



ASK INA:

Responses to Your Most Heartfelt Questions

Dear Ina,
I get angry at count time because people will not be quiet. They can not follow a simple rule. I know I shouldn't get mad but it aggrevates me. I try praying but to be honest, my spirit is still upset. Please help me.

-An upset Christian.

Dear Upset Christian,
Whether you have committed your life to Jesus or not yet, there are certain things that push all of our buttons. It is not easy having things go differently than we would like. Living in close quarters with one another in prison is like taking a spiritual graduate course in college. I am realizing more and more that I can only survive life with Jesus by my side. It may sound like a statement of weakness but it is more like being meek. Meek means controlled strength (gentleness) through the help and guidance of the Holy Spirit and the Word of God. Matthew 5:5 "*Blessed are the meek, for they shall inherit the earth.*"

In otherwords, when you see things that upset you, God will bless you when you turn your mind away from thinking

on it and instead *fix your thoughts on thinking on good things.* *Philippians 4:8*

It would be great if you didn't have to deal with being around irritating people. Unfortunately, challenging people are everywhere, in or out of prison. Infact, this includes times when we are irritating to others as well.

When times come up when you get bent out of shape, go to the Bible and get a spiritual recharge. *Jeremiah 15:16* Remember God's Word is our best defensive weapon. *Hebrews 4:12* The more you memorize the Word, you will have a powerful tool to *keep your mind fixed on things above and remain peaceful.* *Colossians 3:2* *Philippians 4:6*

Dear Ina,

I confided with a young lady here that I thought was my friend. I needed to vent and now I wish I had kept my mouth shut. This girl turned around and told others. Now I feel really bad. I was hoping to encourage some of the girls to come to church with me. I am afraid I turned them off because my venting was really a form of gossiping. Now what do I do? -Ashamed

Dear Ashamed,

First of all, know that you are not alone when it comes to messing up. We are all works in process. As I grow in my walk with Jesus, I notice when I mess up I am more quickly able to go to the Lord and ask for forgiveness instead of making excuses like I used to do. I am realizing that I can continue to have that close, intimate fellowship with my Heavenly "Dad" when I strive to keep my heart pure. *Psalm 51:10* "*Create in me a clean heart, O God; and renew a right spirit within me.*"

One of my favorite expressions that helps get me back on track is "Oh, Well." I know I have messed up but now there is a new moment to make things right and still have victory. The key to turning things around for the good is asking God to forgive you and turn away from that sinful way. (in this case a form of gossiping)

Isn't it wonderful that God is patient and compassionate with us? Please be gentle on yourself. *Romans 8:1* says that "*...there is now no condemnation for those who are in Christ Jesus...*"

Relax, Jesus does not expect us to be perfect. Keep pressing on and stay alert to opportunities the Lord will provide to turn this situation around. *Get ready to shout for joy!*

God is in the process of working things out!

Just remember to wait on Him.

WANT TO ASK INA?

Send your questions to:

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Due to heavy mail volume, we may be unable to respond to every question. Your question, with an answer from Ina, may appear in future monthly mailings.