



A relationship is not based on the length of time you've spent together.

IT IS BASED ON THE foundation YOU'VE BUILT TOGETHER.



Building a...

Foundation

Whatever good things we build end up building us.

— Jim Rohn

The most important thing in communication is hearing what isn't said.

- Peter Drucker

All life demands struggle... The very striving and hard work that we so constantly try to avoid is the major building block in the person we are today.

— Pope Paul VI

Building a better you is the first step to building a better America.

— Zig Ziglar

I like to see myself as a bridge builder, that is me building bridges between people, between races, between cultures, between politics, trying to find common ground.

— T. D. Jakes

For we are both God's workers. And you are God's field. You are God's building.

— 1 Corinthians 3:9





Inspired is a Christ-centered magazine sharing uplifting stories and encouraging faith in God and living a life of integrity every day at home, work and in the community.

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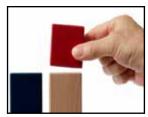
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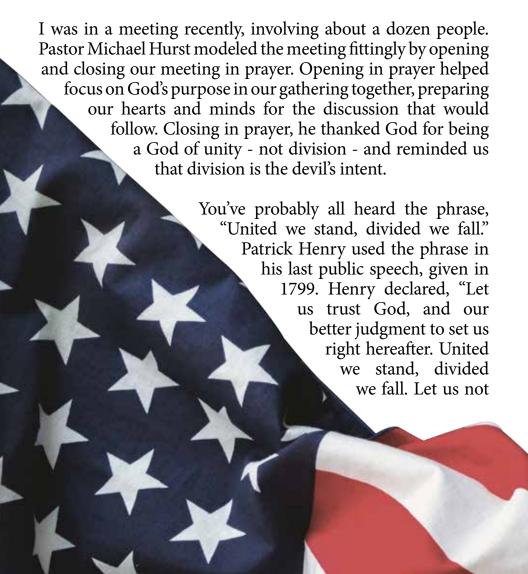




Take the First Step...

Come Together

Meetings are a part of life for many of us, whether they involve work or church, or even our family. Meetings are when we come together to discuss issues, to improve communication, to promote coordination — all to help achieve a worthy goal or purpose. But nothing happens unless we take the first step and come together...



split into factions which must destroy that union upon which our existence hangs."

In Ephesians 4, Paul writes about unity, "Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God. Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace. For there is one body and one Spirit, just as you have been called to one glorious hope for the future."

And Jesus taught us in Mark 3:24-25, "A kingdom divided by civil war will collapse. Similarly, a family splintered by feuding will fall apart."

Most of us follow sports, and there has been much attention given this past fall for what many of us may feel are the wrong reasons. Rather than enjoying an afternoon of football, media and conversations across the nation were dominated, by emotions involving standing or kneeling during the national anthem.

Today in America we live in challenging times. We know God wants us to be united, yet the world wants us to be divided. Do we conform to the world, or are we transformed?

Let us come together and pray for unity — that we might be bound together with peace and transformed by God's love.



Talented and Iowa Nice...

Jon Mero

Jon Mero is one talented young man. Many in Iowa have known that for a long time. Now much of America knows as he was recently one of the twelve finalists on NBC's "The Voice," the popular show in which four superstar judges from the music industry choose vocalists for their team sight unseen and based only hearing a contestant's voice. Jon received a four-chair turn and had the honor of selecting any one of the judges to be his coach. He chose Adam Levine, one of the most popular male vocalists today whose known by many as the front man for Maroon 5.

As the original contestants were narrowed down to twelve for the live show, Jon remained as one of three on Adam's team. He sang "Why I Love You" as a tribute to his hometown of Des Moines and his church. Everyone I know who saw the show was amazed by his vocal performance and proud of his Iowa roots.

Prior to moving to Atlanta for his career, Jon sang at Lutheran Church of Hope in West Des Moines as part of the worship team. When I think of Jon, my memory goes to Haiti when we shared experiences as part of a mission team who traveled there after the earthquake in 2010.



It was January 12, 2010 when Haiti, the poorest country in the western hemisphere just 800 miles off the coast of Florida, was hit by a massive 7.0 magnitude earthquake. Estimates of damage were difficult to comprehend —

more than 200,000 people who died, 300,000 injured and 1.5 million displaced. Thousands of buildings, including schools and churches, were destroyed or damaged beyond repair.



