

United by Grace...Led by Spirit...Together by Promise...Trusting His Purpose

Joy in the Journey

Sharing Chronicles of Growth and Ministry
with Frank and Melissa Joy King

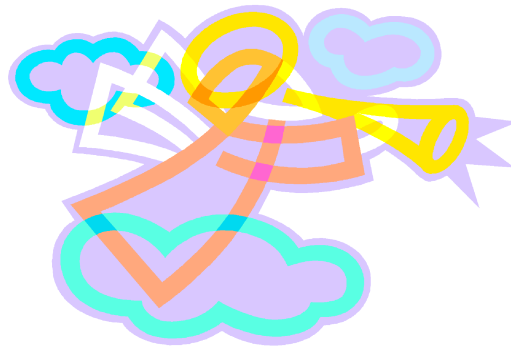
November 30, 2009



Wonderful Savior

"We love because He first loved us." 1 John 4:19

Dear Family, Friends,
& Prayer Partners...




Christmas time is here!!!

WOW! Has it really been a **year** since we began this journey with all of you?!!!

Before we know it, this will become last year, and, Lord-willing, we'll be amazed at the passing of yet *another* year...meanwhile, back to the present...

As we have already written you, classes for Frank have been both challenging and fun. One class in particular, "Lifetime Fitness," provided Frank with a well-rounded foundation for beginning his own weekly workout program. Each week,, he was required to keep a log of his exercise workouts (we've posted an example at our website).

| DATE | TIME | TYPE OF EXERCISE | REMARKS | DATE | TIME | TYPE OF EXERCISE | REMARKS |
|----------|---------|------------------|---------|----------|---------|------------------|---------|
| 12/1/09 | 6:00 AM | Cardio | 30 min | 12/2/09 | 6:00 AM | Cardio | 30 min |
| 12/3/09 | 6:00 AM | Cardio | 30 min | 12/4/09 | 6:00 AM | Cardio | 30 min |
| 12/5/09 | 6:00 AM | Cardio | 30 min | 12/6/09 | 6:00 AM | Cardio | 30 min |
| 12/7/09 | 6:00 AM | Cardio | 30 min | 12/8/09 | 6:00 AM | Cardio | 30 min |
| 12/9/09 | 6:00 AM | Cardio | 30 min | 12/10/09 | 6:00 AM | Cardio | 30 min |
| 12/11/09 | 6:00 AM | Cardio | 30 min | 12/12/09 | 6:00 AM | Cardio | 30 min |
| 12/13/09 | 6:00 AM | Cardio | 30 min | 12/14/09 | 6:00 AM | Cardio | 30 min |
| 12/15/09 | 6:00 AM | Cardio | 30 min | 12/16/09 | 6:00 AM | Cardio | 30 min |
| 12/17/09 | 6:00 AM | Cardio | 30 min | 12/18/09 | 6:00 AM | Cardio | 30 min |
| 12/19/09 | 6:00 AM | Cardio | 30 min | 12/20/09 | 6:00 AM | Cardio | 30 min |
| 12/21/09 | 6:00 AM | Cardio | 30 min | 12/22/09 | 6:00 AM | Cardio | 30 min |
| 12/23/09 | 6:00 AM | Cardio | 30 min | 12/24/09 | 6:00 AM | Cardio | 30 min |
| 12/25/09 | 6:00 AM | Cardio | 30 min | 12/26/09 | 6:00 AM | Cardio | 30 min |
| 12/27/09 | 6:00 AM | Cardio | 30 min | 12/28/09 | 6:00 AM | Cardio | 30 min |
| 12/29/09 | 6:00 AM | Cardio | 30 min | 12/30/09 | 6:00 AM | Cardio | 30 min |

The real revelation, to Frank, was in the coach's initial physical assessment interview. Frank wasn't surprised to find himself far **below** good health levels in some crucial areas. When some of the younger guys in his class would complain about the work, jiggling his  belly, he told them to think of him as their "inspiration" not to give up.

Mid-October, the final week of his class, when asked if he was glad the class was over, he responded, "Class is over, now the **REAL** work begins." He's lost 6 pounds so far!

Both of us have committed to stay the course, making ourselves physically able to handle whatever ministry opportunities God may choose to bring our way (making small exceptions, of course, for our moms' yummy cuisines, when we return home for visits). It's good to be **STRETCHED**...oooh, did I really say that!

Fun classes Frank's had this semester include "Church & Doctrines" (yes, it actually **has** been fun—ask him how), and "Introduction to Electronic Media" (he's discovered the joy of Photoshop—see his graphics assignment on our website). His Bible classes, this semester, are a bit tougher, but he remains upbeat. It's so encouraging to see him coming alive, here at school.

Melissa, and two or three other student wives, have come together to form a group of Saturday *shopping* buddies.

