

# SCHROEDER NEWS

February 2021



Bringing the Healing Touch of  
Jesus to Wounded Hearts



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## Healing Hearts Ministries Inc

Box 12  
Regina, SK S4P 2Z5

[www.healinghearts.ca](http://www.healinghearts.ca)

### Support Information:

**Cheque** to  
Healing Hearts Ministries Inc.  
Box 12, Regina, SK S4P 2Z5  
'Project 450' on memo line

**Credit Card** on-line  
[www.healinghearts.ca](http://www.healinghearts.ca)  
Indicate - Arlene Schroeder  
project 450

**E-transfer** to  
[hhmregina@gmail.com](mailto:hhmregina@gmail.com)  
Indicate - Arlene Schroeder  
project 450

**Pre-authorized debit**  
(request form)

A couple weeks ago as we were meeting with Barb, via Zoom, she mentioned when she first felt that God loved her. I asked her if I could share this with you. Here is what she sent me...

*"My name is Barb and I entered Shayil Home to learn about my addiction; I also wanted to learn about myself. So coming to Shayil Home and learning about God was new to me. I was new to the program and I was about two weeks in, when I felt the love of God.*

*I was coming downstairs and it hit me. I stopped and a warm feeling of pure love came all round me and I knew that God loved me. I have never felt love like that ever and I didn't know it could exist.*

*It made me cry, in a good way, because I felt happy, safe and loved all at the same time. I felt happy after that moment for a week straight. Knowing that God loved me made me realize I was on the right path in my life."*

I remember when she first told us this. She had the biggest smile on her face and there was so much excitement in her voice as she told us how God had shown her that He loved her.

She was adopted and struggled her whole life with feeling that no one really loved her. She searched for love her whole life but had been hurt so many times. She looked to people for answers but they always came up short.

She said she always believed there was a God and that she was protected by Him and angels but did not understand it. She was searching for truth and now she had found the truth and God revealed Himself to her.

She is currently in her second year at Shayil Home and is employed by them. One of the things she is doing is being a support worker where she walks along side gals that come into the program. Watching her walk in her recovery and maturing in Christ is amazing.

## Changed Lives...

*"As we think, we change the physical nature of our brain. As we consciously direct our thinking, we can wire out toxic patterns of thinking and replace them with healthy thoughts. New thought networks grow. We increase our intelligence and bring healing to our brains, minds, and physical bodies.*

*It all starts in the realm of the mind, with our ability to think and choose—the most powerful thing in the universe after God, and indeed, fashioned after God."*

(The quotes here are taken from the book ‘Switch on Your Brain’ by Dr. Caroline Leaf who has worked in the area of cognitive neuroscience since 1985.)

I found this book to be quite fascinating. Granted, the scientific parts of it I don’t totally understand, but what I do understand is how awesome God has created our brain and that I can choose to change how I think which in turn affects my emotions and drives my behavior. The Scripture verse Romans 12:2 (NLT) says, “...let God transform you into a new person by changing the way you think...” other translations say “be transformed by the renewing of your mind.” Science is now backing up Scripture.

This is how people like Barb are being changed, transformed—by rewiring their brain. Does it take a lot of work? Yes, indeed. We cannot control events and circumstances of our life, but we can control our reactions.

*“God builds into the science of thought this amazing ability to renew our minds, which in turn rewires the brain.”*

If we want to grow in Christ it is imperative that “we take captive every thought to make it obedient to Christ.” We need to think about the power of our thoughts. *“When you choose to allow a thought to grow inside your brain, feeding it with attention and time, it will affect the cells in your brain and body, impacting your future thoughts, words, and actions. It is therefore incredibly important to monitor what you allow in your head, taking ‘every thought captive’ and making sure the things you think about are good and wholesome, not toxic and harmful.”*

This has been life changing for me. To actually stop and consider what I am thinking and what is driving it. God is a good, good Father and He gently leads us and encourages us to “choose life and not death,” to change and renew our minds so we become more like Him.

Would you like to  
hear more about  
God’s Kingdom work  
that I am a part of  
in Regina?

I would love to  
chat with you...

on the phone,  
or via Zoom,  
or going out for ‘coffee.’

## Praise & Prayer

### Praise:

- For Zoom, so I can continue to meet with the gals I have the privilege of mentoring.
- For longer daylight hours and warmer days which helps with morale.
- That God is in control of all things even when we don’t understand.

### Prayer:

- For God’s wisdom and discernment in decisions that we make—that we would understand what God wants us to do.
- That we would continue to be very aware of our thoughts and to take toxic thoughts captive.
- That I (Arlene) would continue to be intentional about what I do each day. Being at home so much alone gets difficult and there are days that I really struggle with not being able to see people face-to-face.