

TRUTH alive

DIGEST ON CHRISTENDOM

VOLUME 14 ISSUE 9 DECEMBER 2020 Rs. 100/-



Sathyam Family Wishes You

Merry  Happy
Christmas & New Year

94471 26182

94465 13555

sathyam.org



The Coronavirus and Bible Prophecy
Dr. Alexander Kurian

Thanksgiving with Meaning
Billy Graham

CONTENTS

VOLUME 14 | ISSUE 9 | December 2020

Rs. 100/-

PAGE

1. Editorial.....	3
2. The Necessity of Hope <i>Randall McElwain</i>	4
3. I'm Joy -Happy <i>Joni Eareckson Tada</i>	6
4. The Coronavirus and Bible Prophecy <i>Dr.Alexander Kurian</i>	8
5. Thanksgiving with Meaning <i>Billy Graham</i>	11
6. How the Snake Slithers <i>Angela Koshy</i>	13
7. Understanding Human Problems And Needs: A Holistic Approach <i>Dr.Thomas Kulanjiyil,PhDA</i>	16
8. Reflections On Christmas <i>Sarina George</i>	18
9. A thousand Little Things <i>Lisa</i>	19



CORPORATE OFFICE

SATHYAM PUBLICATIONS

Thottabagom P.O.Thiruvalla 689 541,
Kerala, India.

Cell : 9446026182, 9446513555

Toll free # 1-800-425-1211

Email: admins@sathyam.orgfacebook.com/sathyam.indiatwitter.com/sathyam_indiawww.sathyam.org

BOARD OF TRUSTEES

A.V. JOHN
JOJI A. MATHEWS
JUSTIN C. VADAVANA
DR C.V. VADAVANA
FENCY A. JOHNSON
ISAAC VADAVANA

US OFFICE

SATHYAM PUBLICATIONS
P.O. BOX 2040, PENSACOLA,
FLORIDA, 32513, USA
562 - 667 - 6622

CHIEF EDITOR

DR. C.V. VADAVANA

SUB EDITOR

DEBORAH SAMUEL

PUBLICATIONS MANAGER

ASHLY SAM

PUBLISHED BY

MARYKUTTY P J

DESIGN

SATHYAM DESIGN TEAM

AUSTRALIA OFFICE

SATHYAM PUBLICATIONS
P.O. BOX 125, NORTH LAKES,
QLD 4509, AUSTRALIA
04164 - 70 - 700EMAIL: truthalive@sathyam.orgWEBSITE: www.sathyam.org

WRITE TO US!

Have you been blessed by an article in Truth Alive? What more would you like to see on the pages? Share your experience with us. We would love to hear from you. Mail us at truthalive@sathyam.org or post a letter to us.

★ ABOUT TRUTH ALIVE ★

Ever since the first issue in 2009, Truth Alive has been a leading monthly magazine for Christian families around the globe. It is published by Truth Ministries, a humanitarian charity into social ministry, education and evangelization.

Sathyam Ministries

is a registered 12 A society with 80 (G) status of Income tax act. All donations are tax-exempt. For making donations,

Contact:

+91 944 651 3555, +91 944 712 6182



*"You are my hiding place; you will protect me from trouble
and surround me with songs of deliverance"*

Psalm 32:7

EDITORIAL



Dear brothers and sisters in Christ,

Greetings to you in the precious name of our Lord and Savior Jesus Christ!

This year has been particularly challenging and has introduced us to a new normal, a normal that was impossible to comprehend. With the loss of family members, jobs, change in systems, we are faced with grief, confusion, and doubt. Work from home, zoom classes, travel restrictions, masks, and numerous other factors have all imposed challenges in our lives and changed our pattern of living. Despite what goes on in the world, our anchor is in Jesus Christ alone because He has commanded us to "FEAR NOT!" Circumstances in this world may change, but our Saviour is the same yesterday, today and forever and He will never change.

As many countries in the world are facing the second wave of lockdowns and an increase in the number of Covid-19 cases, this is the time to shift our focus, realign our priorities, and fix our hope on God during this season of uncertainty. We cannot negate the struggles, but we can surely overcome them through the grace God has bestowed upon us even in the midst of a precarious situation.

I want to encourage each one of our readers to never give up and to never lose hope. Whatever struggles you may be facing during this time, we would like to pray for you and your family and remind you that God loves you. May this month's magazine strengthen your walk with God and uplift you to face the challenges of everyday life. May your faith in God and your relationship with Him thrive during this season and always. Yours in Christ,

WISH YOU HAPPY NEW YEAR

Dr. C.V. Vadavana
Founder & Chairman
Sathyam Service Trust

The Necessity of Hope



Randall McElwain

Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ (1 Peter 1:13)

After surviving a German concentration camp, Victor Frankl summarized what he had learned about man's ability to tolerate suffering. Frankl determined that we can survive almost any degree of pain as long as we have hope. But without hope, we lose our ability to endure suffering.

In *Man's Search for Meaning*, Frankl spoke about a fellow prisoner who came to him and said, "Doctor, I have had a strange dream. A voice told me that I could say what I wanted to know, and all my questions would be answered. ... I wanted to know when we, when our camp, would be liberated and our sufferings come to an end."

