



ADVENTURE JOURNAL

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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.

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Mind Audit

A few years ago, I made the decision to monitor and journal the number of calories I was eating each day. It was an arduous task and was eye-opening as I was traveling and trying to find something to eat. I stopped at one restaurant that was affordable and the food was really good. As I went to order, I looked at the nutrition information provided on the menu board and I was discouraged to discover the normal meal I ordered was equal to nearly one day's allowable calories for the regimen I was following. I admit I gave myself a mulligan and placed my order.

As I was considering my experience recently, I was convicted about my daily intake of information into my mind. I realized too much of my day is the consumption of high-stress news reports, crisis management, and social media posts ranging from vacation pictures to political battles and name-calling. As I continued my audit, there was a clear correlation between an increase in my electronic consumption of information and a decrease of reading for enjoyment and studying the Scriptures. The ease of clicking the social media app on my phone or the ease of jumping to a news agency on my web browser while sitting at my desk, created a less than desirable result in my daily life.

In Romans 12:2, Paul writes, "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect" (NLT). The way we think is affected with the content and focus of our attention. When we are focused on the things of this world, we become bloated with negativity, uncertainty, and anxiety. When we focus on the things of God, He transforms the way we think. The negativity is changed to a perspective of positivity as we know we are not alone in the battles of our lives. Our anxiety is set aside as we are reminded of Jesus' words in the Sermon on the Mount: "Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. So don't worry about tomorrow, for

tomorrow will bring its own worries. Today's trouble is enough for today" (Matthew 6:33-34 NLT). We find confidence amid our uncertainty as we "learn to know God's will for you, which is good pleasing and perfect."

Just as counting calories spotlights where too much junk food and calories are causing unhealthy physical issues, considering what is going into our mind helps us to see where we are following the pattern of this world—creating unnecessary stress and discouragement. How can we become more intentional to invest our day in thinking on heavenly things? What would we discover if we did an audit of the information we are consuming each day? Do we desire the transforming power of God to be at work in our lives?

Prayer: Lord, I confess I binge consume too much of this world's pattern and information. Forgive me and focus my attention on you. Give me the confidence of your will for my life. In Jesus' name I pray. Amen.

Guyana Trip—Join Us In Prayer

The team is set for the Guyana Trip and it looks as though it will be three of my sons (Micah, Judah, and Isaiah) and me. We are excited to travel together to Guyana and to work on the Arts Camp to reach young people and families with the message of Jesus Christ, while celebrating the beauty of God's creative ability at work in us. The trip will be July 27-August 5. Please join us in prayer as we work on the curriculum for the Arts Camp and begin compiling the supplies we will need to take with us. Also, pray for us as we fundraise for the boys' fees to travel to Guyana. We know God will provide for our needs and we believe God will use this trip to reach new people with the transforming power of Jesus Christ!

Along the Indian Road

Matt was honored to co-author the Preface to the recently republished E. Stanley Jones book, *Along the Indian Road*. If you would like to learn more about the Christian Ashram and engage with Brother Stanley's theology and mission, consider picking up this book on Amazon.

Team Members to Brothers

Five men representing five different churches and four denominations, headed to Jackson, Kentucky to work on March 12-18. The July 2022 flooding damage became more apparent as we traveled outside of town and more toward Hazard, Kentucky, south of Jackson. God had provided a team of hard workers, interested in using their God given strength, gifts, and abilities to help homeowners and residents. One of our team members, Sam, owns and operates an excavating service, so he took his mini-excavator with us, which was a true blessing to several homeowners and the Kentucky Conference of the United Methodist Church staff leading the recovery effort.

Our team was able to finish removing sheetrock in a home and hung insulation and new sheetrock around the inside of the external walls of the home. We also finished gutting the bathroom, spraying it down to kill any remaining mold. A young family with a newborn is presently living in a travel trailer awaiting their home to be finished. Though our work did not get them into their home, we were pleased to hear of more teams following us to help move the project toward completion.

Sam was able to work on a few sites, securing areas prone to mudslides and creating ditches and diversions to move water more efficiently. He consulted with the local recovery team on other projects, as they were expecting another implement's arrival with a team in a couple weeks.

I was blessed to lead the team. Our morning conversations and evening devotion times served as great opportunities to share our struggles, celebrate our victories, and pray with one another. We moved from being a team of men who worked together, to a true brotherhood, acknowledging and celebrating our common mission in life: Love God and Love Others.

If you would like to travel with Living the Adventure Ministries on an international or domestic mission trip, contact me (matt@livingtheadventure.net or 618-830-6670). We are prayerfully considering the next date for a domestic trip.

Family Update

Dinner Theater at Edwards County High School was amazing this year. Judah and Isaiah both participated in the Show Choir, Band, and Choir. They both were part of the Dinner Music portion of the evening with Isaiah playing drums for a musical piece and Judah singing in three pieces and playing drums for another piece.

Micah and Judah are gearing up for their moves to university in August. Micah has found a roommate and Judah has found a couple suite-mates. He is still awaiting being paired with someone else as a roommate. Please keep this in your prayers.

Upcoming Events

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

April 27 Attend the Call of the Evangelist in The Woodlands, Texas
May 6 Thomas Casey/Autumn Christ Wedding
May 19 ECHS Baccalaureate
May 28 Enterprise Methodist Church Pulpit Supply

Join Us for Our Celebration

We are excited to announce our Annual Celebration Banquet will be Saturday, September 23 at West Salem Trinity United Methodist Church in Mount Vernon, Illinois. The evening will begin with a meal at 6pm and a special presentation to follow. We are working on a special guest for the banquet this year. I hope to announce this person in the next *Adventure Journal*. Please mark your calendars now to attend on September 23!

India Trip

I am excited to return to India for the first time since 2019. As you may remember from last year, I was unable to travel to India because of a positive Covid test prior to departure. It will be great to once again be with our brothers and sisters in India, while seeing the beauty of the many tourist sites we will see. We will be traveling September 24-October 11. If you would like to travel with me, I need to know by May 15.

If this year will not work in your schedule, but you are interested in traveling to India in the future, please let me know. We plan to travel to India each year for the foreseeable future, as we continue to build relationships through the Sat Tal Christian Ashram.

If you have questions about this trip or would like to travel with me, please contact me (matt@livingtheadventure.net or 618-830-6670).

Thank You

I am grateful for each person who receives our *Adventure Journal* and *Riggings* email. The weekly email is going very well, and I appreciate each person who engages with the devotion. I recently wrote a devotion about my Paw-Paw, which garnered several responses from people who knew him and loved him. It warmed my heart to see these responses.

If you do not receive the weekly *Riggings* email, consider joining our email list. You can go to our website (www.livingtheadventure.net) and sign-up or you can email me your email address (matt@livingtheadventure.net) or text it to me (618-830-6670).

I am also grateful for each person who financially invests in Living the Adventure Ministries. You make it possible for me to lead events and mission trips in many places around the world. Your contributions are gifts to this ministry and to me. Thank you for your ongoing support.

Finally, thank you to each person who prays for Living the Adventure Ministries. I have gotten behind on getting our weekly email out to our prayer team and look forward to getting back on schedule. Thank you to each person who lifts us up as I travel, preach, and prepare. You are truly a blessing to us.

Prayer Team

Thank you for your ongoing support of Living the Adventure Ministries. Your prayers are much appreciated as I prepare for speaking engagements and plan for mission trips. I am grateful for each person who is part of our Prayer Team. The Prayer Team receives a weekly email with different prayer requests and information about where I am traveling. If you would like to be part of the Prayer Team, email your information to matt@livingtheadventure.net.