



OVERCOMING

This past fall Exchange has been blessed by many local men and women who have shared their personal testimonies of overcoming: Nancy Barkus, Director of Missions at Calvary Assembly of God; Samir Vergara, Counselor at First Orlando Counseling Center; Mike Winkler, Counselor at “All Things Christian Counseling” in Winter Park; Melissa Spencer, Director of Celebrate Recovery at First Baptist Orlando; Harriet Lehnhoff, teacher and coach at The First Academy of First Baptist Orlando; and Pastor Charlie Hernandez, Assistant Music Pastor, Faith Assembly of God. They all encouraged us to continue to overcome.

Overcoming is a daily act of love and loyalty to God and to those He has entrusted to us. We “come over” our obstacles, anger, trials, sexual sins, and fears when we choose to overcome. These obstacles can feel like an impossible mountain to climb. Yet, when we “come over” our mountain, we discover we have “come unto” Jesus (Matthew 11:28). He is there shining His light upon us and reminding us that He was with us, helping us every step of the way.

Psalm 103:5 says, “God satisfies our desires with good things.” How true this is! As director of Exchange, I have the privilege of knowing and ministering to those who seek help. These men and women, parents and loved ones inspire me and bring me so much joy! May God bless all of you who attend Exchange. May the Lord “satisfy your hearts with good things” and may He “reward you for seeking Him” (Hebrews 11:6).



SIX WEEKS, SIX R'S

In addition to our Monday night ministry, Exchange offers a class at First Baptist Orlando through their Wednesday night ACTS classes. This fall, our six-week class focused on many of the steps God uses to bring sexual wholeness and intimacy with Him: rescue, repentance, reading, roots, relationship, and restoration.

When people come to Exchange, most are in crisis. Many seek the ministry to rescue them, but they soon learn that rescue comes only through an intimate relationship with their Savior, Jesus Christ. In Christ, and through His Word, we know our true identity as beloved children of God, and we are emotionally connected to the perfect love of our Heavenly Father.

Rescue and restoration requires repentance, yet how we resist turning away from sin and turning to God! It can be very frustrating to pray for a child, relative, or friend and see very little change in that person's heart and behavior year after year. Be encouraged by Romans 2:4 which says, “It is God's kindness that leads us to repentance.”

Keep persevering in kindness. Keep your heart open and filled with hope. Keep offering loving acts of kindness when you get none in return. Keep listening and being patient. Keep enduring pain as you offer your whole self to God and to our loved one.

Jesus did this for you. He's never too busy for you. He never avoids conflict with you. He never minimizes your feelings

and needs. His heart is ever ready to receive you even when you hurt and betray Him. He knows that it is God's love you need, and He eagerly offers Himself to you. Offer yourself to your loved one as Christ offers Himself to you.

We may not see everything accomplished in this life that we pray for, but we can never lose when we love selflessly over and over. If this love doesn't change our loved one, it will change us. We will become the joy-filled, caring people we were made to be. It is not easy at all. It is the hardest thing we do in life, but it is the greatest. And we have God to help us. Great is His faithfulness (Lamentations 3:23)!



TEACHING A CLASS IN YOUR OWN CHURCH

This fall, one of our men's leaders, Greg Bowles, started a class at his own church, First Baptist of Central Florida. He used the book by Joe Dallas, *When Homosexuality Hits Home*, and advertised the class after speaking with his pastor. Greg said that the class was "amazing" and that those who attended wanted to continue meeting together!

Don't be afraid to start a class at your own church. You don't have to have experience teaching to facilitate questions, discussion, and prayer. Ask God to help you, and ask us to help! In my experience and Greg's, the number of people who will come to your class will be small (from 6 to 12 people), yet the smaller class size provides for more sharing and intimacy. Please let us know how we can help you by emailing us at KristinTremba@gmail.com.



GRATITUDE

During Christmas and the New Year, we take time to thank our regular donors and those who have given to the ministry this past year. THANK YOU! Many of us will never know how our sacrifice made a difference until we arrive in Heaven. I believe the "jewels in our crowns" will be people. We will see with our own eyes the people we helped but never met here on earth. It will be a glorious reunion of believers!

For those of you who attend Exchange, we never ask for dues or donations throughout the year. However, we ask in this newsletter that if you attend and directly benefit from this ministry, to consider giving. Even \$5 a month (\$60 a year) would help us in many ways. There are many causes out there to give to, but please consider giving to the ministry that has helped you personally. May God provide all your needs in Christ Jesus!



CONTACT INFORMATION AND HOW TO GIVE

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