The prisoner whispered to Dr. Frankl, "The voice told me that we will be free on March 30." For weeks, the prisoner looked forward to the end of March. But as March neared an end with no signs of deliverance, he began to despair. Frankl wrote, "On March 29, he suddenly became ill. On March 30, he became delirious and lost consciousness. On March 31, he was dead." Frankl concluded that although the immediate cause of this man's death was typhus, the underlying cause was the loss of hope. **We cannot live without hope.**

Hope is as essential to life as physical sustenance. Psychologists have found that the loss of hope is often the greatest trauma for a prisoner serving a life sentence. Far worse than the prison food, bleak environment, and harassment by guards and fellow inmates is the hopelessness of knowing, "I will never leave this prison. My life will never change for the better."

Václav Havel, the dissident who helped topple communist rule in Czechoslovakia, later said that the one great need of the people of Eastern Europe was hope. He said that he and his fellow dissidents *wanted* financial help and political support from western democracies; but the only thing they truly *needed* was hope.

The Apostle Peter wrote to exiles suffering persecution. They may have wanted many things: deliverance from prison, food and shelter, freedom to worship; but what they truly *needed* was hope. Peter calls them to lift their eyes above the immediate situation and to gaze at their "living hope."

Their immediate outlook was bleak. They faced not only the loss of jobs and home, but also imprisonment and even martyrdom. But because of the resurrection of Jesus, Peter could assure his readers that they had real hope of a real heaven. They needed this hope. Without this hope, their suffering would be in vain. Without this hope, their lives would never change for the better. Peter assured them that their hope was real. **They had the promise of a better life, eternal life in the presence of God.**

Perhaps you are looking for hope. Your outlook is bleak. You may not face the threat of martyrdom, but your situation seems dire. Family conflict, financial pressure, or health issues show no hope of resolution. Lift your eyes above this world. Look to your living hope. You have "an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you." You have an eternal hope!

"Used with permission from *Joy Comes in the Morning: 31 Days of Christian Hope.*"



Christian BOOK SHOP



www.sathyam.org
9447126182, 9446513555

I'm Joy-Happy



Joni Eareckson Tada

We're often taught to be careful of the difference between joy and happiness. Happiness, it is said, is an emotion that depends upon what "happens." Joy, by contrast, is supposed to be enduring, stemming from deep within our soul and not affected by the circumstances surrounding us.

It's an appropriate linguistic distinction, I suppose. But I don't think God had any such hairsplitting in mind. Scripture uses the terms interchangeably, along with words like delight, gladness, blessed. There is no scale of relative spiritual values applied to any of these. Happiness is not relegated to flesh-minded sinners nor joy to heaven-bound saints.

The terms are synonymous in their effect and too difficult to distinguish when we experience either one. Would you, for example, respond to the wedding of your daughter with joy or with happiness? Are you happy that your friend came to know Christ, or are you joyful? Is the moment of euphoric delight in worship of him on Sunday morning just a happen stance or just as much a part of Jesus' promise regarding our redeemed souls?

To rob joy of its elated twin, happiness, is to deprive our soul of God's feast. Seek both as part and parcel in all circumstances. When your soul is stirred by a deep contentment, be happy. When a delightful moment strikes that is quite outside yourself, be joyful. Don't think about which one you are supposed to feel. Accept them both as a gift from a God who is rich in all such emotions.

Lord, I seek the blessing of a joyful heart, the gladness of a happy countenance, and the delight of your eternal pleasure today.



TO ADVERTISE IN TRUTH ALIVE MAGAZINE



Subscribe to JEEVAVACHANAM



SATHYAM MALAYALAM DAKES BIBLE

- More than 3000 pages
- Deluxe Binding
- 35000 commentary notes
- Description of ancient culture
- 5 lakhs references
- 8000 speech notes
- 1 lakh concordance
- Description of ages
- Directions for Bible Study
- Other Study materials
- Greek and Hebrew word meaning in detail

MRP: 2500/-

FOR MORE INFORMATION ON BIBLES VISIT THE LINK BELOW:
www.sathyam.org/biblesociety



CONTACT US

KERALA OFFICE
Address : Thottabhagam P. O.,
Thiruvilla - 689 541, Kerala, India
Contact : # 9447126182
Email id : admins@sathyam.org

BANGALORE OFFICE
Address : House No.3, 2nd Cross,
2nd Main Keerthi Layout,
Kammanahalli,
Bangalore-560 084
Cell : 944 602 6182

Email : sales@sathyam.org

facebook.com/sathyam.india
twitter.com/sathyam_india
www.sathyam.org



SATHYAM PUBLICATIONS
SOULS THROUGH GOD'S WORD

THE TRUTH SHALL SET YOU FREE



www.sathyam.org



SATHYAM MINISTRIES
THE TRUTH SHALL MAKE YOU FREE
SOULS THROUGH GOD'S WORD



www.sathyam.org



Sathyam Publications

Are you planning to self-publishing your book, but don't have any idea how?

Many authors when self published their books, they get stuck in the editing, designing the cover page & structure of the book, and falling to reach a large audience due to lack of promotion assistance knowledge and marketing skills. There are a few other technical factors involved that can be handled with Sathyam Publications Team.



LOOKING FOR BOOK PROMOTIONS PUBLISHING

Call Us : 9447126182
Visit : www.sathyam.org

The Coronavirus and Bible Prophecy



Dr. Alexander Kurian

Some Christians have linked this deadly virus strain with Bible Prophecy of the end time; specifically with the Four Horsemen of the Apocalypse (Rev.6). This seems to be an "extreme" view of prophecy. Corona Virus is not one of the final plagues of Revelation. The Bible prophecies clearly indicate that the world will be ravaged by many disasters including terrible disease epidemics in the end times. Most of them will occur during the Great Tribulation/Day of the

Lord, after the Church Age. But the present disasters have great significance for our time today. The increase in natural calamities and pestilence remind us that the "Beginning of the End" has already arrived. The birth pangs are here. Disasters will be on the increase as "signs" of the times, and it will give us a glimpse of the larger things prophesied to come. Meanwhile, these tragedies are a "wake-up" call for the world to turn to the True and The Living God.

