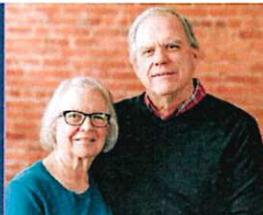


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CBM  *Continental Baptist Missions*
NOVEMBER 2023 **Missionary Development Team**

The Treadmill Coach

Recently, I spoke to a discouraged coachee who felt like he was just "spinning his wheels." We all know the feeling when there is lots of movement but no progress. Ministry can have the same effect sometimes, but the "spinning your wheels" idiom does not seem appropriate for those involved in the Lord's work. I think it is more like a treadmill. You may not see progress, but you are benefitting! We don't get on a treadmill to go anywhere; that is not the point. We are trying to build strength and endurance. We make ourselves physically stronger and more healthy. The benefit is not a destination; it is determination. The Lord puts us on a treadmill to build our faith muscles and determination to persevere in the ministry he has called us to. The work we do for the Lord is never in vain. He is always working in us or through us. If you are on the treadmill today, rejoice; God is working for your growth and his glory!

Tension, stress, or anxiety will have an impact on ministry. These things may just be life getting in the way, or it could go deeper. Coaching is a way to identify the course corrections we need before they seriously impact our marriages, family, and ministry, and counseling becomes necessary. **Please pray for the coaching ministry.** CBM is committed to strengthening and encouraging each of our 60 active missionaries and 17 operating church plants. Thank you for your continued prayer and support. Our goal is to "encourage one another and build one another up," 1 Thess 5:11

Seminary Visit

Last month, I was pleased to be able to spend some time at my alma mater, Virginia Beach Theological Seminary. I was able to talk to several students about CBM and church planting. There were two with particular interest, and we have started a dialogue with them. **Please pray that these men would endeavor to plant churches and perhaps one day find a home at CBM as their mission agency.**

Videos

Given the various schedules and time zones represented within CBM ministries, scheduling face-to-face time for support is challenging. I have begun a series of videos made available for CBM families to view when they want. Although it lacks interaction, we hope to provide helpful and encouraging information with each video. You can view these videos at <https://www.facebook.com/CBMDestinationMissions>. **Please ask the Lord to use this tool to strengthen our missionaries.**

Articles

Each month, CBM sends out newsletters about its entire ministry. It has been a blessing for me to be able to write portions of them because I get to know the missionaries from a unique perspective. These publications are very informative, and I urge you to subscribe (it's free). Please get in touch with CBM at info@gocbm.org.

Ladies Prayer Team

Some health issues in the CBM Ladies' Zoom prayer organizers calls have delayed its start-up, but we are very close. We hope to squeeze in two before the end of the year. **Please be praying for this ministry as an encouragement to the missionaries.**

Relocating

Tamra and I will be moving to Ohio in December. We have family there, and will be more centrally located among many current CBM church plants. Our new address will be 5200 Skinner Rd. Mantua, Ohio 44255. Phone numbers will be the same!