

# MEDITATIONS

*Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer. - Psa 19:14*

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## READY TO SERVE

As a member of the body of Christ, I've learned a few things along the way that you may find interesting. This walk with Jesus Christ is a fascinating journey that is best shared with friends.

The articles presented on this site are just a small token of the enormity of God in my life. He has taken me through many tests, trials, struggles, pains, heartaches, and tribulations. However, I've found him to be true to his word. *"I will never leave you nor forsake you"*.

Please feel free to contact me if you need a prayer partner, a friend to speak with, or you just want to say hello.

- Tim Hamner



## Season's Greetings

*It's the most wonderful time of the year.*



**I** It is the end of another year here at Tim Hamner Ministries, and I thank you for your continued support throughout 2010. This time of year, many of you are preparing for the year-end holidays such as Christmas, Kwanza, Hanukah or even New Year's Day. You are

planning and attending activities and/or parties to celebrate the season. Solomon says this in Ecclesiastes 3:1, "There is a time for everything, and a season for every activity under heaven."

During this time of year, many people are happy, joyous, and cheerful, they delight in the festivities of the season. But there are others who believe this is the worse time of the year. Frustration, loneliness, fatigue, or even depression are a few of the symptoms some people experience during this season. Many factors contribute to these feelings. According to the National Mental Health Association, reasons for feeling blue around the holidays are

2650 Half Moon Way, Antioch CA 94531-7312  
Prayer Line 925-237-1846  
[www.timhamnerministries.com](http://www.timhamnerministries.com)



Min. Tim Hamner, Sr.

## Message for the Month

My prayers are for you this season that you feel the love of Jesus and believe in his promises. If you need to focus on any one thing during this season, focus on Jesus and be of good courage. I wish you a happy holiday during your festival season! As the song says, "it's the most wonderful time of the year."

## Season's Greetings

numerous. They range from fatigue – a result of all of the increased holiday activity – to financial limitations and family tensions. Experts say one of the fastest routes to holiday depression is unrealistic expectations."

Dr. Jill Rachbeisel, Director of Community Psychiatry at the University of Maryland Medical Center says, "people often hold on to what they remember as the perfect holiday from years past. There is also the expectation around the holidays that "everything must be perfect" in order to have a good time. When these things don't fall into place, this may trigger signs of mild to full blown depression." According to the National Institute of Mental Health (NIMH), some of the signs and symptoms of depression are:

- Persistent sad, anxious or "empty" feelings
- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness and/or helplessness
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable, including sex

- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Insomnia, early-morning wakefulness, or excessive sleeping
- Overeating, or appetite loss
- Thoughts of suicide, suicide attempts

I care deeply for those people who may be lonely, overwhelmed, or even hurting this time of year. The good news is that Jesus Christ died on the cross for you because he loves you. We know that Jesus loves us because he willingly laid down his life for us (1 John 3:16). Each day, the scriptures provide us assurance and comfort in knowing that we are never alone and that we can have lasting joy. Zephaniah 3:17 reads, "The Lord your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing." Matthew 28:20 reads, "And surely I am with you always, to the very end of the age." Psalms 23:4 reads, "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and staff, they comfort me."