

IN THIS ISSUE:



Lecrae,
p.4



Recipes,
p.6



Activity,
p.7

Gospel Rapper Jeff Walker Finds His Voice

by E.G. Andrews

Jeff Walker describes his old neighborhood and his upbringing in the same way: “rough.” He lived with brothers, sisters, and cousins under one roof in Columbia, South Carolina.

Jeff remembers smoking marijuana on his walk to school at just 10 years old. Although he made the honor roll when he tried, he often slept in class or skipped school altogether. He and his friends partied and stole beer from the gas station for fun.

Drugs were Jeff’s outlet. They eventually became a source of easy income.

At age 14, Jeff found himself surrounded by dozens of police cars.



Photo by Robert Minder

Jeff began smoking pot at age 10 and selling by 14. But a letter he got in jail woke him up. It said, “You are in so much trouble. Only God can save you now.”

That was the first time he got caught selling.

Jeff got arrested repeatedly throughout his youth. In 11th grade, he was locked up for half the school year. Still, he managed to graduate on time. But that achievement was

overshadowed by the death of Jeff’s mother.

After losing his mom, Jeff didn’t know how to handle the grief. At 18, Jeff became a first-time father to a little girl, which brought him joy. But his grief was overwhelming, and he

turned to the street life.

Soon Jeff was in jail again, just 18 years old and facing serious prison time.

‘Only God can save you’

Once, while awaiting trial in jail, Jeff received a letter from his daughter’s mother. Something

she wrote stood out to him: *You are in so much trouble. Only God can save you now.*

Her words shook him up. Soon, he was sharing those words with the men in his jail dorm who claimed to be Christians—guys that Jeff used to mock for their religion.

Jeff asked if it was true that God could save him. His Christian cellmates shared the Gospel with him. At first, Jeff didn’t understand. He thought being “saved” meant getting out of prison. Jeff attended a Bible study with the other prisoners. During the prayer time, the speaker mentioned Jesus’ resurrection on the third day. With his eyes closed, Jeff saw an

Continued on page 2

MENTAL HEALTH SPOTLIGHT:

Maintaining Personal Identity Through Meaningful Occupation

by Shelly Gutensohn

I am a parent. I am a therapist. I am a spouse. I am a teacher. I am a Christian. I am a writer.

These are my “I am” statements. Regardless of where I am or what I am doing, these things remain true.

These personal roles are examples of *meaningful occupation*. The word *occupation* is typically used to describe employment, but meaningful

occupation is a term to describe personal roles or activities that give our lives value. These occupations connect us with others, and they are an important part of our personal identity and mental well-being.

On the flip side, *occupational deprivation* is when someone is restricted from these meaningful activities for long periods of time. Losing that sense of purpose is devastating and can create or make mental illness worse. It

can trigger depression, anxiety, and paranoia. Occupational deprivation chips away at both your personal identity and your relationships.

Men and women experiencing incarceration are at a high risk of losing these roles and relationships. Everyday isolation, neglect, and hopelessness can strip away identity and ultimately make it more difficult to transition back to family, work, and community life once released.

Despite the obstacles, it is possible to maintain a meaningful relationship with yourself and others during incarceration.

Start by telling yourself: **You are not a number; you are a person!** You have purpose and goals. But you will need to do a little exploring to find new meaning in how you spend your time. Challenge yourself with activities that strengthen your identity. Here are some examples.

Continued on page 5



Bulat Silva: Getty Images

Letters to the Editor



Ekely: Getty Images

Darren in Florida

[I'm hoping to be released soon,] and I wanted you to know how much I enjoyed and appreciate your newsletter, especially the Fall 2021 issue. I was transient for the past two years before my arrest and need all the help I can get reassimilating back into society. I just want to get my life back. Please send me your free Inside Journal Reentry special edition.

Zach in Texas

I would like to subscribe to the Inside Journal newspaper. I'm a new Christian brother and would like to learn as much as I can about the Lord. I'll take any and all information I can get.

Dear Darren and Zach:

Neither our Inside Journal quarterly newspaper nor our Inside Journal Reentry special edition are shipped to individuals, but you can ask your chaplain or religious coordinator to order a free bulk shipment by emailing us at insidejournal@pfm.org. For our free Inside Journal Life Recovery Bible and workbook, see ad below, and for the Doing HIS Time devotional book, see ad on page 7. We encourage and pray for both of you as you continue in your faith journey. Remember that God has a plan and purpose for your life. Stay focused on Him.

Sincerely,
The Editorial Staff ■

Gospel Rapper

Continued from page 1

image of an empty tomb cracking open.

Suddenly, the tears started flowing. Jeff realized he needed to be saved from much more than a prison cell.

"I don't ever cry like that," Jeff remembers. "Maybe God had to get to me like that, with a vision, because [otherwise] I would've been too skeptical." Jeff's life was forever changed that day.

Molding a good citizen

Jeff started attending chapel services and surrounding himself with other believers. He was eventually transferred to Goodman Correctional Institution in South Carolina. He kept regularly attending church and was even baptized.