+91 94471 26182
+91 94465 13555

Seasons Greetings

BOOK FAIR

70% up to OFF

A GIFT
just for you

WHEN :- 10-24 DEC, 09AM-07PM.
WHERE :- SATHYAM PUBLICATIONS,
THOTTABHAGOM P.O,
THIRUVALLA-689 541

Valid from 10-24 Dec 2020
Exhibit this coupon at our store to avail a free gift

SATHYAM PUBLICATIONS
sathyam.org

WhatsApp Instagram Facebook Twitter

HINDI - MALAYALAM STUDY BIBLE

Beneficial for laymen, Bible students Pastors and ministers for Bible study and sermon preparation.

SECOND EDITION



Price

₹ 1500/-

Pre-Publication
Price

₹ 1000/-

SPECIAL FEATURES:

- ▶ Deluxe Binding ▶ List of Jesus fulfilled prophecies
- ▶ Hindi and Malayalam Bible on the same page
- ▶ Topical heading in both Hindi and Malayalam
- ▶ Hindi Concordance ▶ Hindi Cross Reference
- ▶ Septuagint Reading ▶ Outline of each book
- ▶ Historical backgrounds through New and Old Testaments
- ▶ Detailed study materials and notes in Hindi
- ▶ Introduction of each book of the Bible
- ▶ Background and context of each book ▶ Biblical Timeline
- ▶ History of Israel ▶ Maps of Bible land
- ▶ The parables and miracles of Lord and Saviour Jesus Christ



LAST DATE OF PRE-BOOKING - 25th DECEMBER 2020

KERALA OFFICE:

Thottabhagom P.O., Thiruvalla-689541

Kerala, India

Email: admins@sathyam.org

Call: +(91)9447126182, +(91) 9446513555

BANGALORE OFFICE:

3, 2nd Cross, 2nd Main Keerthi

Layout, Kammanahalli, Bangalore-560 084

Email: sales@sathyam.org

Call: +(91) 9446026182



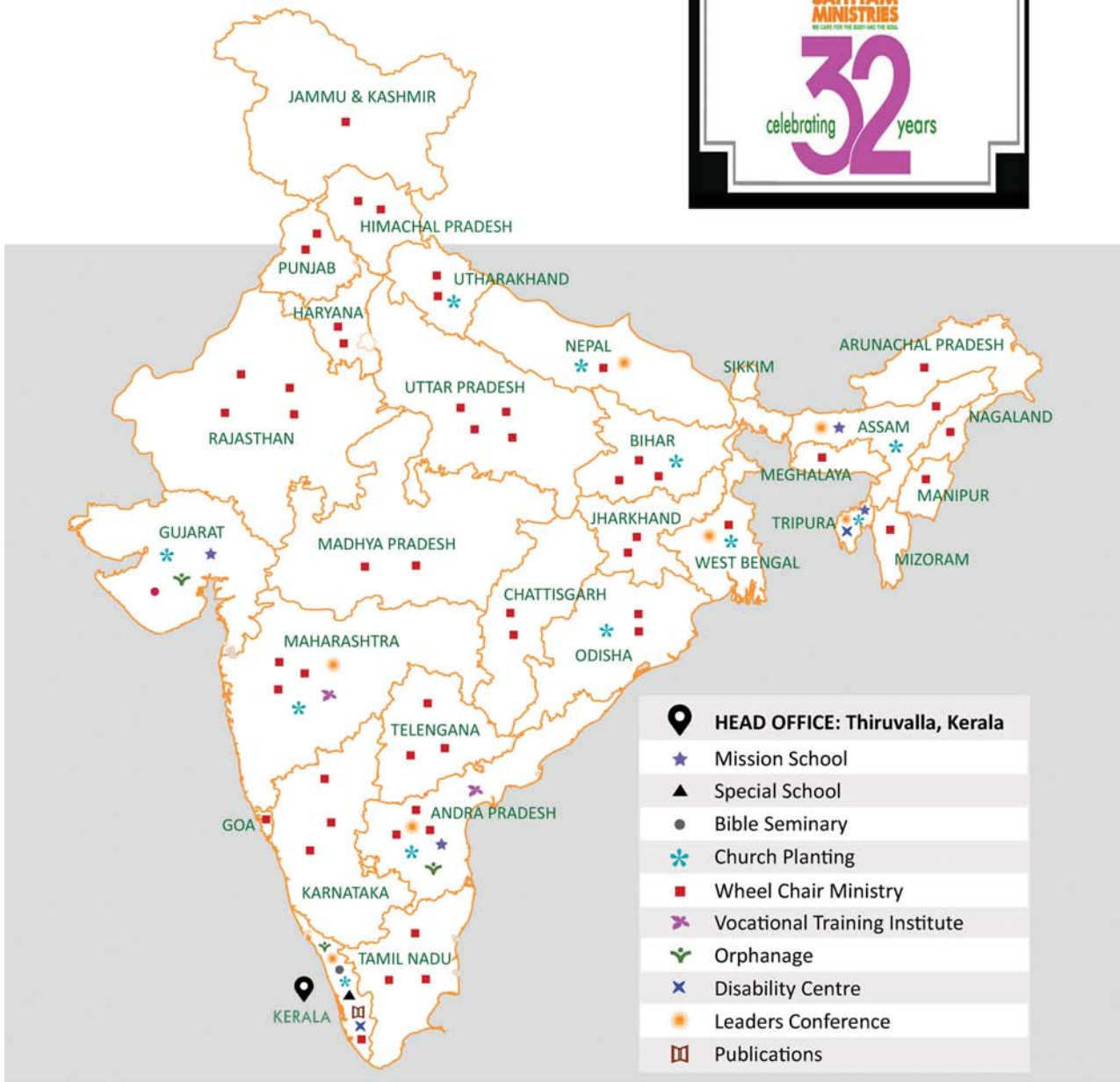
www.sathyam.org



facebook.com/sathyam.india



twitter.com/sathyam_india



HEAD OFFICE: Thottabhogom P.O, Thiruvalla - 689541, Kerala, India.

