



# Little Lambs Inc

A John & Eileen Sala Prison Ministry  
<http://www.littlelambsinc.org>

PO Box 504 @ 710 S. Eucalyptus St. Sebring, FL 33871-0504 863-471-2626 **AUGUST 2019**

## Stretch forth thy withered hand...Mark 3:1

Just like the man in Capernaum, with a withered hand, we all have to come to Jesus with our problems and stretch forth our own withered hands for healing.

Mary and I have been at the county jail now for about a month, substituting for Bobbi Graham a 30 yr+ veteran at the jail. Our mission is to teach the ladies about godly relationships! Our 'Released to Love' Women's Program focuses on what is godly in relationships and what is not. And how to change your life using biblical boundaries.

After getting our footing, we have averaged 15 to 19 ladies in our meetings. In this jail (jails are famous for short stays), we have a core group of 6 or so who have been learning with us this whole month. I must say, even one lesson, one exposure to how ungodly and dysfunctional your life and relationships are, is enough to make a deep impact and make you yearn for more.

Monday, our large group met and after reviewing our rules (boundaries) for the meeting, we began a lesson on "Stop Controlling, Set Yourself Free" or (Let Go and Let God). In our language, we call it 'detaching' from people or problems that we have no control over and who cause us harm and injury.

We encourage our ladies to take turns reading from the lesson and to make comments concerning the lesson in their own life. As we went around the room, God was working!!! At the last paragraph one of our regular ladies asked to **please** let her read it because God was answering her prayer at that very moment! She was so excited as she told everyone how she had prayed and prayed for God to show her what to do with a certain relationship that was destructive to her and here was her answer.

She has stretched forth her withered hand. Someone with a withered hand has a shriveled hand and fingers and cannot come to grips with objects. We have a withered hand when it comes to dealing with various issues of life. We cannot come to grips with these things on our own. We need help. We need the Lord. Her paragraph: *Detach. Surrender. Sometimes when we do that the result we have been waiting and praying for happens quickly, almost miraculously. Sometimes it doesn't. Sometimes it never happens. But ..You will benefit! Let them be. Start taking care of yourself. For each of us, there comes a time to let go. You will know when that time has come. When you have done all you can do, it is time to detach. Deal with your feelings. Face your fears about losing control. Gain control of yourself and your responsibilities. Free others to be who they are. In so doing, you will set yourself free.* Most of the women in jail are there because of destructive relationships and drugs. We believe detaching means 'I surrender that person to you Lord. I give up. Only you can change them. Change me Lord!' Our verses for the class:

***Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. 6 The mind of sinful man is death, but the mind controlled by the Spirit is life and peace; 7 the sinful mind is hostile to God. It does not submit to God's law, nor can it do so. 8 Those controlled by the sinful nature cannot please God. You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ. 10 But if Christ is in you, your body is dead because of sin, yet your spirit is alive because of righteousness. 11 And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies through his Spirit, who lives in you.***

**Rom 8:5-11**



Little Lambs Inc  
PO BOX 32  
Sebring, FL

Little Lambs, Mr. & Mrs. Sala, thank you for your effort in your ministry. You are a blessing, doing the work of God, knowing what He has set before you.

I have to say when I received the first Study, "The Word of God," I was surprised, not what I expected, just copy the verses word for word did not seem like such a big deal for a bible study. But God moves in awesome ways. He always provides just what we (I) need just at the right time. Thank you. I could not put it down. Verses that I knew, words that inspired. From creation, to how He revealed Himself, Angels, to Satan. A simple but powerfully effective study, to remind of His power, His blessings, His promises to us, to me.

I struggle a lot, every day, with what I did to end up in here; who I hurt -my wife and family. I let Satan dig his thoughts into me about sorrow, guilt, and shame all the time, especially in times where my mind can wonder. Thankfully, He continues to bless me in here; a good job, other men that I work with are **STRONG** believers, bible study 2 to 3 times a week at chapel, Sunday services, communion, and men on my living tier of my building that we come together for fellowship and bible study twice a week. Even with all that I have to stay in His word and keep reminding myself of His blessing that he had brought me before here.

