Don’t Panic!

I recently received an email from a colleague explaining that the original agreement we had in place for a major project was now going to be cut in half. My office never approved this change and the effects of this change were detrimental to the success of the project, and possibly the whole program.

As I read the email again to make sure I understood it correctly, I had a choice to make. How do I respond?

I had a few choices on how I could respond.

1. I could panic. I could allow my thoughts to run wild and tell myself how my job and dozens of people's jobs would fall to pieces by this agreement change.

2. I could become angry and start looking for a new job. This option may seem extreme, but this project was the hinge on which our program operated. Sometimes problems in our lives feel too hard and we may feel tempted to run away from them.

3. I could remain calm, pray and trust God to work things out.

How do you respond when life throws you a curveball? When you have things planned out and all of a sudden things change, what do you say? What do you do? How do you cope?

The fruit of the Spirit includes the following: love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. ~Galatians 5:22-23 (New International Version)

Did you notice that the fruit of God’s Spirit in your life and mine does not include anger, bitterness, worry or panic? Those things are normal human responses to a crisis, but the result of God working in the life of His followers produces greater things.

Rejoice always; pray without ceasing; in everything give thanks; for this is God’s will for you.
in Christ Jesus. ~1 Thessalonians 5:16-18 (New American Standard Bible)

When life gets hard and things do not go according to our plans, here are some things we can do:

1. Stop, pause and breathe. We need to stop and be still when life hits us hard. Being slow to speak and slow to respond can serve us well when we feel on the verge of panic. When we are quiet before the Lord, we can hear Him much more clearly.

2. Pray. Prayer is our lifeline to our Father. Before we talk to anyone else, we need to talk to Him. With a grateful heart and a contrite spirit, tell God how you feel. Tell Him what you need.

3. Trust God. Bad things happen to all of us. The good news is that nothing takes God by surprise and nothing is too big for Him to handle. When life hurts, we need to stand firm on His Word. We can walk with assurance that God is working all things together for our good when we love Him and are called according to His purpose. He never loses control.

When I am afraid, I put my trust in you. ~Psalm 56:3 (New International Version)

When life spins out of control and you feel afraid of what may happen, keep your eyes focused on Jesus. Ask Him to give you a calm spirit. Stay grounded in His Word. Ask Him to help you walk through your trial with faith. Petition His throne for what you need and trust Him to do what only He knows is best!

Grateful for you,
Joy Greene, CPFI Board Member
Trinity, NC

PS: If you’re curious as to what happened with the project, the news is good! With God’s help, I talked with my colleague and we were able to find a new and better way to keep our agreement in place. The project is on go and I am grateful to our God who is forever faithful!

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2018 Global Missions Health Conference
November 8 to 10, 2018

Southeast Christian Church
920 Blakenbaker Parkway
Louisville, KY, 40243

CPFI has partnered with the Global Missions Health Conference and will have an exhibit booth in the main exhibit hall at the church. CPFI will also conduct its fall Board meeting on November 8th and a Meet & Greet for pharmacists and student pharmacists on November 9th. Please join us in Louisville for an exciting conference!

Free gift for members!
CPFI members received an e-mail invitation last month to sign up for **FREE** access to the **RightNow Media** video library. If you have not already signed up, we hope you will take a moment to click on the link above and get started taking advantage of this great resource at **NO COST** to you! Once you’ve filled out the information, you will have access to more than 20,000 video Bible studies, leadership videos, conferences and resources on parenting, marriage, discipleship, and more!

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### Please Note

One member has had trouble renewing their membership with the new database system. The quick links in the renewal notice should take you into your account and allow for a quick renewal. In this case their institution had implemented advanced security measures in their email system that prevented access to the member’s CPFI account. If others are having this problem, please let the office know ([office@cpfi.org](mailto:office@cpfi.org)). We are working on a solution.

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### Help keep CPFI Strong!  
**Renew Your Membership Today!**

Click to renew at [office@CPFI.org](mailto:office@CPFI.org) or for assistance contact the office at (888) 253-6885

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### Join The 1% Group Today!

Learn how you can help support the CPFI ministry with your generous gift of one percent of the annual budget. Click the link or call the office to learn more and join.

*~Upon request your 1% Group donation can include your membership renewal~*
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<th>Power Hour</th>
<th>Learn more and join Power Hour</th>
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<td>One hour can make a difference!</td>
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<td>Will you give one hour of your salary each month to help support the CPFI ministry?</td>
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<th>Your support is needed</th>
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<td>CPFI needs your continued support.</td>
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<td>Please consider giving an annual gift or a monthly gift to help CPFI meet its operational and ministry expenses.</td>
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