Jeff heard about the Prison Fellowship Academy®—an intensive in-prison program. Using targeted curriculum and restorative community, the Academy helps participants replace criminal thinking and behaviors with new purpose. Jeff applied to the program and was accepted.

With the help of Academy volunteers, Jeff received guidance in every area of life, from spirituality to finances to relationships. He says, "The Academy was, hands down, the best program I've ever been in."

The Academy helped

shape Jeff into a man who loved and followed God. His Academy brothers supported one another with prayer, accountability, and encouragement.

"The Academy shaped my mindset before I came home," says Jeff.

Finding a voice

While incarcerated, Jeff also developed his skills and talents in music. He started with freestyle rapping to pass the time. Soon, he was writing lyrics. But as a Christian, he wasn't rapping about street life.

"I never heard a gospel rap before then," Jeff says. "I didn't know there was such a thing—I just started writing what was placed on my heart."

Prison is where Jeff first listened to music by Lecrae, a Grammy-winning hip-hop artist who became one of Jeff's favorite musicians. Lecrae even influenced Jeff's own songwriting.

Jeff was released from prison in 2019. He says, "A whole lot of people that know me [now] know what I used to be. But now they can say, 'That's a real one that actually changed. That's somebody that actually came from the struggle and streets and made it out.'"

Today, Jeff is a regular performer at Prison Fellowship Hope Event™ gatherings (faith-based events on prison yards across the country), rapping



Photo by Robert Minder

about freedom and hope in Christ. In 2021, Jeff returned to the old prison yard he had left behind. He shared the stage with Lecrae to perform at a Hope Event* on Easter weekend.

Jeff doesn't live far from the street he grew up on in Columbia. His daughter Jayla, now 15, lives with him. They're making up for lost time and hope to travel together soon.

Meanwhile, Jeff works for an HVAC company and has his own clothing line. He's a proud alumnus of Columbia International University, where he graduated with a 4.0 GPA. And he has great hopes for his future, wherever God leads.

(*See page 4 for a Q&A with Jeff and Lecrae from that event.) ■

Dear Readers: We want to hear from YOU!

Do you have tips for looking or feeling your best while behind bars? Do you know of any good recipes using commissary items? Do you have a good parenting or Angel Tree story? You can give back right from where you are! Inside Journal is looking for tips/advice, poems, recipes, or inspiring words to share with our readers. To be considered for this, please write to us at: **SUBMISSIONS**, c/o Inside Journal, P.O. Box 1790, Ashburn, VA 20146-1790. Please also write "I give Prison Fellowship my permission to publish this submission" somewhere on your letter.

NOTE: Submissions may be edited for content or space.

Not all submissions will be printed. If selected, your works will be printed with your first name only; no last name or personal information will be included.

NEED A BIBLE?

Get a free Inside
Journal Life
Recovery Bible!

NOW WITH A WORKBOOK!



WRITE TO:

Tyndale House Publishers
Attn: Inside Journal Bible
351 Executive Drive
Carol Stream, IL 60188

Include this information to make sure your Bible or Workbook get delivered:

- ✓ Your complete name and prison ID number
- ✓ Your facility name
- ✓ Your facility address for prisoner parcel delivery
- ✓ Whether you want English or Spanish*

*Bibles and Workbooks are available in English or Spanish. You can order a Bible and Workbook together, or separately. Limit one order per person.

Be a FROG, Take a Leap

by S.L. Ray

When I was 22 years old and longing for an adventure, I decided to leave behind everyone and everything I knew and move across the country to a huge city by myself. After saving up a few hundred dollars, I loaded my car with a suitcase of clothing, a 13-inch television, and a couple boxes of knickknacks and personal items.

I didn't know anyone and was surrounded by unknowns. But I didn't fear this new move. I had something so much bigger than fear on my side: GOD. I had prayed over this move and trusted that God would be with me every step. I was taking a leap of faith.

Leap of faith: That expression is about jumping far out of your comfort zone while keeping the faith that your feet will land on solid ground. But *what* we put our faith in matters.

To fully rely on God, we need to actively seek Him—and then follow Him. This is not a half-hearted commitment.

If we put our faith in humans or in things of this Earth, we will sometimes (maybe even often) be disappointed. You can probably think of examples of this in your own life. But if we put our faith in God—almighty, all powerful, and perfect—He provides a solid

foundation in our shaky life. There's an acronym some people use called FROG: *Fully Rely On God*. Not "sometimes rely on God," or "halfway rely on God," but *fully*.

Proverbs 3:5–6 says, "Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take." Notice how it doesn't say seek His will in some things, but "in *all* you do."

To fully rely on God, we need to actively seek Him—and then *follow* Him. This is not a half-hearted commitment. That word "fully" is the key.

Throughout the Bible, many followers of God took a leap of faith, some with very huge dangers and very bad odds. But when those believers fully relied on God, God guided them through their darkness.