I have discovered new things, or maybe not new but things that I did not hear before, and found them so true. I, my family, never had any trials before. God had blessed me with a beautiful believing wife and blessed us with two beautiful, Christian hearted children. Seventeen years of marriage, leadership in the church where we have been members for 16 years, leaders in the community. I thought I was on the right path that He had for me but I had a secret desire that only God knew about, not my wife or friends. That was porn. I struggled since before I was a teenager with it and after all this time it finally overtook me and I ended up in here separated from my love, my family. I know that you never truly know the power and goodness of God until you are in a battle. For there can never be a victory without a fight. I never knew all I needed was Jesus until all I had was Jesus. One of the most important things I found through Jesus is that I cannot do battle alone. I used to pray and beg, try to make deals for God to take away my desire for porn, but yet I prayed and prayed. I never took it to a brother in Christ. Even Moses could not do it alone. He needed help holding up his hands. My pride and embarrassment in my flesh kept me from sharing. Even though others bared their dirty laundry to me and my wife for help, I never could. I thought I had a good relationship with God before this but now its in a whole new light. In my weakness He is stronger. I am broken in heart and spirit and only with Jesus is there light.

This could go on and on about what I still fight within myself between this being a testimony, a trial, or consequence and punishment for my sins. Pray that God will release all these feelings and let me see His will. Let me stop fighting and let His will, what He has planned for me, flow. Thank you for this ministry. Joe

Dear Salas, I am so glad to be a part of the Little Lamb Family and study the Word of God with you. This is my first time in jail and it's for throwing a rock at my ex-husbands car making a dent. I got a vandalism charge then told the cops it wasn't me. I got lying to cops, false report. I grew up in church but got with the wrong man. I put God last in my life. I am glad I have your ministry there for me.

I have since divorced my husband. We really should of never got married. He started beating me the night of our honeymoon. I really believed that things were my fault and he would never do it again. Then I seen God does not want me beat on. I was raised divorce was wrong. You work things out. We couldn't. There was no way. The judge ordered us a no contact ever order. He has a lifetime restraining order towards me. I am here because God didn't give up on me. I shouldn't of tried to handle things my own way. I shouldn't of thrown a rock. I should of let the police handle him. Thanks for being there. I'm an inmate. People forget about you when you're here. Rebecca.

**Marriage & Family Class**

*When I first attended "Marriage, Family & Parenting Class" I was somewhat disappointed. Disappointed, not in the class but of myself for fabricating a false impression of the class based on past classes I had attended. It was a little difficult for me to get into the rhythm of the class due to this perception.*

*However, when we reached pamphlets "Hidden Anger" and "Boundary Problems" things started hitting too close to home.*

*Before receiving the information  
.... (continued on Page 3)*

## What I learn about myself in class! Marriage, Family & Parenting Class

After completing the family and marriage class, I'm convinced I can be a better father, husband, and person in general. This class has helped me to be able to set some well needed boundaries for myself as well as for my family to follow. It also has helped to identify myself as a codependent as well. And finally it will help towards making my family a functional family.

When I came to this class I can honestly say I had no boundaries. Now that I have completed this class I have the ability to set boundaries. One of these boundaries is how to say no. My wife always had me in terror and fear of her leaving. Whenever she wanted drugs she would threaten me with it. But now I have been taught I can not control or change her. And I can honestly say NO! And stand by my choice and follow through with whatever I choose to do after that.

Secondly, I know now not only am I dependent, which I already knew, but I am also a codependent. Because I would always cave and give in to my wife for whatever she would want. And when she would not pay her child support and go to jail, I was right there to get her out. I would cover up for her to her family and say she did this or that. It wasn't her fault. Now I will let her discover for herself how to get out of the mess she put herself in. That is of course if she is going to be there for our kids and me.

Finally knowing God is there for my family and me. I can turn toward Him for help and support. And in doing so my kids and wife can look to God for forgiveness, love and knowledge themselves. So at saying this I am confident I can regain the trust and respect from my children. As for my wife, I am afraid I have let her go, but I will pray for her. So now thank you, Ms. Sala, for your valuable time and experience. And for sharing your knowledge with us. I know now I can, with the help of God, I can return to my family and society knowing I can change and be a better person. Again thank you.



John, I am an inmate in Philadelphia. This is my second time reading your book, 'I'm Not Coming Back.' and each time it was at a different facility. Someone slid this book under my door and it wasn't by accident that God brought this book back for me to read. Each time I come to prison my favorite line after serving the Lord and my time, is that 'I am not coming back'. I did ten years then went home for a year and returned again committing robberies. I lost my mom so I prayed and asked God for the strength to make it. Then I came home in 2018 and was arrested again for a parole violation, came home and now I am fighting a new case where if I lose I am facing 25 to life and I have already spent 14 years of my 42 years of life in prison. I feel disappointed in myself for letting my mom down and my family. However, after reading your book, I feel that I can achieve anything by praying and asking God to lead me in the right direction and to give me wisdom and knowledge. My Lord and Savior has gotten me out of a lot of situations but still I go out and do sinful things and continue to hurt people and hurt myself. Truly I am at the end of my rope right now. I am tired of this life and I want a new and better life. I am truly sick and tired of coming back I've asked God to make me into his image and to give my lawyer wisdom and knowledge and to give him the words to say at my trial. I ask for your prayers and for you to correspond with me and to give me some words of encouragement and to worship with me. I was deeply touched by your book. You went through a lot and made it and touched a lot of people at the same time. My little brother is serving time up state and I feel responsible kinda how you felt about Roger. I would love to hear back from you. Ben *Of course we started Ben in Bible Study.*

