

**P606**

**GRACE NOTES RADIO PROGRAM  
TITLE: CHANGING DEPENDENCIES  
SONGS: OUT OF HIS GEAT LOVE  
SECRET PLACE**

**1393**

**INTRO: Welcome to Grace Notes. Everyone has things in their lives they don't share with others. It's especially true of people who have a public ministry. However, there are times that there is great benefit in sharing the lessons learned through these experience. This is the case with our host, Barbara Sandbek. On our program today, she will discuss how God transformed her life from one of dependence on herself to one of dependence on Him.**

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**I want to begin by saying that a father's example affects children greatly. This was true in my case. My dad smoked 3 packs of cigarettes a day. He had a wooden container on the wall that contained several packs. When I was 10 years old, I took a pack and my girlfriend and I tried smoking.**

**Honestly, if I were smart, I would never have tried it again based on how sick it made me feel, but practice makes perfect. We continued this off and on for several years. I also want to say that a boyfriend's example can also greatly affect you. When I was 17, I dated an older guy who smoked. I wanted to fit in so I joined him in it. So began my everyday dependence on cigarettes. God was gracious to me and I married a wonderful Christian man several years later who didn't smoke. I would only smoke at work and continued, even thru both of my pregnancies.**

**We attended church and were faithful in serving there, but I was hooked. I rarely listened to the sermons because I didn't want to feel guilty. I knew it was not good for my body and certainly not good for my singing voice but the draw and the habit was so ingrained I couldn't stop. Our church hired a new minister I couldn't ignore. The message I remember so well was entitled, 'Be sure your sin will find you out'. Instead of stressing all the 'thou shall nots' I was used to, he elaborated on the 'thou shalls'. I so wanted to quit - I felt like a hypocrite.**

**I had always thought that if a doctor told me I had to quit, I would. Well, God in His mercy orchestrated this even though I didn't ask Him to. I was always trying different things to quit, so I switched brands to one that had a different kind of filter. What I didn't realize was that it was made from fiberglass which can cut the**

**lining of the throat. I developed a sore throat that bled for 8 weeks followed by 3 weeks of sinusitis. I couldn't sing for more than 10 minutes at a time.**

**I went to a doctor who said my tonsils had grown back and that he could take them out, but that he had never cured anyone who smoked. He told me to quit smoking - in six months my throat would grow a new lining, and I'd be fine. He added "don't come back having gained a lot of weight."**

**God spoke to me that day. His question to was, "Do you value your singing more than your addiction? This is your last chance to quit." And I knew in my heart it was.**

**That was July 3, 1979. God did this for me and I wasn't even in close fellowship with Him. I took my cigarettes and through them out and said to the Lord, "God, I have never asked You for anything other than salvation, but I can't do this on my own. Help me. And while you are at it, can You help me lose weight, too."**

**And He did just that. Every time I wanted a cigarette, which was almost every five minutes at work, I would think about not eating and every time I wanted to eat, I would think about not smoking. Within three weeks the draw was a little less and I had lost 13 pounds! Food tasted better so I didn't need to consume as much to be satisfied. My throat did indeed grow a new lining and I could sing without pain for a long time. The desire to smoke lasted two years. I never gave in, thank God. I am thankful it took so long because it made me NEVER want to EVER smoke again. The struggle was surely worth it.**

**I realized that smoking for me was like trying to get back at my dad for his lack of positive attention, initially. It also kept me from a close relationship with both my husband and God. A great barrier lifted the first day I came home from work and realized I hadn't smoked. My desire for the Lord became what I desired most. My marriage blossomed, too, and all because God loved me enough to work with me and guide me through the long process of switching dependencies from cigarettes to Him. He never gave up on me!**

**He picked me up from the miry clay and set my feet on THE ROCK to stay!**

**\*\*\*\*\* WRITER: The Martins  
\*\*\* OUT OF HIS GREAT LOVE \*\*\* LENGTH: 2:11  
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### **CHORUS**

**Out of His great love He picked me up  
Set my feet on a sturdy rock  
Out of His great love I've learned the meaning of  
Salvation, out of His great love.**

