



Isaiah 53:3

He was despised
and rejected by
mankind,
a man of suffering,
and familiar with
pain.

If you keep my
commands, you will
remain in my love,
just as I have kept
my Father's
commands and
remain in his love.

John 15:10-11

John 2:15

So he made a whip out
of cords, and drove all
from the temple courts,
both sheep and cattle;
he scattered the coins
of the money changers
and overturned their
tables.

GROWING IN HIM COUNSELING

Therefore, as
God's chosen
people, holy and
dearly loved,
clothe
yourselves with
compassion,
kindness,
humility,
gentleness and
patience.

Colossians 3:12

Emotions: Good or Bad?

God, the creator of everything, also created emotions. Most emotions are neither good or bad, they are simply used to help us understand the world around us. There are many examples of Jesus expressing emotions as well. The Bible says "he wept," he overthrew tables, and asked God why he had been forsaken. Anxiety helps us to know we may be in danger and should be aware of our surroundings. Sadness tells us we have experienced something difficult and allows us to relate to one another. Anger lets us know of the injustice in the world and can motivate us to act. Grief is the process of mourning a loss. Fear is not from God and is used by the Enemy to paralyze us. There are multiple verses in the Bible that state "Do not Fear." Emotions are unhelpful when they become so overwhelming they impact our daily lives. Recognizing how and allowing ourselves to feel is critically important to being mentally healthy.

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13

Connect or Disconnect

We were all created to be in fellowship with each other, building others up and comforting one another when we're struggling. However, we often tend to isolate when we are struggling. We feel as though we are all alone and NO ONE understands how we feel. Jesus understands and knows how we feel. There is not a single experience we go through that He does not intimately know. Additionally, God puts people in our lives to share our experiences and offer support, love and compassion. When you are feeling down, lonely or are in pain, reach out to a friend, pastor or counselor. God does NOT want anyone of us to go through life alone.

PRACTICAL TIPS:

Begin every day in prayer believing that God hears you and loves you enough to be with you in your time of suffering.

1. **Anxiety:** Journal about your worries daily, take time to truly relax and breathe, ground yourself by being in the moment: pay attention to all of your senses.
2. **Fear:** Know that fear is NOT from God. Write down the lies you are telling yourself and find scriptures that show you the truth. Use positive self talk to remind yourself of the truth.
3. **Sadness:** Recognize that feelings are telling us something and allow yourself to feel. Journal about why you are sad, spend time with friends, and go for a walk outside.
4. **Depression:** If you have been overwhelmingly sad and hopeless for a long time, seek professional help. Get outside, exercise, spend time with friends and force yourself to move.
5. **Grief:** Losing a loved one is very hard. Journaling or writing a note to the loved one can help. The stages of grief come in a non-linear pattern and can be overwhelming. Find someone to talk to, create a memory book, begin new traditions.
6. **Pain:** Emotional pain can feel daunting. It is best to find a professional to help you process through the pain. Seek help immediately if you feel like hurting yourself or someone else.
7. **Helpless:** Get involved! Volunteering helps you to feel needed and adds structure and routine to your life. There are many places in need of volunteers.
8. **Insecurity:** Ask God to show you the gifts and talents He has given you. Make a list of your strengths. Consider the lies you tell yourself and turn them into truths about who God is and who He has made you to be!
9. **Hopeless:** If you have been feeling hopeless for some time, please seek professional help. Additionally, focus on the times that have been hard in the past, but that you successfully overcome to remind you that you can move forward.
10. **Lonely:** Feeling lonely can be heavy especially to feel alone in a crowded room; to not feel seen, heard or understood. Start with having coffee with someone to connect on a real level or try volunteering to help others in need.

EMPATHETIC AND
COMPASSIONATE
GUIDANCE THROUGH
THE HOPE FOUND IN
JESUS

Counseling:

We offer individual, group and couples counseling for ages 6 to adult.

Cost: \$130/45 min session

Private Pay Only

Areas of Concern:

- Anxiety
- Depression
- Trauma
- Grief and Loss
- Anger Management
- Marriage and Family
- Life Situations and Crisis

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SCHEDULE AN APPT

VIRTUAL AND IN-PERSON
SESSIONS