



SPOKANE COUNTY  
CHAPLAINCY  
SERVICES



SPOKANE COUNTY SHERIFF'S OFFICE

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MISSION IMPOSSIBLE

Most of us have heard the alarming statistics regarding marriage, adultery, substance abuse, and suicide for a career as a first responder. Some even refer to marriage and relationships as "impossible" in this line of work. But what they fail to mention is that with God at the center of your life, nothing is impossible.

Matthew 19:26 says this: "Jesus said to them, 'With people this is impossible, but with God all things are possible.'" This means your marriage does stand a fighting chance. That means your relationship has room to grow and thrive. You don't have to be a statistic. Matthew 19:6 says "So they are no longer two, but one flesh. Therefore what God has joined together, let man not separate."

A few ways you can fight these statistics is to get beneath discussions that have no bearing or fruit - Go deeper. Have meaningful conversa-

tions with your spouse, family, significant other and discuss the threats, discover solutions, and create practical steps to tackle the struggles you will face together.

It's great to talk about family-related issues, but let this challenge you to sit down, grab a cup of coffee or tea, spend time together, and talk. Find something that interests you both intellectually and spiritually and explore it together.

These things will serve as a conduit for conversation between you and your loved ones and help keep your lines of communication open and clear.

First Responders respond to and witness some of the most tragic events that can happen in our communities. On-the-job stress can have a significant impact on physical and mental well being, as well as their families, which can accumulate over the course of a career. Many struggle with these things but don't always

recognize it, or sometimes if they do, don't reach out in fear of seeming weak. Sometimes the spouse, family or loved ones are the ones who see it first. We want to continue to work through these stereotypes and this old way of thinking. If your loved ones are asking for you to reach out, if you are struggling with adultery, substance abuse, suicidal thoughts or anything else – **you are not alone.** You are strong, you are heroes who sacrifice so much, and you are loved. We want to support and stand beside you in every way we can. Our Chaplaincy is always here – confidential and judgment free. Reach out anytime, day or night. Joshua 1:9 says "Be strong and courageous. Do not be afraid; do not be discouraged, for I Am with you wherever you go." Lets continue fighting these statistics head on together.