Cell: # 9447126182, 9446513555 Toll free: # 1-800-425-1211 Email: admin@sathyam.org

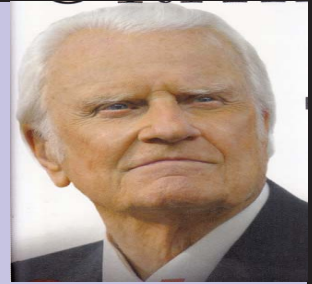
BANGALORE OFFICE: House No.3, 2nd Cross, 2nd Main Keerthi Layout, Kammanahalli,

Bangalore-560 084 Cell : + (91) 944 712 6182, 9426952763 Email : Manager@sathyam.org

www.sathyam.org [facebook.com/sathyam.india](https://www.facebook.com/sathyam.india)

twitter.com/sathyam_india

Thanksgiving with Meaning



Billy Graham

***The Lord is close to those whose hearts are breaking; he rescues those who are humbly sorry for their sins.
—Psalm 34:18 (TLB)***

It is the custom of many Christians to bow their heads in public places and give thanks for the food that has been placed before them. I have had scores of waiters and waitresses tell me that when we bowed our heads, it was the first time they had ever seen that happen in their restaurant.

Millions never pause to give a word of thanks to God for the food provided. Few homes have a moment of thanksgiving at the beginning of the meal or at any other time of the day. Even at Thanksgiving time only a minority will pause and give thanks to God.

Thanksgiving is recognition of a debt that cannot be paid. We express thanks, whether or not we are able otherwise to reimburse the giver. When thanksgiving is filled with true meaning and is not just the formality of a polite “thank you,” it is the recognition of dependence.

Prayer for the day

Lord Jesus, I know that apart from You I can do nothing of lasting value. Help me to come to the end of self and allow You to control the reins of my life.



