



Jeremiah 29:11

“FOR I KNOW THE PLANS I HAVE FOR YOU,” DECLARES THE LORD, “PLANS TO PROSPER YOU AND NOT TO HARM YOU...

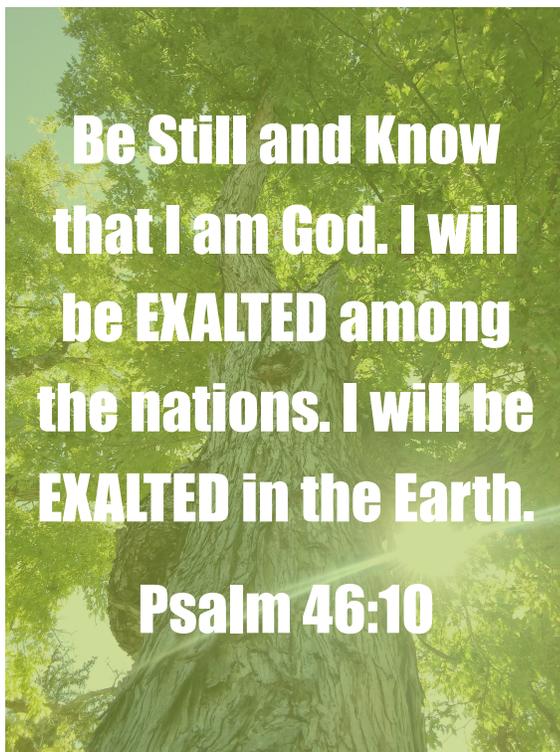
BE STRONG AND COURAGEOUS. DO NOT BE AFRAID; DO NOT BE DISCOURAGED FOR THE LORD GOD WILL BE WITH YOU...

Joshua 1:9

Proverbs 29:25

FEAR OF MAN WILL PROVE TO BE A SNARE, BUT WHOEVER TRUSTS IN THE LORD IS KEPT SAFE.

GROWING IN HIM COUNSELING



God is STILL in Control

Despite all the craziness around us, God IS in control. Nothing surprises him and He turns all things to His glory! There is a lot of unsettling news coming out daily and it is hard to know who to trust or even what is real. We CAN trust in the Lord and in His Word, knowing that it is infallible. When you are feeling overwhelmed, scared, or angry; turn to the One who knows all, sees all and is all... Jesus!

The one thing that never changes is HIS LOVE. He promises not to forsake us and to walk with us through difficult times. Let us rest in His presence. When life seems overwhelming, turn back to the Lord “Be Still and know that I am God.” (Psalm 46:10).

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.” Isaiah 41:10

Meet the New Member of GIH

Amanda Thompson, LSCW is a School Social Worker at Elizabeth High School. She has a passion for Christ and a love for helping others. She has worked in the NICU and in an Eating Disorder clinic and now works with teens. She is a great addition to our team and we are excited to have her! She is taking on new clients on Friday Evening and Saturday Mornings.



The Serenity Prayer is used often and can be a source of strength. “Lord, Grant me the Serenity to accept the things I cannot change, the Courage to change the things I can and the Wisdom to know the difference.”

PRACTICAL TIPS:

- What Can I Change:** The only thing you have the power to change is yourself. Even when it seems impossible, **Matthew 19:26** says “With men this is impossible; but with God all things are possible.” Rely on His strength to do the following:

 - Change the way you **interact** with others (Love is the best response).
 - Change the way you **respond** to situations (Proverbs 10:14-A wise man holds his tongue.)
 - Change your **thoughts**. (Philippians 4:8-whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.)
- Things I can NOT change:** You have no control over what other people do. You can INFLUENCE their behavior, but ultimately, they will decide how they act.

 - Influencing the behavior of others through LOVING them, not condemning them, will offer better results.
 - We must first look at ourselves, removing sin from our own lives before talking to others’ about their sin. Matthew 7:5: “You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.”
 - Begin with a relationship with another person. Being kind, loving and non-judgmental as you learn more about them. Help them to see the love you have for Jesus and how He has worked in your life. Being a disciple involves showing others the character of Jesus, His love and compassion. Once they understand who He is, you can gently help them to see how their sin separates them from God.

EMPATHETIC,
COMPASSIONATE
GUIDANCE THROUGH
THE HOPE FOUND IN
JESUS

Summer Groups!

We are offering 6-week groups for Pre-Teens and Teens this Summer.

Cost: \$50/session (with 6 session commitment) or \$250 for all 6 if paid in full by June 1st

Space is Limited to 8 kids/group, Sign up Now!

Deadline to Reg: June 1st

June 8th-July 14th

Click on link in Website for more info: Growinginhim.org

- **Middle Schoolers: Social Skills,**
- **High Schoolers: Social Skills**
- **High Schoolers: Emotional Regulation**

CONTACT
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SCHEDULE AN APPT

VIRTUAL AND IN-PERSON
SESSIONS