One of my favorite examples is in Matthew 14:24–33. The disciples were in a boat in the middle of the sea when a major storm set in, and they began to panic. In the middle of the night they saw Jesus walking on top of the water toward them. They were scared and thought Jesus was a ghost. (*I picture them rubbing their eyes and thinking, "Whoa, my mind is playing tricks on me!"*)

Peter asked Jesus to prove the men weren't just seeing things by having Peter walk across the water toward Jesus:

Peter went over the side of the boat and walked on the water toward Jesus. But when he saw the strong wind and the waves, he was terrified and began to sink. "Save me, Lord!" he shouted. Jesus immediately reached out and grabbed

him. "You have so little faith," Jesus said. "Why did you doubt me?"

When Peter put all his trust in Jesus, he was able to literally walk on water. But the moment he took his focus off Jesus and onto the danger of the storm, he sank.

Had I put all my focus on the dozens of things that could go wrong during my big move across the country, I would have sunk. But instead, I kept my faith focused on the almighty God.

My first six months in the new city were rough. I was living at poverty level in a roach-infested apartment with very little to eat. I was struggling with everything from physical hunger to an abusive roommate. But I kept the faith in God, trusting that He would provide a path for me—even when my troubles could have tempted me to think differently. This was no time to lose focus on Him. I needed to be faithful—and patient.

One Sunday morning, after losing my job and learning my landlord wasn't renewing my lease, I went to a new church. At the back of the sanctuary, there was an unsupervised offering plate. Had I stolen money from the plate, it would have bought me a couple meals for the week. But instead, I filled out a

READY FOR A LEAP OF FAITH?

What or whom are you putting your trust in each day? Do you fully rely on others? On yourself? Have you ever wanted to rely on something that's always faithful and dependable?

Psalm 59:9-10 talks about how reliable God's love is: "You are my strength; I wait for you to rescue me, for you, O God, are my fortress. In his unfailing love, my God will stand with me." And Isaiah 26:4 says, "Trust in the Lord always, for the Lord God is the eternal Rock." God sent His only son to bring eternal life to those who believe in Him. Putting your full faith in Jesus is about more than just trusting Him with your risky leaps.

It's about having a relationship with the almighty, all-reliable Creator of the entire universe! And just like you wouldn't put all your faith and relationship efforts into someone you knew nothing about, the more you *know* God, the more you'll grow to *trust* Him. Get to know God by reading His Word and talking to Him in prayer.

Not sure where to begin? Start with this simple prayer:

"Dear Jesus, I want to stop relying on things and people that aren't dependable. I want to fully rely on You. I surrender my life to You as my Savior. Please show me how to take this leap of faith and live for You. Amen."

Want to learn more about Jesus or have other comments? Write to us at "FROG," c/o Inside Journal, P.O. Box 1790, Ashburn, VA 20146-1790. Need a free Bible or accompanying workbook? See our ad on page 2.

prayer card, dropped it in the offering plate, and left.

The next morning, I got a call from the pastor, who read about my pending homelessness and unemployment on my prayer card. He offered to help me find another apartment and told me about a church member named Kathy who was hiring. She called me moments later, and

during our brief phone call, she offered me my dream job, without having ever met me.

That amazing job led me to a steady income, good friends, and even my future spouse. I never got to meet Kathy, but she is always in the back of my mind as my reminder that God is working for our benefit even when we don't know or see it. ■



Toltek: Getty Images

Q&A with Lecrae and Jeff Walker

by James Murray,
Prison Fellowship
field director

Lecrae and Jeff Walker* headlined a Prison Fellowship Hope Event™ in a South Carolina facility last year. (*See page 1 for Jeff's story). Lecrae is a Grammy-winning Gospel and hip-hop artist who has partnered with Prison Fellowship through the years. Jeff, also known as SWAAG, is a Prison Fellowship Academy® graduate and a former prisoner at this same South Carolina facility.

During the Hope Event, Jeff and Lecrae answered questions from the incarcerated men. Answers have been edited for clarity.

JAMES MURRAY:

How do you hope to inspire prisoners through the way you live and through your music?

JEFF WALKER:

I want people back here to know that there's hope. It's possible for you to actually [get] out ... and stay out of prison and work and grind and do something positive. Start a business. Be a family man. Stay loyal to your wife. These things are possible.

A lot of times in prison, we reach these dark points where we forget truth because our judgment is clouded by our circumstances. We can't get a call through [to home], nobody put money on the books, ain't nobody sending letters or pictures. When we're in those moments, we

forget that this is not my life forever. If I don't die back here, this is not my life forever. So, I still have to grind and perfect what I'm doing back here so I can do that same thing on the street.

JAMES:

This next question is for Lecrae: "Your song *Background* has kept me and my wife grounded about selfishness and who's in charge or who should make the decision. ... Could you share how that song was created and why it's so important?"

LECRAE:

The whole idea of it is that the Bible says God opposes the proud but exalts the humble (Proverbs 3:34, James 4:6). There's a story of an individual in the Bible, Uzziah, who started off as a man who dug his hands in the soil. He was low to the earth; he was helpful to people. But then he became king. He got more and more prideful, more and more full of himself, more and more filled with selfish ambition. And he ended up stepping outside of the boundaries that God had given him, and he [was] cursed with [a crippling disease] (2 Kings 15:1-7, 2 Chronicles 26).

