

The Alsops

servicing with **FAMILYLIFE**[®]



June 2013

Coming Home After War...

Many of us know men and women returning from battle. We have watched them struggle and wondered how to we could help. This month we are including an article from our website and a prayer card to share with your military friends and family.

Welcome home! Your tour of duty has ended. Now all you want is a return to normalcy. And your body wants to let go of the roller-coaster ride your emotions have been on since the day you knew that you would enter the battlefield.

But there's a problem. Your mind won't let you rest. It plays through everything you have just lived through.

You're home where you are supposed to be safe. You know that the threat isn't real this time, yet the memories of past battles haunt you when you want nothing to do with them.

Welcome to the backlash of war. The side that affects everyone differently. It's due to a combination of searing adrenalin and the physical and emotional toll that occurs during the time of battle. They've become a scar on your soul that you don't want to keep, but you don't know how to get rid of them.

Here are four steps that will not only help your health and well-being, but also that of your family:

1. Deal with the misconception that "I can reclaim my life as it was be-



fore I entered the Armed Forces and build from there."

Unfortunately, the truth is you can't undo what has occurred.

You have been through a forge, reshaped and hardened for the task of defending this nation's interest. You are not the same as you were before you joined the military, and you never will be that same person again. It's

better to destroy a lie than to keep hearing and believing it.

2. Allow Jesus Christ to be the mastersmith of your life and the commander of your soul. So often we don't invite Jesus Christ (John 3:16-18) into the circumstances and predicaments that place a burden on us and stain our souls with guilt and shame. We're afraid to

have Him open this part of our lives, because it's such a mess. Christ is no stranger to war or how it affects you. The only way to wholeness is through God's forgiveness through Jesus

(Romans 6:23). Deciding to submit to the one who made you will be the Power-making difference. If you are ready, submit to Jesus Christ.

3. Define the new normal. The desire for normalcy isn't wrong. You'll just need to define the new normal, and have to face the forge to find it. If you want rest and peace for yourself and your family, you will have to face the pain once again. But there will be a difference: With Jesus Christ as the Commander of your soul, you won't be facing this forge alone.

4. Address unresolved emotions from your tour. It's time to start dealing with all the feelings you placed in your "trunk" during your tour of duty and then left sitting there, sealed up and untouched. Allow Him the freedom to reach into your life to cleanse and bring healing. Give Him unrestricted access to everything in your trunk in order to purify whatever He finds in there.

Continuing the Journey

Getting real with Christ, about the feelings and emotions of war, won't be easy. But every time you do this He will rain peace and wholeness back over your war torn heart and emotions.

The battles you fought in war don't have to control your future. Take Christ by the hand and allow Him to reshape the course of your life. By doing this you will find the peace that only comes from the Prince of Peace. He will walk this journey with you ... every step of the way.

By John Treadway



Our Address:
6 Waterford Drive
Little Rock, AR 72223

Contact:
Nick's cell: 501-590-1414
nicholas@alsop.com

Website:
<http://www.alsops.org/>



We didn't get a newsletter out to you last month and we wanted to let you know what caused the lapse in communication.

On May 7th we were returning from picking Katie up at college in Virginia. Katie was following us as we were driving on the very busy I-81 almost to the Tennessee state line when a car ahead of us in our lane suddenly stopped in the middle of the interstate for no understandable reason. It had previously been raining and the road was wet. Needless to say

cars started slamming on their brakes, swerving and crashing. Despite our best efforts to avoid a collision both our car and Katie's got caught in the melee. Katie and Emily were traveling in her car and wound up crossways in the middle of the road with tractor trailers swerving around them. The driver's door on our car was damaged and would barely open so by the time we could both get out of the car Katie had calmly gotten Emily and herself out of her car and onto the side of the road. Both girls had to go to the hospital with Katie sustaining some cracked ribs and Emily's poor knees badly contused but, thankfully, not broken. All in all fourteen cars and two semi trailers wound up getting caught in the chaos which spread over a couple of miles. There were several serious injuries but we thank God that none of us were seriously injured. We firmly believe that God saved our girls as cars and semis slid around them but somehow both of them walked away from the wreck.

Both our car and Katie's sustained heavy damage. Katie's was totaled and our new-to-us van sustained a lot of damage to both the front and rear of the vehicle. It took many weeks to repair but last week-end we drove our rental car back to VA to pick up my repaired van and to empty Katie's totaled Civic. It was hard for Katie to see her car so destroyed because it had belonged to Nick's mother and had great sentimental value.



For the LORD our God brought us and our fathers out of the land of Egypt, out of the place of slavery, and performed these great signs before our eyes. He also protected us all along the way we went and among all the peoples whose lands we traveled through. - Josh 24:17



PRAISE:
Protection and safety—His mercies are new every morning!

Two days of family vacation in the Smoky Mts.

Thousands of people saved at WTR this year

PRAYER REQUESTS:

A replacement car for Katie

Preparation for staff training in CO in July

UPCOMING EVENTS



**CRU U.S. STAFF TRAINING
COLORADO STATE UNIVERSITY—FORT COLLINS, CO
JULY 14-20, 2013**

We look forward to sharing with you about what God is doing through Family Life and Cru to build spiritual movements everywhere.