SATHYAM PUBLICATIONS

SOULS THROUGH GOD'S WORD

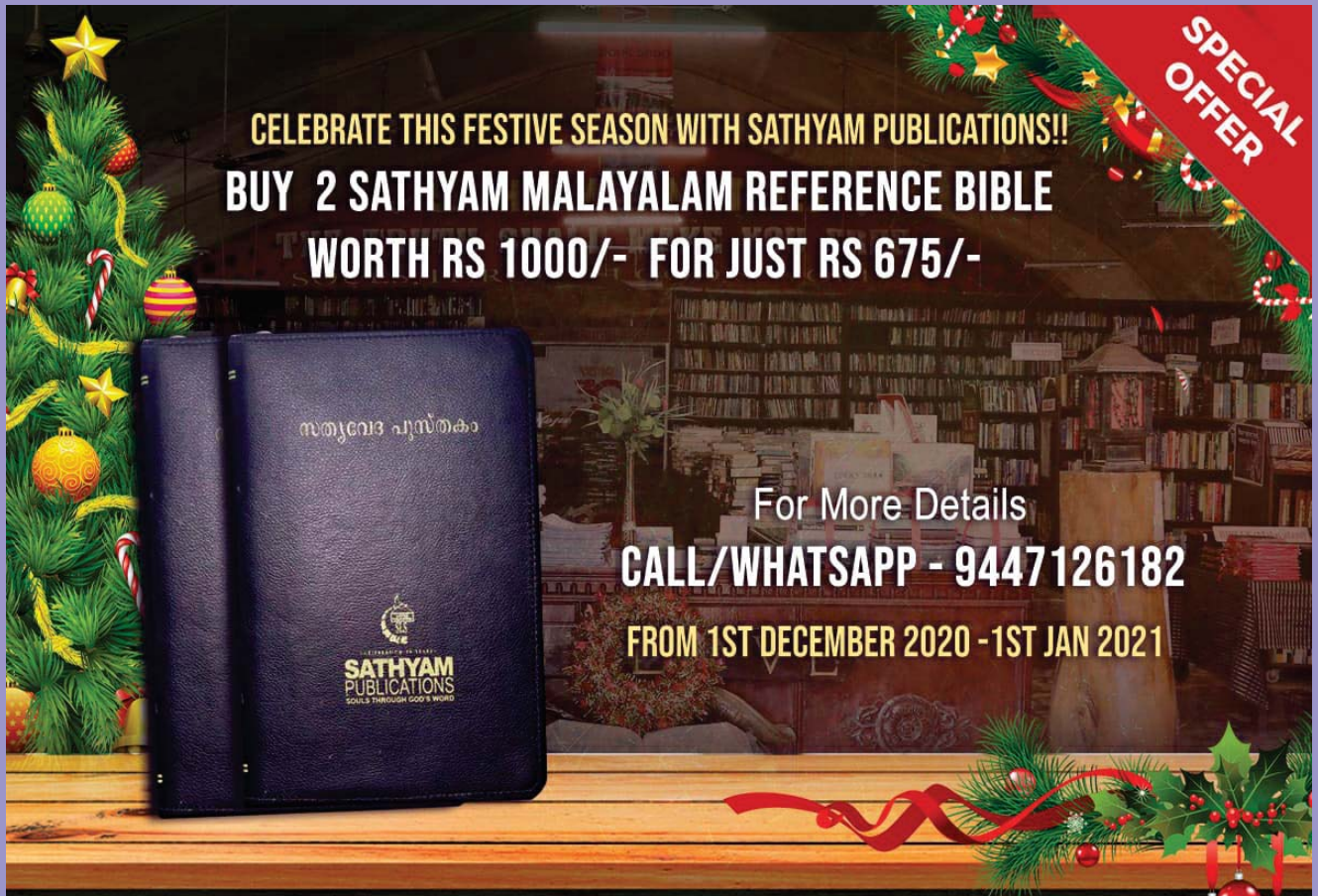
THIRUVALLA

BANGALORE

MUMBAI

Phone : 9446026182, 9446513555

www.sathyam.org



CELEBRATE THIS FESTIVE SEASON WITH SATHYAM PUBLICATIONS!!

BUY 2 SATHYAM MALAYALAM REFERENCE BIBLE

WORTH RS 1000/- FOR JUST RS 675/-

For More Details
CALL/WHATSAPP - 9447126182
FROM 1ST DECEMBER 2020 -1ST JAN 2021



My life was changed through a small booklet that I got during a bus journey!

You don't need to buy a book, Just come here, sit and enjoy reading!

It can transform your life, like it did in mine!

Welcome to Sathyam Publications!

Dr. C V Vadavana

Founder, Sathyam Publications

- ★ Many Varieties of Bible
- ★ Dake's Annotated Reference Bible
- ★ Bilingual Study Bibles
- ★ 400 different versions of the Bible
- ★ Spacious Parking

- ★ Bible Commentaries
- ★ Reference Books
- ★ Biographies
- ★ Spiritual Hymns
- ★ CD's and DVD's
- ★ Reading Area

SATHYAM PUBLICATIONS

Thiruvalla / Bengaluru

Phone No: 09446026182, 9447126182

admins@sathyam.org

Call for a Book # 9446531555

www.sathyam.org

How the Snake Slithers



Angela Koshy

When a relationship of love is developed, a bond of trust is formed. There is an unspoken agreement between both parties that the two of them will be committed to one another. When one of the parties dares to break the bond by choosing to be intimate with another person, that is when troubles arise. They are not only cheating themselves but they have caused the other person to question everything that they ever heard or felt. The person who cheats did not keep their promise to be faithful and that breaks the heart of the other. Now why this cheating occurs is not due to lack of affection, rather the search of what is missing in their present relationship.

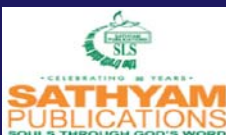
“Look at her dress, look at her figure, how she keeps in shape,” these were the thoughts of a man who was driving on the street. While waiting for the crowd to walk by before passing through, he noticed a girl. He was married, had two healthy kids, and a beautiful house. He was blessed beyond all measures. His wife worked hard both as being a lady with an occupation and as a mother. She taught her kids well, they became the top in their classes. She put effort in her children like no other, she loved them with all that she had. On top of all that, she cared for her husband's parents as though they were her own. As they aged, they required more and more care, she did everything without a complaint.

Everyday running this way and that way, making sure that the ones she loved were taken care of, so naturally she was exhausted. By the time she lays

her head down, she has overdrawn her daily energy bank account. This is where the husband comes in, he gets off work and comes home to a plate of food ready for him in the kitchen and his wife already asleep. He starts feeling irritated, he asks himself “Why is she always sleeping when I come home?” He takes a shower, grumbles some more and eats the food left out for him. Lays in the bed next to her and feels unsatisfied, not taking into account all that the wife had done. He was not content with their relationship, so he settled for what I call virtual cheating. He goes through his various social media apps and looks up women who attract him and looks to their photos for a solution to his irritation. His last thought before he dozes off to sleep is that he is unable to get a divorce for what society would think. He stays with his wife in a loveless relationship. He gives no attention, no appreciation and no consideration for his wife. He doesn't love her and lusts after other women.

A marriage should be an unbreakable bond with husband and wife, a bond not only with your partner but also with God. Do not let the snake slither in. Cheating starts as a thought, then a thought to an action, an action into regret, and regret into lies. If you feel as though your partner is not satisfying your emotional and physical needs, talk to them about it. Communicate rather than looking to other people outside the relationship, consider to take care of yours with full effort.

The grass might look greener on the other side, but it retains its healthy color due to daily care. Put in effort and you will reap the benefits.



Sathyam Publications

Sathyam Publications is the literature ministry of Sathyam Service Trust . It is a one window store for every kind of Christian books and Bibles, with over 32 years of experience in the Indian Christian literature market .We have a publishing house in kerala also a branch at Bangalore.We have published more than 513 Christian Titles. We have a network of more than 600 book stalls, 318 Bible colleges and literature centers all over India.

