

Katie Lambert

*The King of kings lay thus in lowly manger
In all our trials born to be our friend
He knows our need, to our weakness is no stranger
Behold your King; before Him lowly bend*

From O Holy Night lyrics by Placide Cappeau (1808–1877)



Merry Christmas friends and family,

As Christmas appears each year with the New Year right on its tail, we normally take time to look back on the year, the highs and the lows. This year two words describe my year: rest and healing.

After almost seven years on the mission field with Cadence doing youth ministry, the Lord graciously called my stubborn heart back to the States to rest and examine the causes of my exhaustion.

This idea of rest began growing on my stubborn heart as June came closer, along with my departure from Okinawa. Being one who has chosen to push through my exhaustion for the past five years, I wanted to continue pushing, even though it was sucking the life from me. When I arrived back in the States in mid-June, I was ready for rest. I was ready for that clock to slow down and my body to begin to recover. My first meeting with my doctor confirmed what I had assumed I have: Chronic Fatigue Syndrome (CFS). The underlining cause is one we are testing monthly and it's going to take time to heal.

Amid rest and healing, I began to ask what was next after this year. Though friends have told me to take my time and Cadence has told me not to worry about that question for the first six months, it is one that has been looming in my heart.

About a month ago I was getting ready for bed and had this wave of joy, confidence, and confirmation overcome me. Really, it was God's "peace that passes all understanding" that I experienced that night. I do not currently know where Cadence is going to take me after this year of home assignment is completed, but I know I want to continue to share God's redemptive story for His people! As Cadence and the author of Thessalonians would say, I am "ready to

share with you not only the gospel of God but also my very self, because you have become very dear to me”.

Rest and healing are going to take time and there are lots of unknowns still knocking at my door. As I find answers, I’ll keep you informed. I am incredibly thankful to all of you for joining me on this journey of sharing the gospel and OUR lives! Yes, yours as well!!!



Be praying for wisdom with the doctors. As I mentioned, I have CFS, and the doctor and I are slowly exploring the root cause. Currently, I’m on a mold detox, as I have high elevated mold particles and toxins in my body. Sounds fun, right? She keeps reminding me it took a while for me to get sick, so I will not heal in one day. I have to continue to remember this.

Lastly, as the end of the year approaches, I hope you would consider myself and the ministry I am continually doing with Cadence for your end-of-year giving.

WAYS YOU CAN BE PRAYING

As I mentioned, Cadence and I are beginning conversations about what’s next, but there are a lot of unknowns. There are days I want to rush this and know what’s next, yet the Lord has continually called me to trust in Him and His timing. Be praying for wisdom as we have these conversations about what’s next within Cadence and for a patient, secure heart before the Lord.

Thank you for your continual support and prayers. I have been so encouraged by all of you this year. I can’t tell you how much your prayers, support, and even messages have been such a blessing this year.

Merry Christmas!
Katie Lambert



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