



ADVENTURE JOURNAL

DECEMBER 2022

Living the Adventure Ministries seeks to work for the transformation of the world through the awakening of the Church, evangelistic preaching, and Christian people putting their faith into action through mission experiences around the world.

Connect to Living the Adventure Ministries

Facebook: [facebook.com/matt.henson.56](https://www.facebook.com/matt.henson.56)

Facebook: [facebook.com/livingtheadventure](https://www.facebook.com/livingtheadventure)

Twitter: [@livingadventure](https://twitter.com/livingadventure)

Instagram: [hensonadventure](https://www.instagram.com/hensonadventure)

Instagram: [ltaministries](https://www.instagram.com/ltaministries)

Website: [livingtheadventure.net](https://www.livingtheadventure.net)

Email: matt@livingtheadventure.net Phone: 618-830-6670

Take a Rest

In Alice in Wonderland, the White Rabbit is seen running frantically proclaiming, "I'm late. I'm late. For a very important date! No time to say 'hello, goodbye,' I'm late. I'm late. I'm late!" The frantic schedules and the flood of information we receive creates an unrest in our lives as we seek to keep the proverbial plates spinning, with limited success.

As part of my normal habit of choosing three words to focus my life in the new year, I have been challenged with the concept of Sabbath Rest. The daily running as I seek balance between family, ministry, fire department, and community involvement leads me to weeks where there is limited rest. I am convicted of my errant ways and convinced my health is adversely affected when I do not make space for Sabbath Rest.

Sabbath, as we see in Genesis 1 and 2, is a celebration of completion. At the end of the sixth day, God says, "It is very good." To be able to create enough margin in my life to celebrate the completion of tasks and have the discipline to put down the instruments of my trade to experience rest is a growing area for my life in 2023.

Jesus invites us to rest when he says in Matthew 11:28, "Come to me, all you who are weary and burdened, and I will give you rest." We are invited to surrender our need to be in control of fixing our frantic lives as we fall into the restful, comforting arms of our Lord.

How is God calling you to create margin in your life to set apart time for Sabbath Rest, where you can focus on your relationship with Jesus and with others? How is God calling you to exit the frantic schedule of life and spend time in recreation and renewal as a set apart time in your weekly schedule?

Come Let Us Worship

We will soon be ringing in a New Year. We celebrate the accomplishments of the past year, while grieving the loss and struggles we have experienced over the past 12-months. As we embark on a New Year, we want to invite you to focus on Jesus by joining us for a Night of Prayer and Praise.

On **Sunday, January 8** at 6pm at Carmi Emmanuel United Methodist Church (203 Edgewood Lane, Carmi, IL) and on **Wednesday, January 11** at 6pm at Albion First United Methodist Church (127 E. Main Street, Albion, IL), Joyful Noise and Living the Adventure Ministries will lead us through a 90-minute time of prayer and worship. The evening will feature times for singing, silence, and prayer. There will be a time toward the end of the evening for people to be anointed and prayed with for healing. There is no cost for the event. There will be an opportunity for those in attendance to financially support the event.

Come join us! This is the third year for the Night of Prayer and Praise. Each year the Holy Spirit has touched lives and moved in power. We look forward to seeing you!

Count Your Blessings

The hymn *Count Your Blessings* invites us to "Count your blessings name them one by one. Count your blessings see what God has done." Paul writes in Philippians 1:3, "Every time I think of you, I give thanks to my God." You are a blessing in my life and in the ministry of Living the Adventure Ministries. I give God thanks for you and appreciate each prayer you have prayed for our ministry and each financial investment you have given to the ministry. As we wrap up 2022, we are amazed at all God has done and know God has big plans for us in 2023. As you consider an end-of-the-year gift to help propel us into 2023, we are grateful. You can make an investment in Living the Adventure through using the enclosed envelope or through PayPal on our website (bit.ly/3EQDCUp).

The Riggings

When preparing for a trip or an adventure, there are certain tools a person gathers to help and to encourage them along the way. These items can be called, "Riggings." Several years ago, I was providing a weekly devotion/encouragement via email. With the busyness of life, this regular email became sporadic and then non-existent. During the Advent season, I have restarted the weekly email called, "Riggings."