Call Us : 9447126182

Visit : www.sathyam.org

SATHYAM PUBLICATIONS BENGALURU

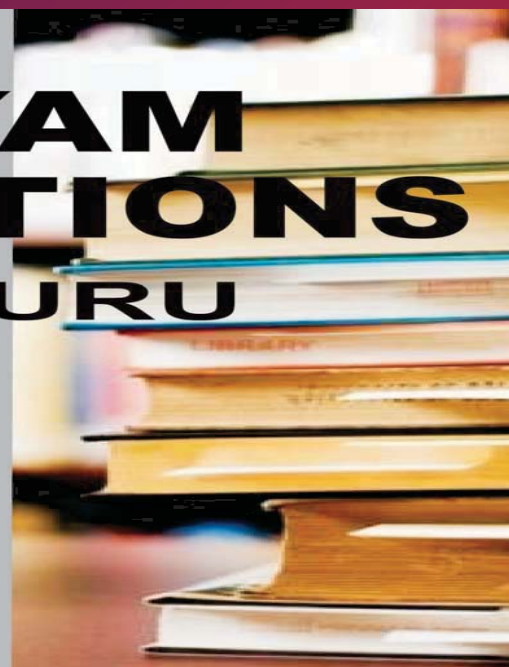
Christian Books Sale

**House No.3,2nd Cross
2nd Main Keerthi Layeout,
Kammanahalli, Bangalore- 560084**

Email: Sales@sathyam.org

WWW.sathyam.org

Call:9446026182



**SATHYAM
PUBLICATIONS
SOULS THROUGH GOD'S WORD**

Understanding Human Problems And Needs: A Holistic Approach



Dr. Thomas Kulanjiyil, PhD

Thomas Kulanjiyil, PhD holistic approach to understanding human problems and needs includes an exploration of the biological, psychological, sociological, cultural, and spiritual components that influence and shape human behavior, health and well-being. Various biological processes in the human body, regulated by the nervous system, influence our thoughts and feelings. Genetics and heredity influence our behavior, our physical, psychological health. Hormones significantly shape our behaviors.

There are conscious and unconscious psychological drives and motifs that shape human behavior. Prominent psychological theorists like Maslow, Freud, Rogers, and Erikson help us understand human behavior more systematically and thoroughly. Personality psychologists shed lights to the unique personality traits of people and their behaviors. A basic understanding of these psychological dimensions helps us not only with self-understanding but also with insights into the needs and problems of others.

Human behavior is heavily shaped by societal norms and expectations, and they determine how people react to others, and how they express their feelings, among others. For example, in the American society, children are

taught to be more assertive, but in the Asian society, children are taught to be less pushy and aggressive and to be more submissive to authority.

Psychological problems are often culture-specific, and they are maintained in a cultural context, and therefore understanding people in their cultural context is basic to offering effective help.

The spiritual dimension, often characterized as the “inner psyche” is the aspect of a human being that decides between what is right and what is wrong, and what is good and what is evil. It is also the facet that seeks spiritual communion with God. Spirituality helps human persons transcend the limitations of a mundane existence, and to realize higher purposes for life. Without this spiritual dimension, human beings would be no different from beasts.

The holistic approach treats man as a unity, functioning biologically, psychologically, socially, and spiritually. It recognizes that even in the midst of his problems and difficulties, man is endowed with intellect, will, and ability for discernment and decision-making. He can seek help, change, and become whole.



HINDI-ENGLISH STUDY BIBLE

Beneficial for laymen, Bible students, Pastors and ministers for Bible study and sermon preparation.

- * English (NASB) and Hindi Bible on the same page
- * Topical heading in both English and Hindi
- * Hindi concordance
- * Hindi Cross Reference
- * Septuagint Reading
- * Historical background through New and Old Testament
- * Detailed study materials and notes in hindi
- * Introduction of each book of the Bible
- * Background and context of each book
- * Outline of each book
- * Biblical Timeline
- * The parables and miracles of Jesus Christ
- * List of Jesus fulfilled prophecies
- * History of Israel
- * Maps
- * 1600 plus pages
- * Includes corresponding Hebrew - Greek words and their meanings

Price ₹ 1500/-



സത്യം ദ്വിഭാഷാ പഠന ബൈബിൾ

ഇംഗ്ലീഷ് ബൈബിളിന്റെ സൗകുമാര്യവും മലയാളം ബൈബിളിന്റെ ഭൗമ സ്മൃതിയും സമന്വയിപ്പിച്ച പഠന ബൈബിൾ

കൊറിയയിൽ അച്ചടിച്ച

അഞ്ചാം പതിപ്പ്

- ▶ ഇംഗ്ലീഷ് ബൈബിളും മലയാളം ബൈബിളും ഒരേ പേജിൽ ▶ ഇംഗ്ലീഷിലും മലയാളത്തിലും വിഷയവിഷിത തലക്കെട്ടുകൾ ▶ മധ്യഭാഗത്തായി ഒത്തുവരുകയും മലയാളത്തിൽ സമ്പൂർണ്ണ കൺകോർഡിംഗ് മലയാളത്തിൽ ▶ ഓരോ പുസ്തകത്തിന്റെയും ലഘുപാഠക്കുറിപ്പും രൂപരേഖയും ▶ പഴയ പുതിയ നിയമങ്ങളുടെ തുടക്കം ചരിത്രം ▶ ബൈബിൾ ചരിത്രം, ചിത്രങ്ങൾ, മാപ്പുകൾ ▶ ബൈബിളിലെ കാലാനുക്രമ ചരിത്രം ▶ എബ്രായ, ഗ്രീക്ക് വാക്കുകളും അർത്ഥവും

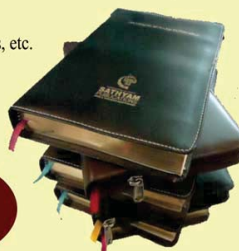
PRICES:

