This Man Found Hope in the Hole
by E. Greene & G. Pope

Jon was not yet 12 years old. In his teens, he decided he would make more money robbing drug dealers. “I thought it was a good thing,” he says. After all, “I wasn’t bothering law-abiding citizens.”

Plus, Jon knew that no drug dealer would report him to the police and risk getting arrested. Even so, the plan was risky. One night, Jon and his friends went to a dealer’s home and robbed him. Things got out of hand, and in the process, someone in the group shot and killed their victim.

By age 12, Jon was already dealing drugs. By ninth grade, he was an addict, a dropout, and a criminal. It took an arrest and time in segregation to turn his life around.

The officers handed him a copy of the New Testament—a portion of the Bible. On the cover were the words, “There’s hope for you. Jesus cares.”

“I read God’s Word for the first time,” Jon says, “and I haven’t been the same since.”

Start the New Year Strong—With ConBody’s Cell Workout
by E.G. Andrews

There’s a street corner in lower Manhattan where Coss Marte, then a teenager, launched his career selling drugs—before the law and some serious health issues caught up with him. By 23, he was in prison. He was out of shape, and if something didn’t change, he would likely die of a heart attack before his seven-year sentence was up.

“That was a real wake-up call,” says Marte. He remembers running laps around the prison yard and exercising in his 9-by-6 cell, with nothing but the walls and floor for equipment. He lost 70 pounds in six months. Before his release, he helped at least 20 fellow prisoners lose more than 1,000 pounds total. After being released from prison, Marte launched ConBody, a prison-style workout program led entirely by formerly incarcerated people. The first studio opened in 2015 on the same corner where Marte used to sell drugs. Today, ConBody also offers a variety of online workout videos with several different trainers. Marte hopes incarcerated men and women can participate in prisons where computer tablets are available.

Meanwhile, here are a few Marte-approved core exercises that you can accomplish right in your cell (just make sure to drink plenty of water!).

EXERCISE 1

Bicycle Crunch:
Lie on your back and bring your knees up to form a 90-degree angle. Keep your hands by your temples, crunch up, and twist across the body while kicking your legs in a bicycle motion. (For example, if you crunch up and to the right, you should draw your right knee in.)
Letters to the Editor

Chad, Florida
I haven’t been saved for that long. ... A good friend of mine showed me his study Bible, Bible dictionary, and Strong’s Exhaustive Concordance, and wow, a lot of things started coming to light! Well, he got transferred the other day and took his books and Bible with him. For the past five days, I’ve been praying for a new study Bible ... And then all of a sudden, someone brings me the new Inside Journal, and shows me your address and where you’re giving a free Bible study and Bible. So I said to myself, ‘My prayers might be answered!’ All I want to do is study! Please light my path!

Dear Chad:
Whenever life gets tough, turning to prayer and Scripture can be so comforting. There are 66 books of the Bible, and if you’re not sure where to start, Proverbs, Psalms, and Genesis in the Old Testament and Romans, Ephesians, and the Gospel of John in the New Testament are good suggestions. These books contain great verses to light your path.

Matthew, Pennsylvania
I served four and a half years, and was blessed with many wonderful correspondence courses, and learned, searched for the Lord. I was baptized in 2016, and all was wonderful. I was blessed with parole in November of 2017. And, seven months later, I was writing you from prison as a parole violator. The reason is because I left the Lord behind when I was released. I traded the Bible for my own book, and got the same result as before. I am determined not to allow this to happen again.

Dear Matthew:
It’s good that you are recognizing the patterns in your thoughts and behaviors that are taking you places you don’t want to go. There are some helpful articles in this Inside Journal edition that talk about how to put on your “new self” in Jesus. We pray that you continue to focus on God moving forward.

Lincoln, Florida
Before coming across this paper, I’ve never heard of Inside Journal ... I’ve been in and out of prison for the past 35 years due to my addiction and to be honest I was at my wit’s end, but then I read your paper about all the addicts getting another chance and so it makes me wonder. I’ve got a Bible and I’ve been reading, and I have accessed Jesus and for some reason I feel he is the one who guided me to writing you after reading the articles from Ocean Lahauli, Craig DeRoche, and Robbie Robinson (Spring 2018). I guess there’s something inside of me that hopes there’s Hope.

Dear Lincoln:
Addiction can be a difficult battle, but don’t give up. Whenever you feel tempted, pray. 1 Corinthians 10:13 says, “The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure” (NLT). Knowing you need His help is the first step.

Dear Chad:
When Jon was released, he stepped out of prison so that I could kick up my feet and enjoy life. It’s been an amazing journey, and I praise God for it. Jon says.

Dear Chad:
As much as Marte loves helping people build a better body, he’s even more excited about building better futures. On the outside, many of his clients have never met someone who has been in prison. But, Marte says, “As soon as they meet us, it changes their whole perspective.” As communities welcome returning prisoners, Marte is doing his part to bridge the gap between the community and the formerly incarcerated, and to spread awareness for second chances. He encourages those behind bars to do what they can to stay motivated and grow stronger—working out, taking classes, getting counseling, and learning a skill. “You’re going to come out struggling,” says Marte. “It’s going to be difficult, and you’re going to be judged. But work hard. Build your character. You’re going to survive, and that’s real success.”

