

# The Purpose in the Pain

Hey everyone!

ONE MONTH. It has been one month since I left my home, my family, and my country. One month of laughter, card games, and sweet moments with children. I sacrificed a lot to be here, but the rewards I gained were far greater. This month has been so busy as I have been trying to get “settled” in. Even still, it already feels like home! The children and staff here at Casa De Mi Padre have welcomed me so well and made me feel so loved. Time really flies when you’re doing what you love!

I came down here with the intent of working with the kids, helping care for them and whatever needs they might have. That includes playing with them, helping with their homework, and sometimes taking them to the hospital to get a cast put on! My job description continues to grow in correlation with my time here. Along with caring for the children, I coordinate the administration and charting of medications for the children. That means for the teenager who has a headache or the 5-year-old with a stomach flu (and everyone in between), I make sure the correct dosage is given and it is clearly charted. Although finding the right cough medicine might seem insignificant, I have loved seeing God’s purpose for the painful pieces of my past unfold in this part of my job.

A lot of you know that the story of my life includes a lot of sickness and health issues. At the age of 14 I was diagnosed with Lyme’s Disease. I have a plethora of illnesses and allergies related to that initial diagnosis, which can make normal activities (such as deciding what to eat on a menu) difficult for me. Most of the time I feel like my list of allergies is longer than the foods that I can actually eat! In the beginning, there were days that I could not get out of bed from the pain and achiness throughout my body. I sometimes had to take two naps to even make it through a whole day. It affects my mind, my gut, and my muscles.

Emotionally, all of this can be very difficult. Anxiety comes with Lyme’s disease. One of the hardest parts is that people (including some doctors) don’t believe that I’m sick. I have literally had a doctor tell me that “Lyme’s Disease only exists in Minnesota and the East Coast. Your pain is all in your head.”

The symptoms flare up without rhyme or reason, which makes it seem like I’m crazy to the outside world. It’s frustrating to think about the life-long effects that this disease will have on me. I have struggled through waves of depression and anger processing through this life-altering sickness that I now have to live with forever. My biggest question was always, “Why Lord? What is the purpose of all of this?”



Now here I am living in Guatemala! I’m managing my sickness effectively and feel better in this atmosphere than I did in the States! I feel very healthy and manage to keep up with 22 children! Initially my job was just supposed to be caring for the children, but then Cole asked me to organize and coordinate our whole medical process. I was both a mixture of nervousness and excitement with this new responsibility. It was a little hectic at first, as I had to research all the terminology that was in Spanish! But as I began to process this new aspect of my job, I began to see the Lord’s hand in all of it. God took this painful, purposeless, terrible piece of my story—and redeemed it for His glory. I see that in my sickness, He has prepared me to be a healer in this home for others who are sick. In the

midst of my sickness and pain I could not see the point of any of it. I knew that God was going to use it for His glory, but I just couldn't put the pieces together. But now I see the purpose in the pain.

He has strengthened me and helped me grow so much more than I could have ever imagined. At some of the lowest points in my illness, I could not even walk on my own. Now through God's mercy and love here I am running and playing with energetic 7-year old's, hiking up the side of a mountain with the teenagers, and using my knowledge of medical information for His glory to help the children of Casa De Mi Padre. I have loved seeing the shattered and broken pieces of my life come together for the good of others and to the glory of God.

I have loved reconnecting with the children once again and strengthening the bonds that we have already built. I love catching up with them and hearing about all of their new interests and hobbies. They are all so unique and special and I treasure every single one of them! A special time that we were all able to have together was taking a day trip to Panajachel, which is on Lake Atitlan. It was a wonderful day trip with all of the staff and children to celebrate the end of the first semester of school! We made so many memories and had a lot of great laughs that day. I really enjoyed my time with the older kids because we decided to go cliff jumping. It was the perfect mixture of terrifying and fun!



One month has flown by but it was packed full of so many different things. I have already seen God moving in my life in so many ways. He has been so faithful to me in my health issues, my brokenness, and His grace. I praise Him daily for allowing me to be here and share the love of Jesus with these children, with the groups that come, and the people of Quiche. I am so grateful for the different jobs that I am able to help with while I am here and all the time that I get to spend loving on the children at Casa De Mi Padre. All of this is possible because of supporters like you! I am so thankful for you and your generosity. You are helping to change lives down here in Guatemala.

Additionally, as a new missionary in my first year, I'm still building a support base. While I am so thankful for those of you who are currently or have financially supported what the Lord is doing through me in the lives of these children, I am still short on monthly support. My monthly budget is \$1,600, which includes current living expenses, building an emergency fund, and flight and travel expenses back to the U.S. biannually. My current monthly income is \$1,060, which means I only need \$540 more a month! If you want to be a part of making disciples with me in Guatemala, becoming a ministry partner in prayerful and financial support is one of the most effective ways! Every little bit helps, even \$25 per month adds up! Thank you for your consideration. I know that the Lord can and WILL provide, because I am confident that it is his will for me to be here. Will you join me?

-Sabrina Broste