In May, five months after the earthquake, a team from Meals from the Heartland traveled to see how we could serve by shipping meals to mission partners located in the country who could distribute food to those in need. Millions of meals were sent as a result of that trip and in the years that followed. The team was led by Larry Madole, a member of Meredith Drive Reformed Church in Des Moines who frequently traveled to and served Promise for Haiti, a nonprofit located in the country.

The team was diverse by age and profession, including two gifted vocalists — Eileen Denner and Jon Mero. Both used their talents in helping to lead worship services at churches we visited. Despite the devastation, we found people filled with joy because of their faith.

Jon brought joy with him captivating kids and young people everywhere he went through his talent and caring spirit. Jon is one special young man whose heart is even bigger than his God-given talents to perform.



Live inside your passion...

Jon Mero

Live your dream, and live right inside your purpose in life. Jon Mero intentionally pursues this objective for his life. Singing on *The Voice* has provided this platform. Jon states:

I want people to live inside their passion. I hate when I see people mentally lost or feeling like there is no way out. I hate to see people feel like they have no options or that it's over for them. It's just not true. Every person walking this earth has a purpose that is so much bigger than what you feel about yourself.



Knowing who you are and not just being led through life is the key. Having the specific goal and focus must be tied to your purpose — that gives a person true happiness. Jon lives by Psalm 37:4, "Take delight in the Lord, and He will give you your heart's desires."

Growing up in Iowa as a "church baby" Jon was fortunate to have remarkable parents who always put God first in his home, teaching him that having a personal relationship with God was essential. Humility and appreciation for what is given to him in his life taught him to be thankful for each blessing.



His biggest shock was going to Hollywood and finding out that his assumptions that every day would be a spiritual showdown was inaccurate. The positive-centered crew appreciates authenticity on any level, and they encourage prayer and meditation. Throughout his experiences he has learned to be thankful for every privilege in his life. There are nights he goes to sleep with tears in his eyes and wakes up with them in the morning, overwhelmed by what the Lord has done for him.

When he went to Haiti on a mission trip to help people impacted by the earthquake, he met a young man who shared with Jon his desire to leave Haiti, so he could obtain an education and have a better future...instead

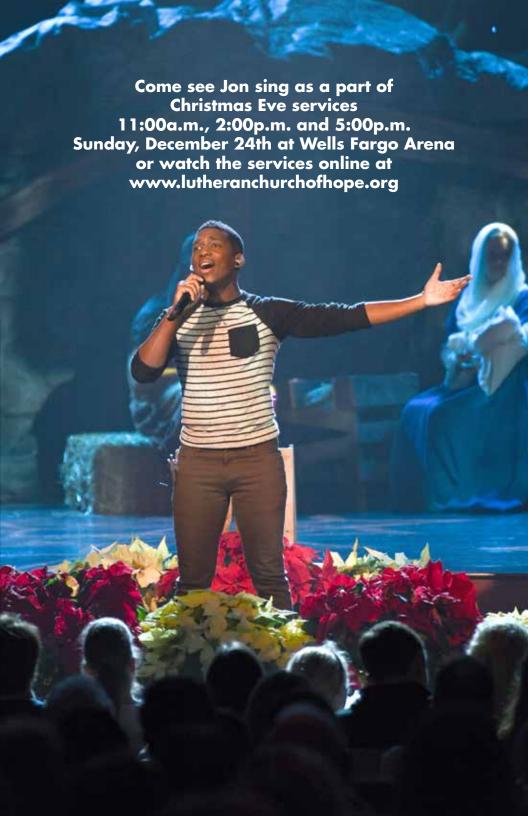
of working in his father's shop. Even so, Jon, saw that despite the tragedy in his life and many others', they all exhibited joy in their faces, thankful to be alive. In spite of circumstances, they still felt blessed.

With the holidays fast approaching, Jon is looking forward to family and sharing memories. December is his favorite month of the year...revealing his nostalgic nature. Jon says, "I am thankful that I am living my life doing what I love. I'm really just happy to be alive."

everything to me. My time at my church in lowa as a small group leader in student ministry really helped give me a desire to care about others. It made my world bigger; it really gave me that attitude of compassion that I needed to be able to do this in a big way.

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- Jon Mero





Daniel Richard, Doing with LESS



Esteem others higher.

Leaders esteem others higher than themselves. Have high regards, great respect and favorable thoughts of the people in your circle of trust and influence.



