliness by failing to meet people face to face, or phone one another. Guard your heart dear one! Make room for healthy socialization.

HAS THE CRYING STOPPED?

It's sad, but there is a common plight in orphanages around the world. Babies are left in their cribs without human affection for days on end, and in all cases, a short time after their arrival to the institution, the crib room is silent. The babies stop crying when they realize that no matter how much they cry no one is coming to answer them. The loneliness and abandonment becomes a trauma, and their little heart's hope is gone. As heartbreaking as this is, it's a reality in a world that doesn't understand that love is fundamentally necessary for human development and life. But think about this if you will? How many full grown adults, teenagers, wives, husbands, singles, elderly, and more have stopped crying because no one answers or even knows how to respond to their quest for intimacy? Regrettably, if this is the case, then we don't even know who the lonely are in our societies and the Church. Like the babies, they've stopped crying because no one cares.

Dear ones, as believers in Jesus, we don't have to permit loneliness to swallow us. We have a great opportunity for intimacy that comes from God, and He can soothe our human souls. But many people in and outside of the Church don't know how to access this treasure. I urge you, child of God. Listen to this plea. You may not be able to cry any longer. Your hope may be gone. But rest assured. He has never left you,

and He will never forsake you. Nothing can separate you from His love, not even isolation, human abandonment and crisis. What's more, the people around you may not be letting you hear their cries. But, if we as Christians will be available and walk intimately with Jesus and practice the true nature of ministry- the servant heart, this plague of loneliness can be addressed and we will see people healed and directed to walk with Jesus.

ITINERARY



May 31st The Winslow's 36th Wedding Anniversary

June Writing, working on music tracks and some travel

July-

14th-24th Jeju Do S. Korea

YWAM SOIWSW Teaching on Prophetic Worship

August

Early August- planning another ministry trip overseas

August 25-27 Thursday to Saturday

From Trauma to Triumph Seminar

WOMENS INTERNATIONAL NETWORK

Co-hosted by Dr. LaDonna Osborn

& Dr. Chyanna Mull-Anthony, Pastor

555 S. Memorial Dr. Tulsa, OK 74112

(918) 836-5525 Registration is required @ www.winministry.org

Dates are available for scheduling in the Oklahoma, Kansas or Missouri area

September

Third week- dates being finalized.

Area meetings in Syracuse, Kansas. Concert, Youth Retreat and Sunday Church service.

October

South Pacific Women's Christian Association

Auckland, New Zealand

Contact and hostess- Gina Siaozi

October 10th- Arrive in New Zealand

October 14th-15th Prophetic Leadership Conference

October 16th-20th Teaching Classes in the SPWCA school.

November and December Open for scheduling

Please contact ifbtruth@gmail.com for information as to how to schedule Dr. Winslow if you want to host an event in your church, school, ministry center etc.

After many long hours in Dr. Winslow's home recording studio, putting together the arrangements for the new song GOD IS GREATER, at the keyboard, Dr. Winslow traveled to New Wine Recording Studio and Mastering Lab in Apple Valley, California to record the vocals and final mix working with Eric Uglum, owner of the studio. The song sounds great and with the help of Roger Gilliespie on the drums and percussion, GOD IS GREATER has been added to the audio recording of Rev. Pamela Tattershall's book, THE SHADOW'S DEFEAT. The lyrics of the song fit the theme of the book like a hand in the glove.



You can stand up in the name of Jesus Christ, God's only Son.

God is greater than the darkness God is greater than all the lies
Jesus came to save and heal you
You are precious, You are precious,
You are precious in His eyes

God is greater than the bullies God is greater than all the fear
He is waiting for you to ask Him He is waiting for you to ask Him
He is waiting for you to ask Him into your heart. Into your heart.

(Tamara Winslow ©2016)



GOD IS GREATER

When the nighttime comes and its secret fear.
Like a shadow that's whispering it's lies in your ear
Makes you feel alone, like your life shouldn't be
But my dear child there's someone who will set your heart free

God is greater than the darkness God is greater than all the lies
Jesus came to save and heal you. You are precious in His eyes
God is greater than the bullies. God is greater than all the fear.
He is waiting for you to ask Him into your heart.

There's no need to hide all the battles you face
All the struggles when people treat you with disgrace
Listen to the truth that will cancel the lies
For your heavenly Father has heard all your cries

When you make Jesus Lord, your life will be renewed
Your joy will be restored the shadow is subdued
When your life is clean because of what God's done



Authored by Pamela Tattershall, from Tulsa, Oklahoma, the story is about a young native American girl who is being oppressed by a dark Shadow that comes to her during the night and tells her that she is worthless and shouldn't live. Like so many children today, the little girl is also dealing with bullies at school. Because of the night encounters and her sad life

situation she contemplates obeying the Shadow's suggestions and commit suicide. The story is one that is all too similar to what is happening among the Native American children throughout North America. Suicide rates have escalated up to 400% higher than other places with children under the age of 10 on reservations throughout the US and Canada. Rev. Pamela's book explains the Gospel message in a simple and precious way that children can relate to as well as helping them receive Jesus who can set them free from the assaults. I feel very privileged to have been asked to add and record the theme song, GOD IS GREATER for this project. Please be praying with us as this book and the audio CD is distributed in Native American tribes in many places. Your prayers and support are deeply appreciated for this work, and the people who will hear and read this book will be blessed as this project touches their lives.