It's so easy to get full of yourself. It's so easy to just get self-consumed and not remember that you're part of a bigger story. You know what

I mean? You're part of God's story.

JAMES:

"What is the hardest thing for you living as a Christian?"

"I'm already accepted by God ... if you live for other people's acceptance, you're going to die from their rejection."

JEFF:

[There's] a certain part of us as men that's like, *man, you're not going to play me.* ... That little alpha part of us that's like, *man, even if I'm a Christian, I will still do something to you.* I think, for me, that's the hardest thing because of my background, how I was raised, and just me and my personality. I'm very bull-headed. I have to tame that, though, man.

I've gotten way better over the years. I was a wild child when I was little. I'd just fight and do all kinds of crazy stuff. But over the years, I've learned to tame that aggressive energy into more talking, into more trying to at least explain the situation before I go off. I'm still working on that, y'all.

LECRAE:

Everybody's different, and everybody has different struggles, so what may be hard for me may not be hard for you. But the thing about it is, [there's] something that we all got—what I will call blind spots—an area of your life that you don't really recognize is hindering you and holding you back. ... Your blind spot may be anger, or your blind spot may be you bend too much, or you lie too much, or you care about stuff you shouldn't care about.

The hardest thing for me is remembering I'm already accepted. Right? Remembering I'm already accepted by God. Because if you live for other people's acceptance, you're going to die from their rejection. You know what I'm saying? When you realize you're already accepted, you don't really have to get extra bent out of shape over somebody disrespecting you. Because it's like, *man, I'm already somebody. You can't really disrespect me because I'm already somebody. So, what you're saying to me, really, it don't really matter. That's your problem, really, not mine.*

But I understand there's politics at play all the time. We're always worrying if they see I went out soft, then everybody going to try me. It's the politics at play.

But at the end of the day, I'm already accepted. I'm already respected. I don't have to prove nothing to you. But that's the hard part that I struggle with. *All right, 'Crae, you're already accepted. You ain't got to prove nothing.* And just live in that reality. ■



Photo by Robert Minder

Lecrae, on left, with Jeff

BEING RELEASED SOON?

Check out the Colson Scholarship started by Charles Colson, founder of Prison Fellowship. The Colson Scholarship is available to eligible returning citizens who want to attend Wheaton College in Illinois (wheaton.edu).

To learn more, visit prisoninstitute.com/colson-scholarship. Or to get more tips and tools for a successful release, ask your chaplain to email us at insidejournal@pfm.org to order our free Inside Journal Reentry specialty edition.

Who is eligible? Applicants must:

- Be a Christian
- Be a U.S. citizen
- Have a felony record (Note: Felonies must NOT include sexual offenses, arson, or repeat violent offenses)
- Be out of jail or prison for at least one full year by April 1 of the application year
- Be established in a local church
- Be accepted into Wheaton College undergraduate or graduate school

FROM THE INSIDE OUT:

Frogs and Sparrows

by Chaplain
Jeff Freeman

What is the price of two sparrows—one copper coin? But not a single sparrow can fall to the ground without your Father knowing it.
—Matthew 10:29

Last week I received a call from an officer at our Women’s Section. One of the residents found out her brother died in an

accident, and she wanted to speak with the chaplain. I met with the resident, doing my best to provide comfort and care.

As the resident went back to her living unit, along with another resident, they both let out an excited scream—“There’s a frog in the window! No, there’s two frogs in the window!” The officer I was speaking with walked over to the window, after which I followed, and sure enough, two tiny little frogs sat on the outside

window sill. The residents were so excited and started giving the frogs names.

God was able to remind these women, through His sights and sounds of nature, that there was hope that stretched far beyond those facility windows. The letters that spell F.R.O.G. have been called an acronym for “Fully Rely On God.”

It’s sometimes easy to feel trapped inside the cold, hard, lifeless concrete walls of your unit. But those frogs represented companionship with

something from outside the cell walls. They represented new life.

The sparrow is the most common bird in the world, with a population of more than 1.5 billion. Back in the days when Jesus walked the earth, two sparrows were worth one penny. The poorest Israelite at the time would even eat sparrows because they were so cheap. They weren’t considered “high value” animals.

Yet as Matthew 10:29 says, God still cared about each sparrow enough to know when one fell or got hurt.



aussiesnakes: Getty Images

Now just imagine how much He cares about His people! About YOU! In fact, Matthew 10:31 goes on to say, “So don’t be afraid; you are more valuable to God than a whole flock of sparrows.”

To read more about fully relying on God, see page 3. And to make your own origami frog that you can place in your own cell window or shelf, see page 7.

Jeff Freeman is a chaplain in the greater Minneapolis-St. Paul, Minnesota, area who works with the Good News Jail and Prison Ministry. ■

Mental Health

Continued from page 1

Activity 1:

Explore the difference between the “you” you show others and the real you. The “mask” you wear while incarcerated is likely tough and assertive and doesn’t show much emotion. This is normal; it’s a defense mechanism. However, it’s important not to let this mask take over your entire self. Ask yourself, how are the *outside you* (the mask) and *inside you* (the real you) different? How are they similar?