ETS, Melissa makes her way
This provides her some quality
women, as they take care of



As Frank leaves for his afternoon shift at
down to meet her group at the parking lot.
time, sharing together with other Christian
some routine grocery shopping.

During Moody's **missions** Conference, held each year in October, unable to find his target ministry topic in his list of seminars (wisdom told him it doesn't exist yet), he was instead led to "interview" some of the ministries present, for prospective ministry sponsors. No clear choices yet, although it was interesting to him how the **Avant** group kept coming up somehow. It's always a mystery how God is working things for our good, isn't it? Stay tuned.

Also in October, we both witnessed the solemn, yet grand inauguration of Moody Bible Institute's 9th President, Dr. Paul Nyquist (former CEO of Avant Ministries—there it is again...). *Melissa is laughing, even as I'm typing this part* (ask her later about Moody's Chairman, Jerry Jenkins dropping something).

Finally in October, Frank accepted Moody Radio's invitation to lend his vocal talents to an upcoming Christmas special, to be aired sometime between now and Christmas day—he had a great time, and got **PAID**, too!

Fall break saw us driving only an hour or so south to the dunes of Indiana. We took our picnic lunch (including Melissa's delicious egg salad sandwiches), and enjoyed a "cool" picnic at the water's edge, gazing out at an approaching, awesomely-dark storm front. We finished just in time to get under cover of the forest trees, dodging hailstones and laughing, as we hurried back to the car. Later, the storm past, we took in the beauty of a beaming sun through the clouds, standing on the ledge of an old, unused lighthouse, as the wind-tossed waves slapped and sprayed around us. **WOW**, how **COOL** is **OUR GOD!!!**

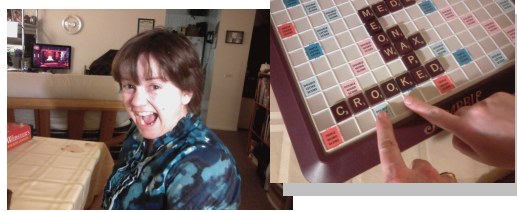
"Praise the Lord. Praise God in His sanctuary, Him in His mighty heavens."

Psalm 150:1

Both of us are connecting more with students and married couples, encouraging them, and being encouraged. A couples get-together recently saw us actively engaged in discussing the importance of God's predestined grace.

One night, after a scrumptious dinner Melissa prepared, we enjoyed a game of Scrabble with a young couple, while exchanging our views on God's purpose in marriage (Melissa's final score spanked us all—

nearly **225** points!--that's **MY** WIFE!).



Finally, Frank accepted the opportunity to be interviewed by an aspiring young reporter for the School's newspaper, The Moody Standard. This resulted in what may be a budding friendship/mentorship for them both!



Also this fall, we were treated to a lunch with Frank's youngest brother, Stephen. He recently received a prestigious acting award for his theater work. We are so **proud** of him!

After lunch, we enjoyed catching up with him over Melissa's genius desserts: caramel apple crisp pie, and

Tom King's banana pudding—

Talking **TURKEY!!!** Gathering together with some of our Moody friends, we enjoyed a Thanksgiving Day family celebration together. Afterward, we took time to watch a little football—way ta go, **Packers!**

The wives taking time to bake homemade Christmas ornaments, the husbands spending time with a good movie and time of scriptural discussion afterward; it was a wonderfully relaxing weekend.

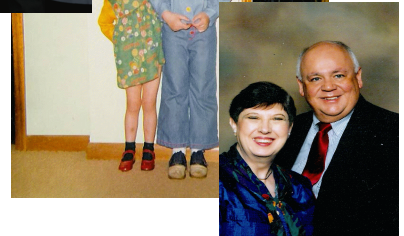


“Humble yourselves, therefore, under God’s mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you.” | Peter 5:6-7

Especially at this time of year, aren't you glad for God's reminder that, like the song, we can “forget about ourselves,” and be thankful for His wondrous love and

provision for us?!!

We certainly are.



We are especially thankful, in light of our current costs of school, as things are financially tight this Christmas. However, we are so thankful for what we have already been given.

God has called us both out of the doom and darkness of an eternity apart from Him, through the sacrifice, and more importantly, the resurrection of His son, Jesus Christ. Furthermore, He fills us with daily hope, which fuels an unreasonable joy to offset the bad stuff life tosses at us.

For us, eternity doesn't begin when this life ends, we're living it right now—together! How grateful we are for God's undeserved love for us!

“And He will be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace”! Isaiah 9:6b

We truly pray His peace for you, this Christmas season. Keep in touch, we so enjoy hearing from you all.

See you in January!

Still...we're trusting.

Always In His Love,

Frank

& Melissa Joy

Please remember to visit our website: <http://joyinthejourney.synthasite.com>