



OVERCOMERS OUTREACH CANADA

OCTOBER | Newsletter 2026

What do I do Now Lord...show me the way

“A man’s heart plans his way, But the LORD directs his steps.” Proverbs 16:8-10, NKJV

We are all on a journey; trials and tribulations will come; hard times and life struggles happen to us all. Sometimes we know which way to go other times we may become stuck and not sure which way to turn or what choice to make. Recently in my life I have been at a crossroads as to ‘what do I do next kind of moment’. Can you relate?

It felt very overwhelming and I only wanted to make the right decision. So, I am praying, looking for answers and asking God to please show me what to do as I couldn’t decide. A few days go by, then a few weeks go by, and I am still not finding any peace, still not sure what to do. What was starting to happen was that I was starting to overthink and get anxious as if I was going to make the wrong choice. I couldn’t sleep well. I was getting fatigued and full of doubt regarding a decision I needed to make. I had no peace at all.

This may sound dramatic; but that is what I was going through, and it wasn’t fun. I have overcome that temporary struggle and again God reassured me by His word that I don’t need to feel hopeless and discouraged. As I prayed and took the time to ask God for help, I was comforted by these verses.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to GOD. And the peace of GOD, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7, NIV (continued page two)

‘We are hard pressed on every side but not crushed; perplexed, but not in despair; persecuted but not abandoned; struck down but not destroyed’.

2 Corinthians 4:8-9, NIV



After going through that time of struggle, I have come to a decision and now have full confidence in the choices I needed to make. I have peace about that situation to what I was once struggling with. I have learned again from my circumstance to never give up and keep seeking God for His will to be done in any of my situations. His word says He will guide us and direct us step by step and show us the way. I chose to trust the Lord and I never gave up asking Him for help. "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." Matthew 7:7, NIV

I was reluctant at first to share about my personal struggle that I was going through, but then I saw an opportunity to give some insight to how we can overcome our struggles by God's Word and the 12 Steps. This is what the Overcomers support groups are about. We come together each week to share our experiences, strength, and hope with one another. We get to share about our week and know that we are not alone, and no one is perfect. The support groups bring encouragement and hope; it strengthens us, and it helps us to keep going. We are brothers and sisters in Christ, and we need each other in the body of Christ. We find freedom in Jesus and His finished work on the cross. Halleluiah!

So now, I testify that I have overcome a life struggle by letting go and letting God direct my steps. I am stronger and more confident knowing I made the right choice. We never stop learning and growing. It was Step 3 in action. 'Made a decision to our will and lives over to the care of God as we understood Him'

It was a long month before I had total peace and direction, but I am so ever grateful and thankful for God's grace, mercy and love. His love never fails. Amen.

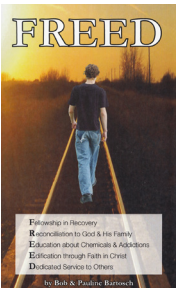
Lisa Switzer

President

**Trust in the LORD
with all your heart and
lean not on your own
understanding; In all
your ways submit to
him, and he will make
your paths straight.**

Proverbs 3:5-6, NIV

Overcomers Outreach Support Group



- Is a Christ centered nonprofit organization.
- Is dedicated to reaching out to people with all types of addictions or emotional struggles and those affected by them.
- Is a bridge between 12 step groups and the church.
- The FREED booklet contains step by step instructions on how to start a group using a 12 step biblical approach format.
- The FREED booklet is designed to provide the easiest possible method to get a group started at your church and fully equip you with all the needed material.

Finding Freedom from Addictions and Compulsive Behaviour

Do you struggle with any of the following?

Anger; Drug or alcohol addiction; Anxiety; Eating disorders; Guilt; Shame; Lust; Compulsive behaviour; Loneliness or any habitual sin.

If so, please call **204 782-9887** to find a group near you.



Overcomers Outreach **is...**

- a ministry which provides fellowship in recovery and encouragement through faith in Christ
- a Christian 12 step biblical support group for individuals and family members seeking freedom from addictions and compulsions through the Power of Jesus Christ using God's word
- a fellowship of men and women who have been affected either directly or indirectly by the abuse of any mood altering chemical or compulsive behaviour.

Overcomers Outreach **is not...**

- a "Christian AA meeting"
- a therapy group - we encourage professional counseling when needed.

Supporting Overcomers Outreach Canada Financially



OVERCOMERS OUTREACH CANADA

1-877-250-4904

info@donatecar.ca

Donate Your Car to Overcomers Outreach Canada

For more information, visit our website at
www.overcomersoutreach.ca

1. Tell us your vehicle info

2. We pick up your car

3. You get a tax receipt

✓ **FREE TOWING**

✓ **TAX DEDUCTION**

Submission and Rest

STEP THREE:

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Coming out of the Darkness

A Daily Devotional with thoughts, prayers and Scripture for each day written by Ken Sundelin



To order email info@overcomersoutreach.ca

There have been many days when life's burdens seemed to evaporate all my energy, strength and resources. So many times I have wished that someone would come and help me carry my load of emotional battles and spiritual downfalls. Then one day I remembered hearing about a horse trainer. He would hookup an unbroken horse to an older fully trained horse and that trained horse would help teach the young one how to pull the load. What I needed to do is ask JESUS to come alongside of me and help me carry my burdens.

Prayer for today.

Dear Lord Jesus, You know I am so tired and feel so burdened down with all my emotional and spiritual battles. I ask You to come alongside of me and help carry the load. Thank You Jesus. Amen.

Scripture for today:

Come to me and I will give you rest—all of you who work so hard beneath a heavy yoke. Wear my yoke—for it fits perfectly—and let me teach you; for I am gentle and humble, and you shall find rest for your souls; for I give you only light burdens. (Matthew 11:28-30, TLB)

(Excerpt from, Coming out of the Darkness)

Supporting Overcomers Outreach Canada Financially

Donations and Financial support

Cheques can be mailed to: Box 28142, Winnipeg, MB, R2G 4E9
E-transfer: info@overcomersoutreach.ca
include your name and address in the message section
For tax receipt purposes or
Please visit www.overcomersoutreach.ca
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How to reach us:

Info@overcomersoutreach.ca
www.overcomersoutreach.ca
fb: overcomers outreach canada Inc.

Lisa Switzer,
Administrator/Support Worker
info@overcomersoutreach.ca
204.782.9887

We are a faith-based non-profit organization bringing hope to those struggling with any form of addictions or compulsions. Your financial support goes toward various areas such as:

- General operating and administration expenses (website, advertising, office expenses, etc),
- Overcomers Outreach recovery support worker's salary,
- Resources, educational literature, printing and distribution costs or simply designated as "where needed" determined by the Board.

We would like to thank those who have been faithful in supporting Overcomers Outreach Ministry which is seeing lives changed and families healed.