Look for chances to drop the mask by finding a community. Where can you be yourself? Who can you trust to have an honest and real conversation? Find people with common beliefs. Form connections. Real relationships are best formed when connecting with others *daily*.

Activity 2:

You may not be able to participate in the same favorite activities you did before incarceration or may have a hard time finding fulfilling activities that are healthy. But determine the purpose your preferred activities gave you, and think of available alternatives that might meet that same purpose.

Example: I used to play video games to have fun and take my mind off problems in my life. Now I can read a book, exercise, or join an art class. [OR] I used to play video games to be social. Now I can get a job, enroll in classes, or join a peer-support group.

Activity 3:

You also may not be able to work the same job you did in the past, or perhaps you’ve never worked before. Be open to opportunities to get trained in new skills. What are your strengths and weaknesses? Which skills can you carry over into another career?

Example: I was a mechanic. I’m good at working with electrical systems. I like technology and can figure out how to fix things quickly when they go wrong. I might like to work as an electrician or a welder.

Not sure what you want to do? Find out what the facility offers and try something new. Keep trying different roles until you find what sticks.

Activity 4:

Staying socially connected is extremely important for mental wellness. Look at your relationships with others. Now think of your own “I am” statements (like in the beginning of this article) and do the following with each:

1. Write “I am _____.” (Fill in the blank.)
2. Ask yourself, *What are the most meaningful jobs included in this role?*
3. Ask yourself, *What purpose do these jobs serve?*
4. List purposeful activities you did from home.
5. List how you can still fulfill those same purposes while incarcerated.

Example:

1. *I am a parent.*
2. *Most meaningful jobs? To give love, educate, discipline, help problem-solve.*
3. *Purpose of those jobs? Give emotional support; raise them into independent and successful adults.*
4. *List of purposeful activities: Uphold daily structure, laugh, have family traditions, be involved in their school and outside activities.*
5. *List how to fulfill those purposes behind bars: Make regular phone calls, write letters, send artwork, ask family to send pictures and artwork, ask my kids questions about their personal lives (friends, sports, school), help them with*

homework, read or make-up stories together over the phone, tell them I love them and ask about their feelings.

Activity 5:

Self-improvement is also an important part of your identity journey. Choose one of those same “I am” statements and do the following:

1. Write “I am _____.”
2. Ask yourself, *What are my strengths?*
3. Ask yourself, *What could I do better?*
4. List steps you can take to improve.

Example:

1. *I am a spouse.*
2. *I tell my spouse I love and miss them and call as often as I can.*
3. *I don’t always ask about how they are doing, and I talk a lot about myself. I have a negative mindset and don’t feel as close to them since being away.*
4. *I will start writing letters; I can probably say more that way since it’s more private than talking on the phone. I will talk about what I’m doing to better myself, and I’ll allow myself to make plans for the future (for visits or after release). I will make gifts to send home. I will think about things to ask about before we talk so the conversation isn’t always focused on me.*

It is my hope that some of these strategies work for you. Remember that it takes time and practice to establish new routines. Be kind to yourself, be creative, and be persistent. Incarceration can be difficult. Finding yourself, opening up to others, and speaking to a mental health professional/prison counselor* can help.

**Your conversations with counselors/therapists are confidential and private (with the exception of threatening harm to yourself or others).*

Shelly Gutensohn is a licensed therapist who regularly works with men and women behind bars. ■

DAILY DEVOTIONAL TEAR-OUT

Tear out this daily devotional and start each morning and/or end each night saying it and praying over it. You’ll be amazed how a healthy spiritual habit like this can bring encouragement and focus to each day!

All Things New

by J.C. Faulknier

Springtime often makes us think about all things new, fresh, and alive. The drabness of winter fades away as trees bud, flowers brightly bloom, and animals give birth. But even though springtime symbolizes “newness,” the new year actually began months ago. Did you make a resolution or at least a decision to do anything different this year? Were you determined to do something new or stop doing something old? How is that working out? Did you take that first step yet? What is keeping you from taking the next one?

“I will make a pathway through the wilderness. I will create rivers in the dry wasteland.”

IN ISAIAH 43:19, THE LORD SAYS,

“For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland.”

If you have any doubts about your ability or worthiness to take that next step, meditate on this verse. Are you viewing it from merely a human perspective, or are you looking through the filter of how God sees you? God is taking your “dry land” of fear and doubt and turning it into a “river” of hope and purpose! He is making a pathway through the wilderness for you—but you must take that next step.

“Jesus looked at them intently and said, “Humanly speaking, it is impossible. But not with God. Everything is possible with God.” Mark 10:27 NLT

When you accept Christ’s sacrifice on the cross and surrender to Him as Lord of your life, you become a child of God, a new creation in Him. The impossible then becomes possible for you. You’re now empowered to do what He has purposed for you to do.

You are new, so do something new! Take the class, write the letter, offer forgiveness, make amends, read that book, start to exercise. And remember that you are not the old you; you are new, and your life can be too. It’s not too late to begin. Start today!

RECIPE CORNER:



Bailey'sTable: Getty Images

Not all ingredients will be available at all facilities. Be sure to comply with your facility’s rules and regulations whenever cooking.

