**Vacancy**
It was the most unhealthy option but ice cream always helped...at least temporarily. Eventually though the sugar crash came and the devastating loneliness returned. The sound of no one in the house after the kids went to bed was crushing. The silent phone drove a deep pain straight into my depths of my fragile heart.

I had to come to terms with reality of my current situation and not base it on my past or what was my future. I had a new normal and had to know how to navigate. Though I didn't feel prepared and had many desperately low times, here's what got me through:

* Prayerfully going to God daily and being right with Him helped me to be able to walk through each day. I praised Him even at my lowest, I confessed my sin and brought everything to Him. He heard and responded.
* Decisions. I now had the ability to make decisions to change the course of our lives. I had to decide how we were going to move forward. By far the best decision was to commit to be in community with believers. It was the support and encouragement I needed. When I was at a low point they spurred me on towards what was right and good and I in turn did the same for them.
* Scriptures were memorized and hidden in my heart. When I woke up troubled, the scripture was there to be quoted. When I came to a critical moment, I had the resource of God's Word in my hip pocket ready to use at a moments notice. There is nothing as powerful as scripture and I now had what I needed.
* Accepting reality. Coming to terms with the new reality was a hard pill to swallow but one that I believe God was asking of me. I wanted more than anything to follow God. So with that came His glory not mine. Life was going to look different and it was going to be His way. I was going to have to hear His voice above all the other noise in my life and faithfully walk with Him.

Allow yourself take in one or all of these things today. Read, re-read and memorize the scriptures that mean the most to you in Hebrews 10.

*Hebrews 10
 22let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. 23Let us hold unswervingly to the hope we profess, for he who promised is faithful. 24And let us consider how we may spur one another on toward love and good deeds, 25not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.*

If we have not met, I want you to know that I walked into this church 25 years ago with a 5 year old daughter and a 2 month old son in tow. This church embraced me but bigger than that the gospel and what God did in my life changed this ordinary girl forever! And I know He will do the same for you! He will! Enjoy church, the SPF ministry and this SPF newsletter. Allow yourself to get excited about what God has in store for you and your children.

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