MRP: ₹1750/-

Malayalam Reference Bible

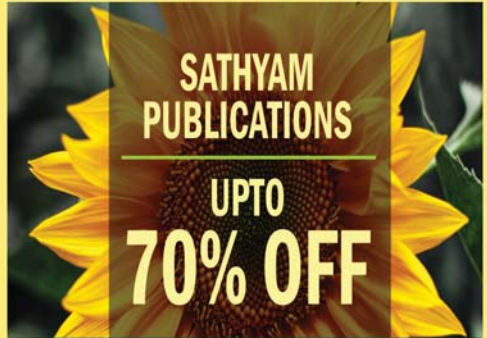
Published by Sathyam Publications

- More effective & useful for Bible learners/Ministers, etc.
- A best guide to Preachers
- More references to each verse
- References are placed in the middle of each page
- Many maps of Bible lands
- Handy size
- Gilt Binding
- Printed in quality paper



Now
₹ 500/- Only

Available @ Sathyam Bookshop, Thottabagom P.O., Thiruvalla - 689 541
Mob: 9446026182



UPTO
70% OFF

SATHYAM PUBLICATIONS IN USA & AUSTRALIA!

Various books published by Sathyam Publications are now available in the United States!

SATHYAM PUBLICATIONS (AUSTRALIA)
P.O. BOX 125, NORTH LAKES, QLD 4509, AUSTRALIA
CELL: 04164-70-700

SATHYAM PUBLICATIONS (US)
P.O. BOX 2040, PENSACOLA, FLORIDA, 32513, USA
CELL: 562-477-8372

SATHYAM PUBLICATIONS NOW AVAILABLE ON

SATHYAM PUBLICATIONS
NOW AVAILABLE ON

amazon


Flipkart



Visit us at www.flipkart.com, amazon.in
and browse through a wide
range of our books on offer!

www.sathyam.org

Easy reading just a click away!


CELEBRATING 30 YEARS
SATHYAM
PUBLICATIONS
SOULS THROUGH GOD'S WORD
sathyam.org

UPTO
**70%
OFF**

Christmas **BOOK FAIR**

DATE 10-24 DEC 2020
TIME 9:00AM-7:00PM

VENUE SATHYAM PUBLICATIONS,
THOTTABHAGOM P.O.,
THIRUVALLA-689541

+91 94471 26182
+91 94465 13555



Reflections On Christmas

Sarina George

Christmas trees, and twinkling stars,
Twirling lights, and chocolate bars,
Reds and greens, and bells on door,
Gifts and cakes, and food galore.
Music, parties, cards and toys,
Shopping, bubbling festive joys!
Glitter, sparkling lights that glow
Emmanuel, Whose birth we show.

Where was He born, denied a room?
As back 2000 years back we zoom
Though King, He did in a manger lay
The light of stars, swaddling clothes and hay
Sent to teach us the Way and the Truth
To love the poor and fallen to soothe
The multitude He fed, disciples He did pick
He healed the lepers, the lame and the sick.

A New Covenant! Salvation from sin!
Love unconditional, sinners to win
Sentenced, mocked, and to the cross nailed
Bled and died for us who have failed
Do we see that pain and taste that sorrow
When we celebrate this Child of tomorrow?
Do we see the Sacrifice, the Love so great
Can we love like this, and lose all our hate?

The Resurrection! What a glorious end!
Then the Holy Spirit Who now is our friend.
So Christmas is a time to renew
The bond with Christ, and be born anew
To live this out life as He did live
To love one another as He did love
Sing thanks in joy for a gift as He
Rejoice and praise Him on your knee.

A Thousand Little Things

It was a pretty regular morning.

I woke up late. Carly woke me up at 3:30 am and I returned to bed at 4:45 am, I had reset my alarm to give myself an extra hour to recover from interrupted sleep. As I've done so many other days, I fell back to sleep trying to give the Lord my disappointment about losing an early morning hour of working on a project I was excited about.

I'm thankful for weekday caregiving staff that allows me some degree of flexibility to make these kinds of adjustments when I've had a long night with Carly. But the pattern gets really old sometimes. Do you know what I mean?

Before I even got finished showering, a text message came from a couple needing prayer. Covid was bringing great challenge into their family. My heart ached for these friends. The wife is a funeral director whose recent months have been filled by exhaustion and sorrow with families losing loved ones to Covid. She faces exposure to the virus in unique ways every single day. And she does it with even less appreciation from others than medical professionals who are more widely appreciated for their sacrifices. How tired, worried and invisible she must feel sometimes made my heart hurt.

Between the bathroom and the kitchen, I stumbled over laundry left on the floor from Carly's middle-of-the-night diaper change, my socked foot dragged across something sticky, an email came canceling Carly's

neurology appointment for this afternoon, clean dishes needing emptying from the dishwasher but some dirty spoons had been added before others realized they were putting them on a clean load. I could go on. But you get the picture and you're already tired of my rambling.

A thousand little things.

Something else happened to tip my internal control filter. I don't even remember anymore what it was. But it seemed like the atmosphere of my heart shifted in a negative direction in the span of just 3 minutes. Anger and self-pity crept up on me unexpected.

One thing after another was triggering a mounting frustration mingled with disappointment, discouragement, guilt, regret, confusion. You name it. I was quite suddenly a swirl of nothing good.

I was losing perspective. Which of all these little things did I need to let go? Which of them needed to be addressed? I wondered if I was having unreasonable expectations of my family. I wrestled with what is fair to expect of Carly's weekday caregiver. I suspected the need for better boundaries. I confessed my poor coping to my husband but couldn't get by myself fast enough. Avoiding everyone in the house seemed like a good damage control strategy.