Mountain Pies

Submitted by Seth in New York

INGREDIENTS:

- 2 slices of bread
- Jelly (pie filling, marshmallow fluff, etc.)
- Butter

Butter one side of the slices of bread lightly. Place jelly, pie filling, or fluff on other side. Fry until golden brown. (If you don’t have a hot plate, microwave until warm and gooey.) Enjoy!

On-the-Go Mashed Potatoes

Submitted by Elizabeth in Texas

INGREDIENTS:

- Single-serve bag of BBQ potato chips
- Package of chicken soup or picante beef soup (or similar)

Open the package of soup. Open the seasoning pack and pour it into the bag of soup. Pour hot water into the bag (you may want to place this bag in a cup just to hold it in place). Let it simmer. Stir the mixture. Pour out a small amount of the soup liquid into the chip bag until chips are soggy like mashed potatoes. Mix with spoon and enjoy! ■

ACTIVITY: Origami

Use construction paper, plain paper, or even part of this Inside Journal newspaper to create a frog friend with the steps shown below. See pages 3 and 5 to learn more about fully relying on God.

NOTE: When folding, make sure the edges of your paper are lined up, and use your nails to press down the creases really well.

Find a square of paper. If you don't have a square, take a rectangular piece of paper (like a piece of construction paper) and fold it into the shape shown in Figure A., cutting off the bottom row to make a square from the leftovers.

STEP 1:
Fold the square exactly in half. Do this horizontally and then again vertically.

STEP 2:
Fold a corner into the center.

STEP 3:
Repeat for all four corners to create a smaller square.

STEP 4:
Take one side and fold it into the center, and then do the same with the other side, making an upside-down kite shape.

STEP 5:
Fold the bottom of the "kite" (the shorter side) upward/inward, making a triangle.

STEP 6:
Take the lower points of the triangle and fold them into the center, creating the shape of a narrow house with a long roof.

That's it! You made a cute origami frog! (Or if not, at least you tried! It might take a few attempts, but you'll eventually get there.) Set your finished frog in a place you can see it, as a daily reminder to take a leap of faith and **Fully Rely On God**. Or send it to your kids along with these instructions to make their own frog. ■

STEP 7:
Fold the bottom of this "house" upward, stopping where the triangle/"roof" begins (like a rectangular boat).

STEP 8:
Take the top half of the "house/boat" (everything below the "roof/sail") and fold it in half, downward. (Note: the paper will be quite thick by now, and if you started with thicker paper, this fold will be the most difficult.)

STEP 9:
Take the point (the top of the "roof/sail") and fold it down about a third of the way.

STEP 10:
Turn everything over. Now you can use markers to create the eyes and any other details. If you followed the steps correctly, your frog should even be able to "flip" when you press on its rear end.



Photos by S. Ray

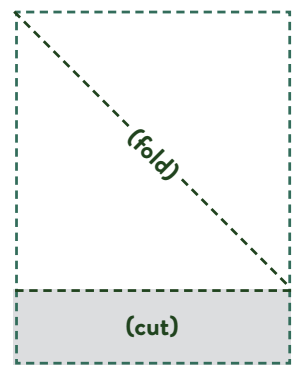
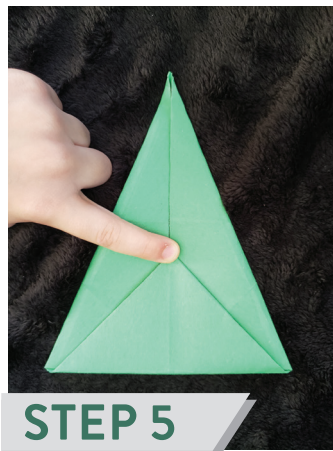
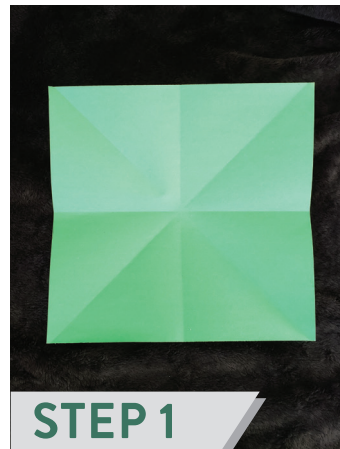


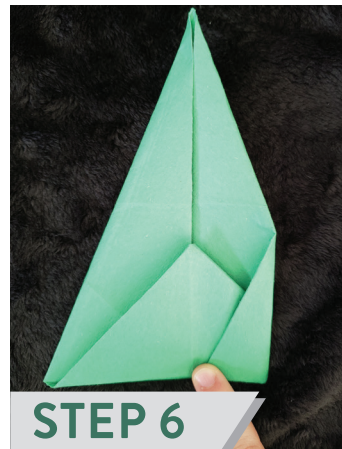
Figure A.



