

Sometimes life gets messy and doesn't make sense.

In his just-released book, *Making Sense When Life Doesn't*, Cec writes about thriving in tough times.



Do you have a healing story? Click on the picture above for submission guidelines.

Because We Care

As caring people and doers of good deeds, we tend to feel the burden of making huge gestures or speaking eloquently to lift our friends out of their doldrums, pain, or heartaches. We focus on the result—that is, making the other person feel encouraged, helping them make the right decision, or offering insight into their problems.

What's wrong with such desires?

Nothing.

Our attitude speaks of our desire to stretch our arms toward a hurting person. However, desire and wisdom aren't always compatible. I may want to pull her out of depression or get him to start an exercise program. That's an excellent intention.

But that's not enough until we apply wisdom. We're zealous to fix others—which is both kind and noble. We may struggle intensely to do *exactly* the right thing or trouble ourselves over precisely the right way to say something.

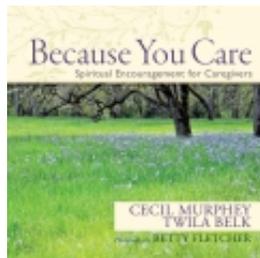
I suggest something less complicated. If we're convinced we care about the person (and not only the result), here it is: Follow your heart.

I hesitated to write those three words because too many people feel that gives them permission to throw clichéd statements, quote the Bible, or overwhelm others with exhortation.

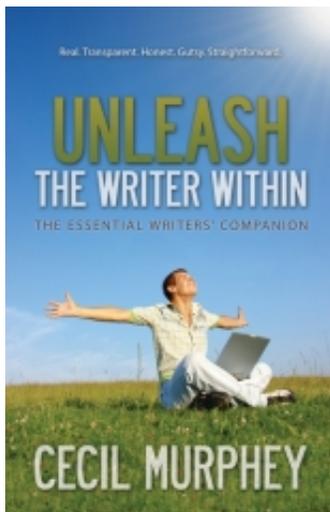
Before we take any action or say anything, let's ask ourselves: If the situation were reversed, how would I respond? Would I want someone to say, "I'm telling you this for your own good"? Would I rejoice if a friend tried to pull me out of my depression by saying, "Rejoice in the Lord always"?

Probably not.

I've shed the need to be the great rescuer of souls. I simply want to do what little I can for others. I've learned that when I express my



From a reader: "Thank you, Cec and Twila, for this thoughtful, transparent work. Next time I see a caregiver, I'll ask, 'How are you?' before I ask about anyone else. I'll focus my prayers as much on the needs of the caregiver as on the one who receives care."



A reviewer says about *Unleash the Writer Within*, "It's not a technical how-to, but a deep-reaching why-to. It cuts through the trendy writer-speak and heads straight to the center of our motivations and choices."

compassion, even with no answers (or perhaps especially with no answers), I generally connect.

Here's a straightforward response: "I don't know, but I care about you." (Of course we have to mean those words.)

Something happens. When we speak from the heart—from compassionate caring—most of the time we connect. Our friends know when we speak lovingly.

It takes so little to help others know we care.

Personal News

I'll be in the Quad Cities April 19-22, where I'll do a one-day retreat for writers based on my book, [Unleash the Writer Within](#), in Bettendorf, IA and present a workshop for [Iron Sharpens Iron](#) at Calvary Church of the Quad Cities in Moline, IL. I'll also preach at Open Bible Fellowship in Davenport, IA.

Saturday, April 28, I'll participate in a seminar for Stephen Ministry, at St. Martin in the Fields Episcopal Church, Atlanta.

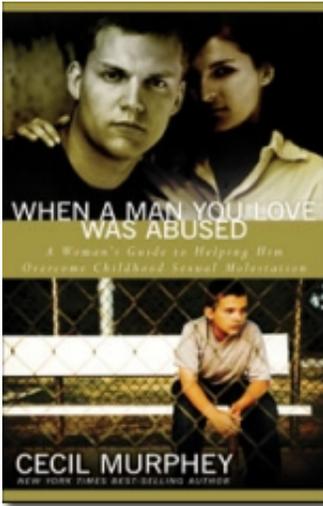
Sunday, April 29, I'll be at Christ the King Lutheran Church, Norcross/Atlanta, to help them start a program for domestic abuse.

The Twila Zone—Words from My Assistant, Twila Belk

SPECIAL ANNOUNCEMENT: Cec and I have a contract with Regal Books for *I Believe in Healing*, a book that will include historical and contemporary stories of healing. The publication date is February 1, 2013. We seek documented stories of physical healings. If you or someone you know has experienced a physical healing, we'd love to hear from you. Visit www.ibelieveinhealingbook.com for submission guidelines.

[Making Sense When Life Doesn't: The Secrets of Thriving in Tough Times](#) is now available. Summerside Press did a beautiful job with the book. I agree with what Don Piper said in his foreword: "For a man who has published more than 120 books, I humbly suggest that this book is some of his best work. . . . Some of Cec's most profound insights are contained in this work. They're not platitudes, but insightful, transparent, sensitive, practical instructions for living a significant life."

If you're a caregiver or know a caregiver, you might want to "like" the [Because You Care: Spiritual Encouragement for Caregivers Facebook page](#). Receive encouragement and share ideas there. Cec and I thank Gail Smith for setting it up and facilitating the discussions.



April is Sexual Assault Awareness Month. *When a Man You Love Was Abused* is a great resource.



Cec's Men Shattering the Silence blog offers help for male survivors of sexual assault.

To see a book trailer for [Because You Care: Spiritual Encouragement for Caregivers](#), click on the link.

April is Sexual Assault Awareness Month. If you know a man who has been abused, recommend [Cec's blog for male survivors](#) and his book [When a Man You Love Was Abused](#).

Links of Interest:

[Cec's website](#)

[Cec's blog for writers](#)

[Cec's blog for male survivors of sexual abuse](#)

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