

Subject: Weekly Dose of Encouragement

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From: Michael

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ANANIAS FOUNDATION



“We need to understand where our issues and challenges are and confront them head on. Because you can’t fix anything if you don’t know there’s a problem.”

Several years ago I had a toilet that leaked. The water seeped from the seal onto the floor under the toilet, then dripped into a utility room in the basement. This problem apparently went on for quite a while before I noticed the water downstairs. By this time, it was an even bigger issue than I knew because the subflooring under the toilet had rotted.

Clearly, this was something that needed to be fixed or the toilet and I were both going to end up crashing into the basement. The problem was, I didn't know how to repair subflooring—I'd never done it before, and I'm not particularly handy. Thanks to some expert help on YouTube, however, I learned. It took some time, effort, and trial and error, but I was successful at making the repair. The tile installer was impressed and I felt downright good about myself.

I think my leaky toilet and rotten subfloor story is pretty similar to the change process that those of us who have hurt our partners face. Often, we are not even conscious that our actions are hurting anyone—you could say we aren't aware that our s**t is spilling out. Then something happens to alert us of the problem—we get arrested or our partner leaves. We are shocked at the extent of the damage.

We know that we need to fix the problem or it is only going to get worse, but we don't know how. However, there is a process and help available from the Ananias Foundation website, counselors, books, and groups. With time and effort, and maybe some trial and error, we can be successful in restoring ourselves back into the person we were created to be. And we'll feel good about ourselves when it happens.

Here's where my toilet analogy breaks down. I could have hired someone to fix my bathroom floor. With the changes we need to make to stop hurting the ones we love, however, no one else can do it for us. Sure, there is guidance available, but you have to do the work. You can do it. We're here to guide you.

Change is possible!

--Michael



The Freedom of Accountability

Admitting failure or guilt doesn't have to be painful. In fact, it can be freeing. Read about it here:

[Read More](#)

But when the Father sends the Advocate as my representative —that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you.

- [John 14:26](#)

In the passage above, Jesus had been teaching his followers. He knew he was about to be betrayed and killed, and that he would no longer be around to guide them. Still, he assured them that they would be able to tap into God's wisdom through the Holy Spirit. What does this mean?

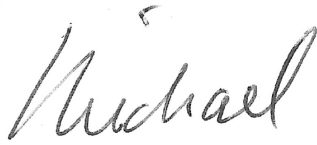
The Holy Spirit is one of those concepts that can be difficult to understand, even for mature Christians. I'd describe the Holy Spirit as the somewhat mysterious way God communicates with us and acts on our behalf. It is mysterious in that we can't completely explain or prove it. However, we get a strong sense that the thought, idea, or circumstances that just happened were not random, but were from God.

Sensing the Holy Spirit is maybe one of the best benefits of a personal relationship with God. By talking to God and humbly listening, we are given his guidance. No YouTube expert comes close to the wisdom that comes from the creator of all things. We can also know that he is working for our good, even when our circumstances are difficult, and even when we can't see it.

Anyone can have this close friendship with God. All we have to do is to put him in charge of our life. Said another way, we just have to trust him. Are you ready to have God guide you?

The Ananias Foundation provides guidance and encouragement for individuals who have been violent with their partners but who want to change. If this is you, please visit our website and connect with us.

Best regards and blessings,



Michael Clark
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Ananias Foundation

Connect



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