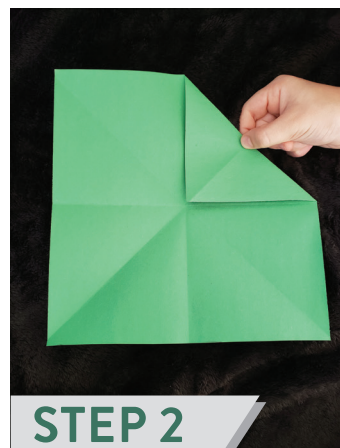
STEP 5



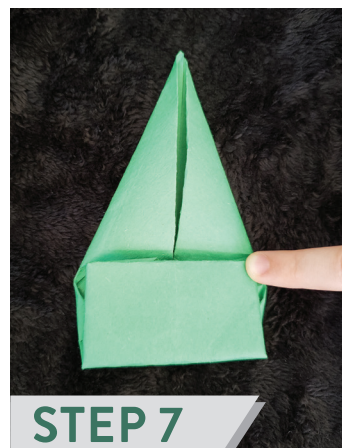
STEP 1



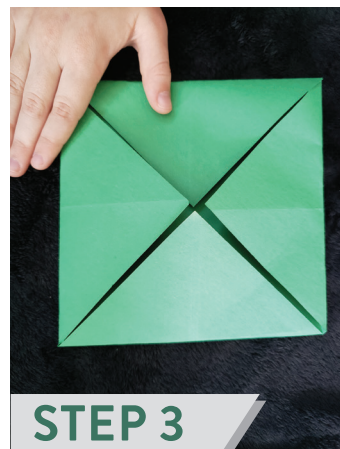
STEP 6



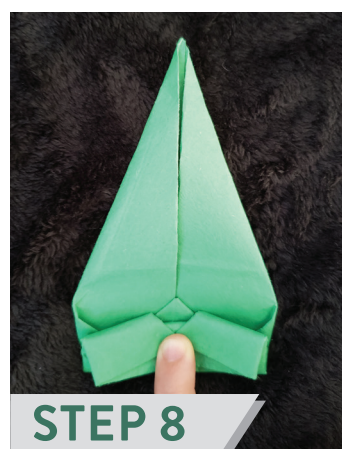
STEP 2



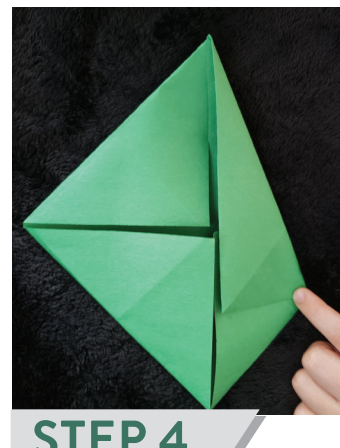
STEP 7



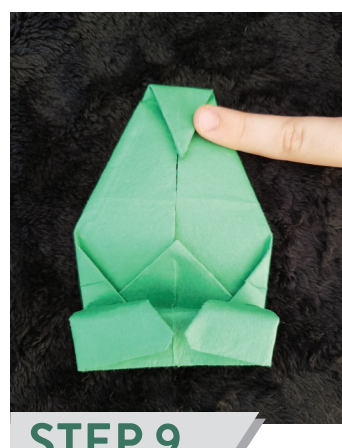
STEP 3



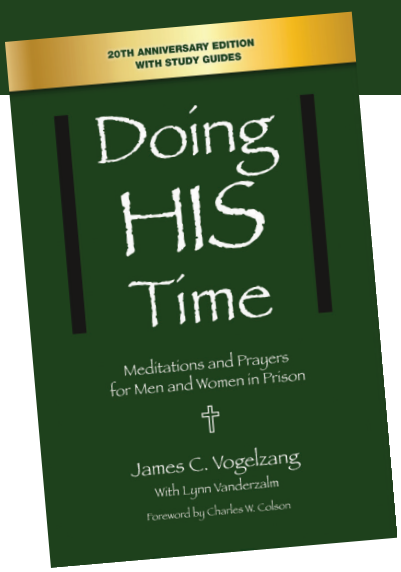
STEP 8



STEP 4



STEP 9



DOING HIS TIME

This is the 20th Anniversary, study-guide edition that has added new meditations and pages of study guides. More than **500,000 copies** have been distributed to prisons in **50 countries** in **17 languages**.

We cannot send copies to individual inmates. For the facility or chaplain to receive **FREE** cases (approx. 30 copies per case) of the devotional (in English, Spanish, or both), ask the chaplain or religious services coordinator to contact suzy@doinghistime.org or write to:

Doing HIS Time Prison Ministry
P.O. Box 91509
Santa Barbara, CA 93190

NEWS + NOTES

Angel Tree Sports Camp Lifts Up Atlanta Youth

In November, Prison Fellowship, the Police Athletic League, and Walmart’s Center for Racial Equity cohosted an Angel Tree® sports camp in Atlanta for children of incarcerated parents.

Nearly 100 children received coaching and motivation from former NFL and University of Alabama running

back Shaun Alexander; former University of Georgia football star and NFL Hall of Fame member Champ Bailey; former Georgia tight end and longtime NFL star Benjamin Watson; and others. The free football camp also included uplifting entertainment and spiritual encouragement for participating children and families.

