



Psalm 139: 9-10

IF I RISE ON THE WINGS OF THE DAWN, IF I SETTLE ON THE FAR SIDE OF THE SEA, EVEN THERE YOUR HAND WILL GUIDE ME, YOUR RIGHT HAND WILL HOLD ME FAST.

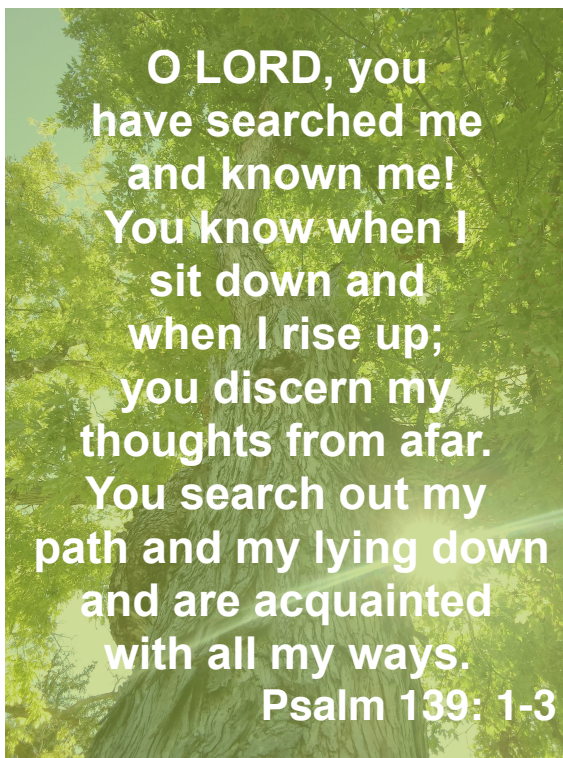
Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.

Psalm 139: 16

Psalm 23: 4a

EVEN THOUGH I WALK THROUGH THE VALLEY OF THE SHADOW OF DEATH, I WILL FEAR NO EVIL FOR YOU ARE WITH ME

GROWING IN HIM COUNSELING



God KNOWS you intimately

The God of the universe who created the Heavens and the Earth, knows YOU. He knows your thoughts and your heart and he still LOVES you. He knows the number of hairs on your head and knitted you in your mother’s womb. Despite the sin in your life; regardless of the poor choices you have made; God wants a relationship with you. He sent His Son to die on a cross to bridge the gap between your sin and His love. God gave us the Holy Spirit as a mediator to translate our unspoken words and provide us with guidance and wisdom. All you have to do is ask! Spend some time today in prayer asking God for a deeper relationship and to show you where you are still sinning.

“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

PRACTICAL TIPS:

Think about what is going well!

When we think about things that are going well, we tend to have a better outlook on life. When we focus on the negative, we see more of the negative. Similar to buying a new car. Previous to purchasing this car, you rarely saw it on the streets; but after you buy it, you see it everywhere! If you focus on what is good in life, you will begin to see it more. It is simple, but powerful and biblical!

Philippians 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think** about such things.

Meet the New Member of GIH

Kristel Strother, Intern

I am very excited about joining the Growing in Him team and look forward to meeting you! My parents met as missionary workers in Germany. I was born in Holland with Dutch, Jewish, and Indonesian roots on my mother's side. My Father is from India, where I had the opportunity to immerse myself in my roots and gain a multicultural perspective before immigrating to the United States. My friendship with my husband began in high school right here in Colorado and blossomed years later when God joined our paths. We are blessed with three children, ages 19,18, and 14, and our scruffy little dog here in Parker, Colorado. Although many stories contribute to the path I am on now, I spoke with a co-worker about his brother and nephew years ago. I asked if I could pray with him right then and there. At that moment, God tugged at my heart to start a journey of ministry and growth. After my husband completed his degree, I attended Aurora Community College for my associate's. Next, I attended the University of Colorado Denver for my bachelor's in Psychology and Criminal Justice. I now attend the Townsend Institute at Concordia University Irvine, California as a graduate student in Clinical Mental Health Counseling. I have a passion for co-creating safe spaces for individuals through worship leading and prayer with our heavenly Father. But my calling is to create a safe space and treatment plan in ways where hope can re-surface, and transformation is possible. Mathew [5:13-16](#) NIV starts by saying that we are the salt of the earth! It continues, "You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven." Join me in lifting this counseling center in prayer. May we radically reflect God's love in ways that he has called all of us; the salt and light to the earth, as we continue our journeys, Growing in Him.



EMPATHETIC,
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

Services Offered:

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

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SESSIONS