*(continued from Page 2)*

*in these two pamphlets, I believed I was being normal and loving in the way I acted and reacted towards my wife. But come to find out, I've been hurting the person I vowed to love unconditionally.*

*So I learned I have "anger" and "control" issues, which I have to address and resolve; or, I will continue to hurt my wife until I lose her.*

*The other thing I learned was how drug effect the human brain. It's breath-taking to learn some of the chemicals used to make some of these drugs like Red Devil Lye, anti-freeze, kerosene, etc. and the effect they have on the brain.*

*The class was very informative and there's so much to learn from it. Thank you for your time and attention.*

Dear Partners,

Things are slowly returning to normal. I want to thank those of you who helped us purchase more bibles before the deadline. We award at least 10 a month or more so we will have a short supply as we wait for God provision for the graduation bibles.



Well we are slowly coming to the end of the life of our computers in the office. These computers are roughly over 10 years old. They were funded for us by Bible Fellowship Church and they have performed wonderfully. All were XP computers. We had to purchase new monitors a few years ago but all was well. Until this past week that is. Our main computer with the school's data base of thousands of active students died! I knew eventually we would come to this point and have to change systems and programs. Windows 10 does not support our programs! But I still dread it. Our friend on the circle, Pablo at CPR Computer Repair has managed to take our hard drive and install it in an older computer that will work until we can decide on a new program. That is the hard part, finding software that is easy to use for all of us older volunteers. It will eventually require retraining all of the computer staff. But I'm sure a program is out there that will work and we'll find it.

Mary and I are conducting a summer session at the Highlands County Jail, female pod, of our Released to Love women's class. I like working with Mary because we think very much



alike and both have a passion for boundaries. We are having good attendance and breakthroughs for some of the women. It is hard to change life long habits, but with God's help it is possible. We really look forward to our time there. Please keep these women in your prayers.

We will be starting our Anger Management/Parenting Classes August 20. This session will be over the course of one week. Our session will be from 6pm to 9pm which will help the working people and the final session and test will be on Saturday 10 am to 3pm. Everyone must call us for an appointment to register. The total cost of our program which meets the courts order for classes is \$30.00. We try to keep them very affordable for everyone. Our next class will be in the fall.

We are thinking of printing a post card enrollment form and sending them to prison chaplains for placement in chapels to facilitate inmates having access to our programs. The inmates can then mail them in to us for enrollment in the bible study. This would enable us to reach more men and women at a premium cost. I will have to research this with chaplains to see if this is viable for them.

I see there are several disturbances starting in this hurricane season. Stay safe and be prepared.

Thank you for your support and your prayers. All our Lambs thank you too.

Your servant,  
Eileen Sala

**\*\*Update\*\*** We have just received word from our graduation bible publishers that they will help us to continue our program and actually help us in the ministry by continuing our special rates! What a blessing! God solves very problem in His way. Praise the Lord. More on this later.

**Anger Management  
Parenting  
Biblical Boundaries  
New Class Now Enrolling  
863-273-7388  
To be held:  
Aug 20, 21, 23 @ 6-9pm  
Aug. 24 @ 10-3pm  
Little Lambs Inc.  
710 S Eucalyptus St.**

**Schedule August 2019**

- Mon...Released to Love, Highlands Co Jail Women
- Mon...Marriage & Family/Biblical Boundaries Avon Park Prison
- Tues...Bible Study Avon Park Prison
- Tues...Bible Study@ Hogar Resa Sebring
- Wed... Overcomers Bible Fellowship Church @ 6 pm
- Thu..Bible Study @ Hogar Resa Sebring
- Thurs..Marriage & Family/Biblical Boundaries, Work Camp @ APCI
- Thurs..Released to Love, Women Codependent recovery @ 6:30 pm @ Little Lambs Inc

**Counseling by Appointment  
863-273-7388**