Covid has lowered my stress threshold. But I can't entirely blame a virus. I could easily blame chronic fatigue from more than two decades of caring for crying

babies, children with nightmares and now an adult whose sleep disorder continues to wreak havoc with our lifestyle. But I can't entirely blame sleep either.

What to blame? Isn't that what we do — try to find something or someone to blame? We try to find a reason. We hope to discover the root of our problem so that we might “fix” it or “get over” our own weaknesses.

My goal today was to get back in alignment with the Holy Spirit. I wanted to understand how to get back into the groove of my strengths, not falling into ungodly behaviors, while having compassion for myself and others.

Thankfully, way back when I was still in bed this morning, I read my friend's blog post on my phone. She wrote about her [strategy for the new year](#). She wasn't saying anything I didn't know or hadn't heard before. But she was writing truth and it came in front of me precisely when I needed the reminder.

I needed my friend to encourage me to run to Jesus and REMAIN in *that* heart posture all day.

John 15:4

Remain in me, and I will remain in you.

For a branch cannot produce fruit if it is severed from the vine, and you cannot be

fruitful unless you remain in me.

I had been tempted to run away emotionally. With my friend's blog as an echoing reminder and a sort of accountability, I ran to Jesus instead. I

needed a big drink from the Wellspring of Life, and fast. Like so many other mornings lately, I craved escape from the monotony of pandemic life, of the 24/7 caregiving life, of the consuming needs of others around me, of my own self-centeredness.

Finally, I ran to a chair and opened the Bible. I read some scripture in my new [Christmas devotional](#). My mind and heart found the stillness I craved with Jesus.

Upon some reflection, mornings seem to be hardest time for me to manage my moods and to resist that nagging woe-is-me mindset. As the day unfolds, I generally find my groove. But those days when the groove comes most quickly and satisfyingly are when I get to God's Word and prayer most quickly.

I shouldn't be surprised. I know better. But, to be fair, I don't get the kind of life that allows me to consistently order my days in the way that work best for me. As a caregiving mom, I have to work hard for that.

The hard work of it today was to keep my cool long enough to crawl into a chair and put my emotions in Jesus' lap. As He always does, He met me right away in the solitude and stillness with the door closed and my teacup in hand. I'm so thankful for the disciplined moment of intention that took me there and for the help with Carly that allowed me to reconnect to the Vine at a critical time.

All these little things came into perspective. They came to rest and release on that One Main Thing.

Emmanuel — God is with me.



GLOBAL SCHOOL OF COUNSELING

Affiliated to
Bengaluru North University

Master of Science in Psychological Counselling

This program integrates theories of Psychology and Counselling, Counselling Skills, and Practicum in all four semesters.

Every student will have individual and group therapy sessions in the Psychology Lab where they will develop their professional skills as psychologists and counsellors.

Eligibility criteria

Any of the following from a recognized university with 50% marks aggregate.

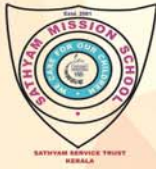
- B.A/B.Sc. degree with at least one paper in psychology from a recognized University.
- Or B.Ed/P.G Diploma in Counselling from a recognized University with 50% marks in aggregate.

How to Apply

Apply online at www.gsc.cgld.org

Or download the application and send the filled in form with all the required documents to gscadmissions@cgld.org

Last date for application: **October 28, 2020**



SATHYAM MISSION SCHOOL

WE CARE FOR OUR CHILDREN

CBSE Affiliated



Sathyam Ministries is an organisation dedicated in transforming the lives of the people and communities by showing love and care for individuals for the past 28 years. We are engaged mainly in charitable activities such as running orphanages, special schools for the mentally challenged children, mission schools, vocational training centers for women, providing free wheelchairs for the physically challenged (approx. - 100,000 wheelchairs already provided), relief works, sending our gospel team to various parts of India to spread the good news about Jesus and to serve the poor and organizing church leaders conferences all over India. Moreover, we carry out evangelical programmes and provide services to the people even in the outskirts of India. We, through Christ, continue our steadfast labor of love in proclaiming the gospel of our Lord and Savior Jesus, and our personal ministry to the saints and the unsaved. We strive to restore dignity and self-worth to the down-trodden of society, irrespective of their religion, caste, creed, race or gender.

JOIN US.

BE A PART OF OUR MINISTRY. Every good deed needs constant support. We need your good wishes. You can help in the following ways and contribution at any level will be greatly appreciated.

- By remembering us in your prayers.
- By sponsoring a child.
- Be part of a mission team in our mission fields.
- By providing ideas that can be executed to enhance our work and activity.
- By providing for donations, funds and other financial aid for the organization.
- By visiting our schools and orphanages to encourage our children.
- By helping spread awareness about the cause among family members, peer groups, colleagues and other social networks.
- By volunteering your time at Sathyam Ministries.
- By contributing in any ways possible.



SATHYAM MISSION SCHOOL

Address: Antarjal Main Road, Kidana, Adipur - 370 205, Gandhidham, Kutch, Gujarat.
Cell: # 93758 62389, 97266 78844 **Email:** smsgujarat@sathyam.org

HEAD OFFICE

Address: Horamavu - Agara Road, Horamavu Post, Bengaluru - 560 043
Cell: # 97310 51360, 94460 26182 **Email:** office@sathyam.org

www.sathyam.org

facebook.com/sathyam.india twitter.com/sathyam_india