Communicate more effectively by thinking before you speak. If there's a word that's more appropriate in a conversation, use it. Start with a praise. Never confront others. Instead, point out on how both of you can make things better. Speak at the same level as your audience, giving them due respect. There's no need to come in with an authoritarian voice to get your message heard.

Be encouraging.

Encouragement is an expression

Encouragement is an expression and assurance of one's hope and future in words, presence and sincerity.

Be quick to forgive.

When others make a mistake, be quick to forgive and forget, releasing them from guilt and shame that may take root in one's heart when not dealt with over time.

Be understanding.

Wisdom and understanding go hand in hand. Understanding starts by being an active listener (not planning a reply as one is speaking), asking intelligent questions to gain further insights and being accepting of what the speaker is sharing. Then, answer without condemning. Or, don't answer at all and decide to just be a listening ear.

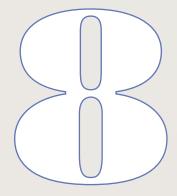
Zero gossip.

Keep others' secrets. Never speak language that causes unnecessary hurt to others by speaking unclaimed rumors behind their back.



Share knowledge.

Have you found an article or book that's useful? Share it with your friends. Sharing has been made easier thanks to the accessibility of sharing tools on the web, along with help from social media sites such as Twitter and Facebook. Sharing knowledge helps us learn, discover and understand things that are interesting. They have immediate application for better results in our work and life, edifies our soul and improves our daily conversations.



Stay humble.

Humility and maturity are synonymous. A dignified people accomplish much but brag little. They are secure in their standing without needing to make noise, often treating everyone with tremendous respect, regardless of position.





Positive thinking goes beyond having the drive and motivation for personal success. Positive thinking is explicit, definite and outspoken. It's contagious. Build up your loved ones with your positiveness, allowing them to be open for better things to come.

Love

Love is...

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails ... And now these three remain: faith, hope and love. But the greatest of these is love." — 1 Corinthians 13:4-8, 13, NIV

Building up a person with the nine ways mentioned is only made effective when done so together with love. Care for your loved ones how you would want to be cared for. Build up one another how you would like to be inspired. As a result, you will move up to a whole new level of breakthroughs in life.

Shine Your Light... LOVE

...LET EVERYTHING YOU SAY

be good and helpful

SO THAT YOUR WORDS WILL BE

an encouragement

TO THOSE WHO HEAR THEM.

EPHESIANS 4:29

We can bring a radical change in all of our relationships by conscientiously using words to build each other up and not tear each other down. Words are important and can be building blocks in our lives and the lives of others — or in a matter of seconds, words can be destructive like an earthquake or explosion sometimes with irreparable damage.

William Penn, who founded Pennsylvania and planned Philadelphia, the city of "Brotherly Love" once said, "If you think twice before you speak once, you will speak twice the better for it. Better to say nothing than not to the purpose. And to speak pertinently, consider both what is fit, and when it is fit, to speak."

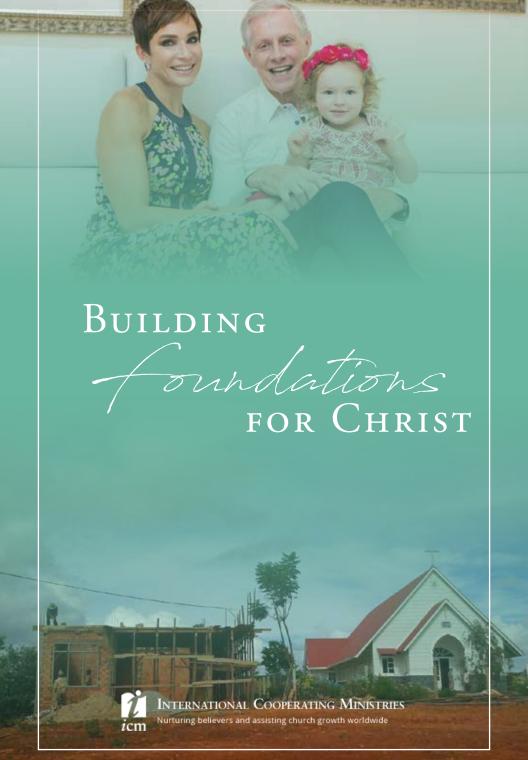


The world makes it is easy to be critical, whether as parents correcting our kids or criticizing a co-worker. Instead, catch them doing something right, and praise them for it! Encourage them in areas where they are doing well. Do the same with our spouse.

