

Merry Christmas!

Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, that everyone who believes may have eternal life in him. - John 3:15

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. - John 3:16

For God did not send his Son into the world to condemn the world, but to save the world through him. - John 3:17

Change is hard even when it is good for us.

Walking the Christian life is not easy, but it is the best life if we obey the Lord and live life as He designed it to be lived.

The key word is change. When we ask an addict to leave their friends and go to a new place, find a church where they will be welcome, and start over from nothing, we are asking a lot. *The Prince of Peace*

But the Lord does ask us to change. The word for that is **REPENT** or "do a 180" if we are heading the wrong way. He forgives us but we have to act on it, not just think about it. He will help those who are sincere.

FIT also helps through its life skills courses by showing practical ways to achieve change. Ways that will help us to become a more mature Christian AND a more fulfilled person. Here are our courses and how they help us change for the better:

Starting Over sets the mindset for change.

Anger Dynamics helps us control the anger that we have right now.

Coping with the Losses of Life helps identify the roots of that anger.

Practical Parenting suggests remedies for destructive patterns.

Dating and Marriage identifies problems and remedies in relationships.

Financial Success shows changes that will help you to get out of debt.

Insight identifies hangups and processes that hold us back.

Free to Grow will show a variety of situations that will free you.

Change of Heart focuses on forgiveness - of yourself as well as of others.

**\$1,785 raised in Fall Fundraiser
Thank You! You are a Blessing.**

FIT loses a beloved member of the FIT Family

We regret to report that Paul Webster recently passed away. A long-time FIT supporter, he facilitated classes from 2010 until 2019 when the COVID Pandemic shut things down. Paul faithfully ministered at the Sarasota County Jail until a stroke attacked him and he ended up in a wheelchair. No longer able to go into the jail, he spent the remaining years ministering to clients at Harvest House.

This was a great and humble man. Everyone that knew him loved him. He will be greatly missed. See the video that Paul recently made for FIT by clicking on or going to https://www.youtube.com/embed/WF_Cnqu09jA?rel=0.



from the desk of Office Manager Betty ...

Hello everyone. Please don't use old stamped envelopes that were in your dues packet of past years which were addressed to 5019 37th Street. A few years back, we were asked to leave that building and now our current address is 3855 Pro Am Avenue E, Bradenton, FL 34203. The old address is now a private residence, forwarding has expired, and we have no control over what happens to mail going to that former address. Thank you for your understanding.

from the desk of President Don ...

The key to Christian living is to repent from doing wrong things and turn around. That means change, something that none of us like to do. This month we feature the [Change of Heart](#) course. I originally asked



Dr. Sheehan to write a book on forgiveness and Change of Heart was the result. Change of Heart shows the importance of the topic of forgiveness and gives guidance of working through the knotty life situations where the struggle is ongoing and not getting better.

First of all, Christ forgives us of our sins if we repent and follow him. Beyond that, we need to deal with our own lingering forgiveness issues. We need to learn how to forgive others that have "trespassed" against us (Methodist) or have non-monetary "debts" (Baptist) needed to be resolved [Think of the Lord's prayer]. Either way, we need to forgive others that have "stepped over the line". Equally important, we need to forgive ourselves of the past in order to move on. Jesus has forgiven us so why would we still want to keep hanging on to the past?

I like the covers of the book, both front and back. They give a word picture of how choosing the Christian way leads to the most satisfying life. It leads us to be better citizens at the same time as becoming a mature Christian as described in 2 Peter 1: 3-8. FIT - developing life skills through faith.