“What this [camp] means to these kids is that it shows them what love is,” said Prison Fellowship Field Director Tony Kitchens, “That love is coming down from God through us.”

Angel Tree sports camps are a part of

Prison Fellowship Angel Tree, which equips churches to strengthen relationships between incarcerated parents and their children and support the families of prisoners year-round.

Freedom Begins With a Book

Reginald Dwayne Betts, who spent eight years in prison for an armed carjacking he committed as a teen, was awarded the 2021 MacArthur Fellowship for his work promoting the rights and dignity of incarcerated people.

An author, poet, lawyer, and Yale University graduate, Betts developed a love for reading and

writing in prison. He later founded Freedom Reads, an initiative to give incarcerated people access to literature through book donations, author visits, and reading circles in prisons across the U.S. and Puerto Rico.

“Freedom begins with a book,” says Betts. “I believe building Freedom Libraries, and placing them in prisons across this country, will be the start of somebody’s story of freedom.”

Prisoners Donate Salaries to Help Children

At Lexington Assessment and Rehabilitation Center (LARC) in Lexington, Oklahoma, about three dozen incarcerated men sacrificed their monthly salaries to purchase school

supplies for local children. The prisoners at LARC make around \$11 a month.

“It’s a great benefit to put others first,” said one prisoner. “I just want to do my part to give.”

The men are members of the Prison Fellowship Academy at LARC. Participants in the Academy work to develop and practice values like integrity, responsibility, and productivity.

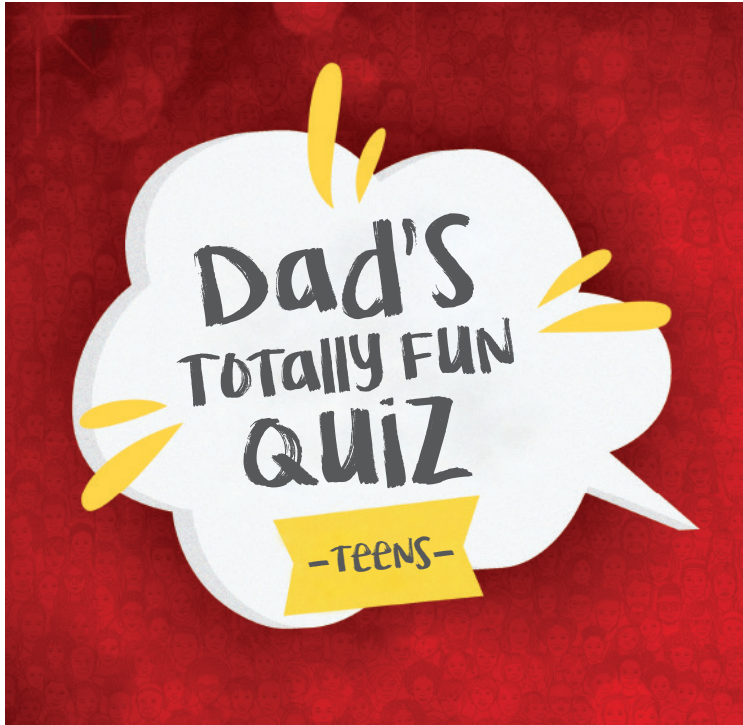
Prison Fellowship staff delivered items like paper, glue, pencils, and markers to Lexington Elementary School, where teachers and students celebrated the Academy’s generosity.

“This makes a big difference,” said one teacher. “We’re able to give to our kids and get them the things that they need.” ■



Shaun Alexander speaks to Angel Tree kids.

Photo by Prison Fellowship



Answer the questions about yourself and mail them to your child. Then, ask your child to answer the same questions and mail them back to you.

- 1

What’s one activity you’ve never done that you wish you could do?
- 2

If you could live anywhere in the world, where would you live?
- 3

What’s the most exciting thing to happen recently?
- 4

By this time next year, what do you hope to do?
- 5

What’s one piece of advice you would give to someone younger than you?

- 6

If you could meet one movie or book character, who would you want to meet?
- 7

Your favorite time of day is:
- 8

Your favorite book is:
- 9

Your favorite sport to watch is:
- 10

Your favorite sport to play is:
- 11

Your favorite television show is:
- 12

If you could spend a whole day doing only one thing, what would it be?
- 13

The most fun thing that has happened to me is:
- 14

If you could change one thing about the world, what would it be?
- 15

What is your favorite dessert?
- 16

What is your top pet peeve?
- 17

If you won a million dollars, what would you do with it?

Use this space to send a note to your teens. And teens, you can also send a note back to your dad...



© 2022 by Prison Fellowship
INSIDE JOURNAL®
is published four times a year by Prison Fellowship, P.O. Box 1790, Ashburn, VA 20146-1790.

prisonfellowship.org
703.478.0100

Editorial Manager:
M.M. White
Editor in Chief:
S.L. Ray

Writers:
E.G. Andrews, J.C. Faulknier, Jeff Freeman, Shelly Gutensohn, James Murray, S.L. Ray

Designer:
A. Raquel

A member of the Evangelical Council for Financial Accountability and the American Correctional Association.

Inside Journal® is a registered trademark of Prison Fellowship®.