When we disagree about something, our aim should never be to win an argument.

Instead, build others up with wholesome words in our thoughts and kinds of words used.

If we are thinking rightly about people in our lives, express it verbally. Tell them how much we appreciate all that they are doing. They won't know if we don't put it into words. The best of intentions are only that unless placed into action. Make it an act of love.



Helping Build Churches Overseas... Jennifer & LeMar Koethe

In addition to a family, there are a lot of things we can build in life... a house, business or career just to name a few. For Jennifer and LeMar Koethe there is something special about helping to build churches.

Although thousands of churches exist across our country, and more are being built in growing metro areas like Des Moines, that is not the case for much of the world. Jennifer and LeMar are partnering with other Christians through International Cooperating Ministries (ICM) to make a difference.

ICM is a Christian nonprofit whose vision is for a church to be within walking distance of every man woman and child in our lifetime. With more than 7,000 churches built to date in 86 countries, ICM is making an impact and helping to transform entire communities and villages. With a goal of blanketing 139 countries, there's still work to do.

In many countries, Christians currently meet in homes or under trees. They realize the importance of a church and are willing to make tremendous personal sacrifices to purchase the land and offer the labor to build one in their village - often donating a water buffalo, wedding ring or other things of value to help provide the money to buy the land needed. They know that building the church is just the beginning, as members can then reach



out to serve others in their area with churches often used as centers for education, day care and training, medical care, orphanages and shelters for those at risk. In some isolated areas of grinding poverty, a church can transform a village or community.

ICM partners with Christians all over the world, like Jennifer and LeMar, who help provide funding for the materials needed to build churches. Here is some of their story, as shared by Jennifer...

ICM is a rare gem. A family foundation pays all overhead so every penny given goes to building churches and changing lives. People are coming to faith. I've heard accounts there must be a God because it's a miracle a church had been built there. ICM is a well-oiled machine moving mountains for God. We want others to be involved and see first-hand, because it is ever incredible and isn't about us.

— Jennifer Koethe





"LeMar and I traveled to Vietnam, as we wanted to be in the field and see the impact ICM was making through the financial support received from partners like us, and better understand the organization. We were inspired beyond words by the Vietnamese people and ICM's work in the world.

We found Vietnamese Christians to be very tender, endearing and caring because of their faith; and to be generous with the little they had, despite their situation of extreme poverty. The washing of clothes in streams and hand-weaving of clothes they wore was an every day way of life in some of the remote areas we visited.

In Vietnam the Hindu religion is strong and when a Christian church was built by ICM, a Hindu church was often built nearby. But by far one of our biggest takeaways was to learn that all eight pastors of churches we visited had been in prison for their faith. You come to quickly realize how blessed we are in America and often take religious





liberty and freedom to go to church for granted. After visiting a nation like Vietnam and better understanding the challenges many face around the world, we see and understand how distracted Americans are, and how that can take us away from the Bible, churches and our faith."

ICM has established a long-term goal of 10,000 church projects, 50,000 daughter congregations and 100,000 Bible study groups to equip one million evangelists to reach their nations for Christ by the year 2020. For more information about ICM, visit www.icm.org.





Inspired 26

A careless word may kindle strife. A cruel word may wreck a life. A bitter word may hate instill; A brutal word may smite and kill.

A gracious word may smooth the way; A joyous word may light the day. A timely word may lessen stress; A loving word may heal and bless.





Mornings at Life 107.1 are here to help you get ready for your day of spreading the hope of Christ in central Iowa. Taylor and Jen are here to uplift you, make you think and make you laugh.

Taylor:

One of my favorite things about working in radio is the stories. Whether I'm hearing about something powerful God has done in your life, or just reliving an embarrassing moment I endured over the weekend, I consider it a great privilege to share these moments with you every morning. I'm a Texas boy who married an Iowa girl in a small town in Arkansas. We moved to West Des Moines in the spring of 2016 and have been enjoying putting down roots in central Iowa. We spend our free time watching movies, reading books and spoiling our pets.

Jen:

I may not have been born here, but it's been 21 years, and I sure feel like an Iowan. You have welcomed and loved me and the feeling is mutual. My husband Scott and I have made West Des Moines our home for 17 years, along with our children Piper and Ben. We love being a part of this community. Thank you for letting me be a part of your mornings at Life 107.1. "They" say if you do a job you love, you never work a day in your life—and it's true. Being with you isn't a job — it's a joy.



