

**IT IS FOR FREEDOM THAT CHRIST HAS SET US FREE. STAND FIRM, THEN,  
AND DO NOT LET YOURSELVES BE BURDENED AGAIN BY A YOKE OF  
SLAVERY. (GAL 5:1 NIV)**

Everyone that has tried to work out has found himself in a lot of pain. When you work out hard you will have so much pain, so that you may think you will quit. But if you really want to build up muscles and keep your body in a good shape you have to work out really hard. Also the way you feed your body is very important on building up the body. So there are some foods that you need to quit eating.

That is the same being a Christian, you know it is a good idea to be right with God and to do all what is pleasing to His eyes. But when it comes to *exercises (putting all in practices)* pain comes on the way. You have to give up everything that is not right in the eyes of the Lord. So this might be the time that you may think that you were better when you were not a Christian.

Well you have heard us so many times saying we are out building redemptive relationships, and honestly they are difficult to get but they are hard to break. So in the midst of difficulties and pain we may think to quit, but we remember that it is from God that we take our strength. So for this very reason we find joy even in our pain. Even though it has his own difficulties, we thank God for every contact that we have made so far, for it is through Him that we are doing what we are doing.

We thank God for Ketil's husband that he is staying close to and taking care for her also what is more important that he is walking her to the church building when we have bible classes and Worship services. We are thankful for Klodi he is continuing to attend Bible classes and Worship services. Another contact that we have made lately is the waiter where we have coffee in the morning, his name is Dritan, every time that he will find free time during his work he will come to our table sit and talk with us. He seems to be a very open person.

### **Bible Class**

We are now studying on Galatians and Last week studied the first chapter. Paul from the beginning of this letter harsh and says that what am doing is for to please the Lord not People.

## **Sunday Worship Service**

We thankful to God that were able to meet and Worship Him! For this very reason we try to not live for ourselves but for Jesus. That was the lesson that shared with the brethren here. Having the Desire to be changed in Jesus and being able to say the same words that Paul says in Galatians 2:20.

## **Prayer Requests**

Please continue to pray for Ketj, She is going to have another surgery the date has not be set yet. Also for her husband that God may soften his heart and come to know Jesus.

Please for Klodi, we are meeting with him daily, pray that his heart will be open to accept Christ.

Pray for our new contact too Dritan, pray that we may a good tool in God's hand that Dritan may come and know the Lord.

Pray for us to as we strive to serve the Lord with our lives here in Fier. May God give us strength and courage to stand firm.

In His Holy Service

Altin & Edi, and the brethren here in Fier