

Your Spiritual Condition

Why do you think men seem to be generally prone to having struggles with patterns of sin, broken relationships, and moral failure in their lives? These struggles are a sign that our “spiritual condition” is suffering and we aren’t walking in the Spirit. I believe that one of the issues is that men generally find it difficult to maintain relationships of trust with one another--trust to the level of being able to be totally open and honest without fear of exposure or of judgment. When we don’t have those relationships, it is extremely difficult to even be honest with ourselves, as we tend to fall into self-deception.

Recovery programs are tools to overcoming sinful patterns in our lives and are guides to spiritual progress. They are founded on several spiritual principles; honesty being one of the major keys. They tell us:

Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates.....There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our pride can be a terrible trap. We refuse to allow others to see us as we really are and then even begin to fall into the trap of self-deception. We need Christian brothers to help us see the logs in our own eyes before we can help others removing the splinters from their own eyes. I encourage you to have more courage than pride and to let down your self-defense mechanisms, becoming willing to be totally exposed. It’s the path to freedom from all those sin issue and relationship struggles.

And, I encourage you to consider attending the Cornerstone *Equip* meetings the first Monday night of each month. The upcoming, February 6, meeting will be focused on equipping you with tools to help others find spiritual healing and health, and you just might learn a thing or two about yourself too.

Men’s Lunch

Monday, January 30; Fireside Room

- **Great meal for only \$3**
- **Stimulating discussion of men’s issues from a biblical perspective**
- **Connect with other Christian men**

These lunches have proven to be a great opportunity for men to connect with other men in Cornerstone.

Moving On Divorce Recovery Group

Tuesday Nights, 7 PM @ Cornerstone

This Weeks Topic: Self-esteem

If you have experienced the devastation of divorce and are struggling to overcome the emotions, Cornerstone can help. Join us for our Divorce Recovery Group. This nine week program offers practical help. There is no cost to you and you can join in at any time.

Meeting Topics:

February 7	Moving Through the Loss & Grieving
February 14	Acceptance
February 21	Dealing with Fear
February 28	Dealing with Anger
March 6	Moving towards Forgiveness
March 13	Self Esteem
March 20	Depression & Confusion
March 27	Loneliness
April 3	Children and Divorce

Contact Mark at Cornerstone at 605-886-2242 (Ext. 116) or mark@cumcwat.com

OA Recovery Group

Tuesday Nights, 7 PM @ Cornerstone

Help with Eating Disorders

If you are struggling with eating disorders—over-eating, anorexia, bulimia, etc., Cornerstone can help. Join us for our *OA* Recovery Group. This program offers recovery assistance through a 12-Step program model.

Contact Cornerstone at 605-886-2242 or OA_cum@yahoo.com