The Riggings email serves to provide a devotional thought for the week and an encouragement in your relationship with Jesus. It also provides a regular opportunity for me to share upcoming events or areas where I need special prayer. If you do not receive the Riggings each week, go to our website and sign-up via the pop-up. Or you can send me your email address and I will add you. My email address is: matt@livingtheadventure.net. If there is a certain topic you would like me to consider, please let me know via email.

Read with Me

For several years, I have used an E. Stanley Jones devotion book as part of my daily time of personal study and prayer. Brother Stanley wrote ten different devotions during his lifetime. Each devotion is a journey, inviting us to focus on Jesus and to realize the beauty of the Kingdom of God active in our lives. This year, the book of the year for the United Christian Ashrams International ministry is one of those devotion books entitled, *Christian Maturity*.

E. Stanley Jones writes in the Introduction to *Christian Maturity*, "As a firsthand observer of individual and collective problems and possibilities in both East and West, over a long period of years, if I were called upon to put my finger on the most pressing need of our age, I would unhesitatingly say one thing—maturity. We are very immature people attempting to handle very mature problems" (15).

If you are looking for a devotion for the New Year, I would invite you to join me in reading *Christian Maturity* in 2023. You can find the book at Amazon (bit.ly/3HCuQeC).

Mission Opportunities

In Matthew 28:19, Jesus says, "Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit." God has called me to travel where He leads in different places around the world. My heart continues to break with the ongoing struggles in Haiti, but I know God will work through my brokenness to share the gospel in other places while we continue to support projects in Haiti.

In 2023, we will be leading groups to Guyana in South America (July 27-August 6) and India (September 24-October 12). Our plan for our trip to Guyana is to lead an Arts Camp for children and youth. We are initially focused

on visual art (drawing and painting) and may consider doing some musical art as well. This will depend on the make-up of team. We will also have opportunities for some light construction and/or painting. In India, we will be tourists for part of the trip, visiting places like the Taj Mahal in Agra and the Amber Fort in Jaipur. We will visit mission sites in Lucknow, Bareilly, and Sitapur before traveling to the Sat Tal Christian Ashram, where we will participate in the Winter Ashram.

If you are interested in traveling with me to either of these locations or have questions, please contact me (618-830-6670 or matt@livingtheadventure.net).

Flood Recovery Trip

At the end of July 2022, parts of Eastern Kentucky flooded when upwards of eight inches of rain came overnight creating significant amounts of flash flooding. Homes were lost, roads were washed away, and bridges were damaged. There was a great need for immediate support to individuals and families who lost everything. The Methodist Mountain Mission, based in Jackson, Kentucky was quickly put into action to meet some of the immediate needs and to be a hub for incoming supplies. It seemed as though, "for such a time as this," God had established this mission ministry.

On December 2, I had the opportunity to visit with the leaders of the Methodist Mountain Mission. We spent time together in prayer, conversation, and orientation, as I was able to see the building God has given them for sorting and storing donations. Andy Mitchell, the volunteer coordinator, shared the needs that are still evident in the area, as many of the damaged homes have been left untouched. There is a great need for teams to work alongside Methodist Mountain Mission.

For this reason, I am inviting people to join me on a week-long mission experience in Eastern Kentucky on March 12-18. There is a need for people to work on homes, sort donations, cook for the team, work in the store, etc. We will leave after church on Sunday, March 12 and will return on Saturday, March 18. The cost for the trip is still being finalized. I will post this trip and the cost on our Facebook page in early January and it will be featured in the January *Adventure Journal*. If you would like to join the team, contact me (618-830-6670 or matt@livingtheadventure.net).

Merry Christmas!

*From Living the Adventure
Ministries
and
the Henson Family!*

Upcoming Events

We are working on scheduling events for 2023. Contact us to plan an event.

Jan. 8 Night of Prayer and Praise
Jan. 11 Night of Prayer and Praise
Jan. 20-22 West Virginia Wesleyan College Christian Ashram

Amazon Smile

Living the Adventure Ministries received \$126 in 2023 from Amazon Smile. Thank you for choosing us as your organization to support. If you are still not using Amazon Smile, go to smile.amazon.com and select Living the Adventure Ministries as the organization you are supporting. Each time you shop on Amazon, go to smile.amazon.com. We receive a percentage of your purchases in support of our ministry.