"SO LET THE WATERS RISE, LET THE MOUNTAINS SHAKE WE LIFT OUR ANTHEM HIGH - I AM UNASHAMED"

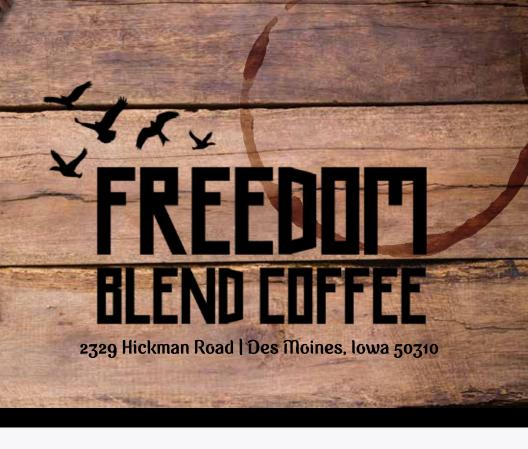
In the latest album release from Building 429, the song "Unashamed" is a heart cry of remembrance, that even in the midst of hardship, we are to boldly proclaim our faith in Jesus in word and deed. Based on Ephesians 4:29, "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen." The band strives to encourage believers in their faith with songs that are not just uplifting, but "truly focused on bringing glory to God."

Join Building 429, along with Skillet, Kari Jobe, and many others for an incredible night of worship. Mark your calendars for Winter Jam 2018, January 26th at Wells Fargo Arena.

For more information, go to life1071.com.



Visit arguably the most beautiful coffee shop built in central Iowa, and you will be quick to learn that behind the doors of Freedom Blend Coffee there is much more than great coffee. It is an enterprise of Freedom for Youth Ministries that is a full-service coffee business empowering youth and young adults through Christ-centered employment training. Freedom Blend hires 16-25 year-olds and teaches job skills such as cash handling, management, sales and customer service — providing youth invaluable knowledge and work experience for future employment. Optional workshops are available that include financial literacy, professionalism, career preparedness, work life and intro to faith. Freedom Blend



partners with local businesses to hire trainees upon graduating from their program.

Freedom Blend sources their fair trade coffees from Sumatra, Costa Rica, Columbia, Papua New Guiana, Tanzania and Honduras. Staff roasts the beans into light, medium and dark varieties and then carefully packages and dates each bag of coffee.

Construction of Freedom Blend Coffee was completed this fall and is located west of Freedom for Youth's campus on Hickman Road just west of Martin Luther King Jr. Parkway. An amazing transformation of a property that



continued from page 31...

once was a car wash, Freedom Blend Coffee is a place where young people are working hard to better their lives as they learn skills customer service skills, operating cash registers, managing inventory and sales. The facility also has a conference room available for public use, as well as serves as a place for mentoring and tutoring for Freedom for Youth's high school programs.

	Hours	
Ŋ	MONDAY7A.M2P.M.	T .
	TUESDAYA.M2P.M.	
	WEDNESDAY7A.M2P.M.	
	THURSDAY7A.M2P.M.	
a	FRIDAY7A.M2P.M.	ı l
A	SATURDAY7A.M2P.M.	
	Closed on Sundays	



Brew a Cup... Make a Difference!

Several years ago, a study on the number of jobs available to teens in the inner city of Des Moines showed approximately 42 job types (newspaper carriers, fast food, etc.) An additional study revealed that adults held more than half of these jobs, proving that job development was crucial if we wanted to help young people break the generational poverty cycle. This was the driving force behind the founding of Freedom Blend Coffee in 2011 by Freedom for Youth Ministries.