### **VERSE 1**

**I had gone astray I had lost my way  
When I called upon His Name  
And He rescued me, now the song I sing  
What a loving God is He**

**Repeat Chorus**

### **VERSE 2**

**Now I shout His praise through all my days  
For His endless mercy and grace  
There's no other One who has greater love  
With joy I will ever sing.**

**Repeat Chorus 2x**

**Salvation, out of His great love.**

**It gets even better. Twelve years later my husband encouraged me to make a recording of my songs. So I could get my voice in shape to record, I hired a noted Peabody voice teacher. I was progressing very well. He seemed pleased with me. About that time the business I was working at moved me to a cubical next to 2 people who smoked. I had become incredibly allergic to the smell by that time. My throat was closing up and I coughed a lot. When I went to my voice lesson, I just couldn't make anything happen correctly. After trying unsuccessfully to make a run, the teacher asked me how long I had smoked. I told him 12 years but that it was 12 years ago. His response was, 'Well, it certainly has taken its toll'. I left the session discouraged. He sent me a letter stating he couldn't teach me anymore. I had always felt that since I had smoked that I would not have the voice that I could have. This was surely my punishment.**

**At work, I initiated a petition to request a no smoking policy. I could have been fired for doing it, but God had me solicit a few signatures of very important people, so instead of firing me, they actually ended up making it a policy! Now that is definitely God. It wasn't long after that that my throat problem cleared and I could breath and sing again.**

**I had written down notes of some of the things the teacher had taught me, held them up to God and said, 'You be my teacher'. And He was. Six months later, I called the teacher again and asked if I could take 3 sessions and record them so I could practice. He agreed.**

**One day, shortly after that, when I was practicing with the tape. I heard him say something I had never noticed before. He said, "Your voice is very beautiful, like that of a 16-year-old!" It hit me that I had officially started my habit at 17 years old. I was 35 at the time.**

**God reminded me of the verse in Joel 2:25 that said, 'The Lord will restore the years the Canker worm has eaten away' and I cried with gratefulness to Him. God could had let nature and my habit take its toll, but instead he took my voice back 19 years, one year before I started smoking. What a wonderful, gracious, Lord. He gave me the strength to make the right choice and grace to endure the temptation for two years. But most of all He gave me blessing upon blessing as I drew and continue to draw closer to Him. Four years afterward He gave my husband and I a concert ministry, followed by this radio ministry.**

**So I've told you all this to challenge you. Is there something in your life you are holding onto that is displeasing the Lord? I knew all along my habit was wrong and certainly not beneficial in any way. You'll know it, too, if you look introspectively. It's not worth it to stay in bondage. Seek the Lord and ask Him to reveal it and give you what you need to remove it from your life. A wonderful God-filled future awaits you. You can do this with His help.**

**\*\*\*\*\* WRITER: Steve Chapman**

**\*\*\* SECRET PLACE \*\*\*\*\*LENGTH: 3:16**

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## **THE SECRET PLACE**

### **VERSE 1**

***A heart is like a house - one day I let the Savior in  
There are many rooms - where we would visit now and then  
But then one day He saw that door  
I knew the day had come too soon  
I said Jesus I'm not ready -for us to visit in that room***

### **CHORUS 1**

***'Cause that's a place in my heart - where even I don't go  
I have some things hidden there - I don't want no one to know  
But He handed me the key - with tears of love on His face  
He said "I wanna made ya clean  
Let me go in your secret place."***

### **VERSE 2**

***So I opened up the door - and as the two of us walked in  
I was so ashamed - His light revealed my hidden sin  
But when I think about that room now -I'm not afraid anymore  
'Cause I know my hidden sin  
No longer hides behind that door***

### **CHORUS 2**

***It was a place in my heart - where even I wouldn't go  
I had some things hidden there - I didn't want no one to know  
But he handed me the key -with tears of love on His face  
He made me clean - I let Him in my secret place***

***TAG: Is there a place in your heart -where even you won't go?***

**You've been listening to Grace Notes. For more information about this ministry write to:**

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**Join us on our next program. Until then, let your grace notes be a song of praise!**