**I'm Fine**

On auto-pilot, we respond to the every-day question of 'how we are' in the same way... "I'm fine." Over and over throughout the day, we respond the same way even though we know that we have deep pain welling up inside. We wear the masks, we mutter the words and then feel the pain of depression, abandonment or rejection even deeper. The best of friends will ask about 10 sentences before the real question..."But, how are you?" That is usually when the real feelings come pouring out. We need someone to care enough to ask those questions.

Meet Hezekiah. This guy had gotten some really horrible news that he was going to die; he poured out his heart and even wept bitterly before the Lord in prayer (2 Kings 20:1-5). Then listen to the message of God sent Hezekiah, "I have heard your prayer and seen your tears; I will heal you." Gut-wrenching honest moments before the Lord, even if that means weeping bitterly, are critical in our faith journey. It deepens our faith and brings healing. Our God has shown Himself faithful over ALL the generations. He will be faithful in ours.

If we have not met, I want you to know that I walked into this church 25 years ago with a 5 year old daughter and a 2 month old son in tow. This church embraced me but bigger than that the gospel and what God did in my life changed this ordinary girl forever! And I know He will do the same for you! He will! Enjoy church, the SPF ministry and this SPF newsletter. Allow yourself to get excited about what God has in store for you and your children.

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