Subscription Info
At Inside Journal® (IJ), we receive many letters each week from prisoners asking for subscriptions to our newspaper. We are grateful for the interest and support of our readers—however, because of limitations on our staff and budget, IJ is only available in bulk shipments to your chaplain, programming coordinator, or a volunteer who visits your facility. Chaplains, to set up these shipments for free, please contact our editorial staff at P.O. Box 1790, Ashburn, VA 20146-1790 or insidemagazine@gmail.com.
**2019 CALENDAR**

“Great is his faithfulness; his mercies begin afresh each morning.” – Lamentations 3:23 (NLT)

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**HOLIDAYS**
- January 1 – New Year’s Day
- January 21 – Martin Luther King Day
- February 14 – Valentine’s Day
- February 18 – Presidents Day
- April 21 – Easter
- May 12 – Mother’s Day
- May 27 – Memorial Day
- June – Ask your chaplain for an Angel Tree prisoner participation form.
- June 16 – Father’s Day
- July 4 – Independence Day
- August – Don’t forget to submit your Angel Tree prisoner participation form!
- September 2 – Labor Day
- November 11 – Veterans Day
- November 28 – Thanksgiving Day
- December 25 – Christmas Day

**MY IMPORTANT DATES**
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What ‘The Professor’ Learned in Prison

by Stan Guthrie

uguring World War II, when Jewish people were being rounded up throughout Nazi-occupied Europe, Corrie ten Boom, her father Casper, and her sister Betsie were imprisoned for hiding Jews in their home. Casper and Betsie both died in detention, but Corrie eventually was released due to a clerical error. After the war was over, Corrie started visiting churches to share about how Jesus helped her through her imprisonment.

In her book The Hiding Place, she told about an encounter at one church that stunned her. She had finished speaking, and as the church was emptying, a German man came up to her and thrust out his hand. She recognized him; during the war, he had been a cruel Nazi officer.

“Now if you forgive others—whether you relate to Corrie or to the officer, it’s important to release your anger, forgive others, and ask to be forgiven,” Corrie ten Boom said. “But faith can still have consequences, and to improve, but by His power. Be free from your old ways, the Bible says in Colossians and Ephesians that you are to ‘put on the new self’ as a child of God. And in Ephesians 4:1, ‘I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling’ (NLT).”

The Professor teamed up with Prison Fellowship to encourage, motivate, and swap life stories with the guys off the court. He spent time getting to know the men in the gym, in their cells, and in the chow hall (yes, he ate the food).

Throughout the day, he shared about his own faith journey and met participants of the Prison Fellowship Academy®, a program that takes people in prison through a complete life-transformation process. The Professor came away with a new perspective on the prison system and the people living inside its walls.

“I live in California; it’s sunny every day, and a lot of things are a blessing,” The Professor said. “But faith would be different if I made some bad choices and ended up here, right? That would be suffocating. But to have peace of God here [in prison] is different than having peace of God at the beach. You know what I mean? So, it’s inspiring for me.”

Could You Forgive Your Worst Enemy?

by E.G. Andrews

Rayson Boucher, better known as The Professor, is a streetball legend of And1 Mixtape Tour and YouTube fame who has long wowed fans with his skills. He has played ball in at least 40 countries and has more than 2 million online followers.

But he had never been to a prison—until recently. The Professor teamed up with Prison Fellowship to go behind bars in Nebraska and play basketball for a day. Many men lined up to join him on the prison yard, and even more stood outside, in awe of the moves that have made the streetballer famous.

“Whenever you get someone coming from another state—people who don’t even know you, it inspires you,” said Timothy, a program participant. Basketball tricks and tasteless trash-talk are The Professor’s signature moves. But his real purpose was to encourage, help, and motivate, and swap life stories with the guys off the court. The Bible says this worthy walk is humble, gentle, and patient about the faults of other people.

“Throw off your old sinful nature and your former way of life,” Paul says in Ephesians 4, “which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.”

As Christians, by the power of God’s Spirit living inside us, we are to let go of the bad things from our old life and let Jesus Christ renew our attitudes. That’s what Corrie ten Boom did, and what you can do too.

In her book The Hiding Place, she told about an encounter at one church that stunned her. She had finished speaking, and as the church was emptying, a German man came up to her and thrust out his hand. She recognized him; during the war, he had been a cruel Nazi officer.

“Now if you forgive others—whether you relate to Corrie or to the officer, it’s important to release your anger, forgive others, and ask to be forgiven,” Corrie ten Boom said. “But faith can still have consequences, and to improve, but by His power. Be free from your old ways, the Bible says in Colossians and Ephesians that you are to ‘put on the new self’ as a child of God. And in Ephesians 4:1, ‘I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling’ (NLT).”

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