And they offer wholesale! If your church, organization or business is interested in serving Freedom Blend Coffee, please contact them for details.



you can purchase coffee by

visiting in-store 2329 Hickman Road calling 515-279-0500

emailing

bbeaman@freedomblendcoffee.com

visiting online

www.freedomblendcoffee.com

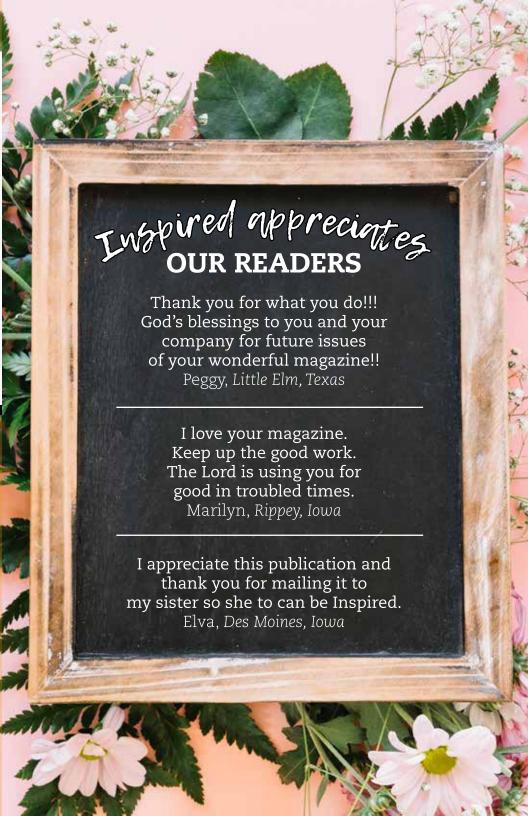
Appropriate Court Appropriet Stries (1997) Global Freedom for Youth Ministries...

freedom

Founded in Des Moines in 2003, is a nonprofit group whose mission is to reach lowa's youth with the gospel of Jesus Christ. Their role is to unite and empower Christian communities to reach young people from Kindergarten through 25-years-old with programs that help them stay in school, learn life skills, prepare for the workplace and develop healthy relationships. Programs include tutoring, after-school activities, meals and supportive employment training all centered on the message of Jesus Christ's saving grace.

Freedom for Youth realizes that God has plans for far more than just young people. Whenever adult believers have stepped out in faith to love and serve the young people at Freedom, they have seen their lives transformed as well. The long-term results will be nothing short of miraculous, producing vibrant churches, thriving local economies and a reduction in crime, incarcerations and moral decay.

Freedom for Youth Ministries exists through the support of individuals, churches and organizations. They believe God is calling us to reach out to a lost world by running effective programming and meeting the needs of the youth.





VISIT OUR WEBSITE!

Read current and past issues online, see events and learn how to sponsor!

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Copies are FREE to pick up and take home... as well as mailed to a growing list requesting the magazine to be sent to their home or business. *Inspired* is sponsor supported through charitable gifts.

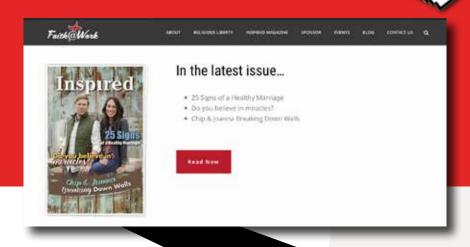
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SHARE WITH US!

We hope you enjoy *Inspired* and will consider sharing this magazine with others. Also, we'd love to hear how *Inspired* has touched your life. If you'd like to share a story with us or have suggestions for stories, please send it to the email address below. We look forward to hearing from you!

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www.faithatworkiowa.org



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- Visit FaithatWorkIowa.org to donate online
- Mail your gift to: Faith at Work 5585 NE 16th Street Des Moines, Iowa 50313

For more information, please contact

Info@FaithatWorkIowa.org or call (515) 974-5415.

Value our words and...

Communication

A concerned husband went to a doctor to talk about his wife. He says to the doctor, "Doctor, I think my wife is deaf because she never hears me the first time and always asks me to repeat things."

"Well," the doctor replied, "go home and tonight stand about 15 feet from her and say something to her. If she doesn't reply move about five feet closer and say it again. Keep doing this so that we'll get an idea about the severity of her deafness."

Sure enough, the husband goes home and does exactly as instructed. He starts off standing about 15 feet from his wife in the kitchen as she is chopping some vegetables and says, "Honey, what's for dinner?" He hears no response. He moves about five feet closer and asks again. No reply. He moves five feet closer. Still no reply. He gets fed up and moves right behind her, about an inch away, and asks loudly, "Honey, what's for dinner?"

She replies, "For the fourth time, vegetable stew!"









We hope you enjoy this issue of *Inspired* magazine, filled with stories and a message of faith to offer encouragement and inspiration. Please consider sharing this issue with family and friends. Thanks to support from our sponsors, it's our gift to you!



