

# Emra Expressions

## Humbling

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It is funny to look back and see how our life is going while we are trying to share with others the seminar "Foundational Principles Of Family Peace".

Funny isn't the right word: Embarrassing or humbling is probably closer.

We have noticed that in the days before we stand up in front of people there is more tension between us. This past weekend was no different.

Friday and Saturday we were both bossy with each other, irritable over the smallest things and making "mountains out of many small molehills". We were frustrated and frustrating each other to say the least.

One of the phrases we have been using in the Seminar is: Stop, Assess, and Start Over. It took us several days to start doing that, but when we did, we were able to see the past several days in a different light.

Better words to use might be Stop, Surrender, and Start Over.

We discovered that the key part of this process is the humbling (surrendering) of ourselves in order to listen to God and to each other.

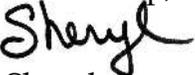
Within a few minutes, we were able to reconcile and discuss in a calm manner what had happened and how to deal with the real issues.

Within an hour, we had a deep sense of being cared for and loved by each other. It was easier to move forward with the everyday stuff of life and we each had a deep sense of peace.

We are learning, we are growing and we are sharing. Praise God for all that He is teaching us and for His presence in our everyday life.

We appreciate you for your willingness to be a part of this ministry in which we can all grow and learn. Together we can spread the wonderful news that true peace comes when we can choose to "Stop, Surrender, and Start over" in and through the power of our Lord Jesus Christ. He is the source and strength for change. He is what makes the difference.

In His Grip,



Sheryl

for John and Sheryl Emra

### Answered Prayer

Last month we spoke at Kemp UM Church. Our desire was to let people know what Life Is Full Of Choices is doing. We discovered a community torn apart by violence and school dysfunction. Only later did we discover we were speaking to members of the school Board.

God is good!

### Prayer Requests

This month we will be speaking at:  
Collin Creek Community Church (8th),  
Neederland UM Church (15th), Lakeview Christian Church, (22nd)  
then in March we will be at Royse City UM Church (1st) and Marion UM Church (8th)

Pray that God would be glorified as we teach.



Pray for us as we find ways to use our resources better.

We will be changing the way in which we send Prayer Letters to you. E-mail will become more common for our prayer supporters when possible.

If we do not have an e-mail address for you, please e-mail your address to us at [pj@LIFOC.org](mailto:pj@LIFOC.org)