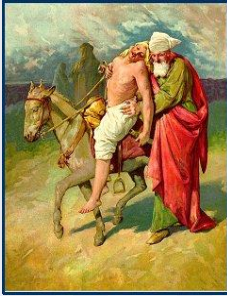


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# New Horizons Newsletter



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ISSUE

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*"May the  
Lord show  
you His  
favor and  
give you*

*peace."*

(Nu. 6:26)

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## TO BE CHRIST-CENTERED IS TO NOT BE SELF-CENTERED

By Dr. Pierre J. Samaan

*13 Who among you is wise and understanding? Let him show by his good behavior his deeds in the gentleness of wisdom. 14 But if you have bitter jealousy and selfish ambition in your heart, do not be arrogant and so lie against the truth. 15 This wisdom is not that which comes down from above, but is earthly, natural, demonic. 16 For where jealousy and selfish ambition exist, there is disorder and every evil thing. 17 But the wisdom from above is first pure, then peaceable, gentle, reasonable, full of mercy and good fruits, unwavering, without hypocrisy. 18 And the seed whose fruit is righteousness is sown in peace by those who make peace."* (James 3:13-18 NASB)

This is a passage that I believe we need to read or say to ourselves daily. Every time I read this passage I feel convicted about my youthful years when I was going to fix the world. You remember those years, don't you? When we thought our parents were so not with it! After all, how could they possibly understand us in this new generation of faster information, new technology and scientific advancements? If there ever was a generation of egotism, pride, and selfishness, I believe I grew up in it.

I suppose I could describe all that as self-centeredness. As I grew older, I realized that my generation did not have the corner on self-centeredness. We still have a lot of that going on today.

Ambition is a good characteristic. Selfish ambition, on the other hand, can prevent us from seeing God's life truths. Do you suppose it was a coincidence that my generation was also the Prozac Generation? I don't think so! You see, wherever you find self-centered people, you will find a higher than average number of hopeless people.

Selfish and self-centered people think of themselves more often than of others. Because the world revolves around them, they will usually have trouble with empathy and faith in God. Pride and self-centeredness tends to come out of core beliefs that are faulty. This leads to an exaggerated fear of the unknown, increasing control behaviors.

This leads to the fear that what you have will be taken away, increasing greed and fear. When situations are out of your control, bitterness increases, eventually turning inward into hopelessness (depression).

When we accept Jesus Christ as Lord of our life, God's infused Spirit begins to change us from the inside out. The colors appear brighter, we recognize sights and sounds more (senses are enhanced). There is a sense that we are a part of something much bigger than ourselves. God is the Lord of all things. It was Him who made us and, because we are His people, if we lost every material thing, we still have God and all He gives us.

*"Let each one [give] as he has made up his own mind and purposed in his heart, not reluctantly or sorrowfully or under compulsion, for God loves (He takes pleasure in, prizes above other things, and is unwilling to abandon or to do without) a cheerful (joyous, "prompt to do it") giver [whose heart is in his giving]." (2 Corinthians 9:7 AMP)*

A Christlike character is what develops from the presence of God's Spirit, the Holy Spirit. How do you suppose a small group of inadequate and fearful men and women were able to face the threat of torture or death to advance the Gospel of love to all the world? Having God's Spirit gives us the courage to lose our life for the sake of helping others find new life in Jesus Christ. It is a life of giving of ourselves instead of being self-absorbed. To lose your self-centeredness is to gain Christlike character and hopeful determination.

*"If you insist on saving your life you will lose it. Only those who throw away their lives for my sake and for the sake of the Good News will ever know what it means to really live."* (Mark 8:35 TLB)

To have the Spirit of God inside of you is to be able to truly love. People who are living in self-centeredness, pride, egotism, or selfishness cannot live in genuine love and forgiveness. They cannot take their eyes off of themselves long enough to meet the needs of others. Through Jesus Christ sacrificing His life for our sake, He demonstrated the true nature of God's Spirit of love. If you are demonstrating God's Spirit at home, work, or play, others will see and experience God coming out of you instead of your ego!

*"Now you can have real love for everyone because your souls have been cleansed from selfishness and hatred when you trusted Christ to save you; so see to it that you really do love each other warmly, with all your hearts." (1 Peter 1:22 TLB) "For where jealousy and selfish ambition exist, there is disorder and every evil thing." (James 3:16 NASB) "So, my very dear friends, don't get thrown off course. Every desirable and beneficial gift comes out of heaven. The gifts are rivers of light cascading down from the Father of Light. There is nothing deceitful in God, nothing two-faced, nothing fickle. He brought us to life using the true Word, showing us off as the crown of all his creatures." (James 1:16-18 MSG)*

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### **Pray About Being a Prayer Partner & Financial Supporter**

Please remember that we are not financially supported by a church. We pay our own way around here. To continue to be available to help you and yours, we need your financial

help. We receive donations for the Christian counseling and there is no better time than now to help us help others.

### ***THE GIFT OF CANCER***

*This Is My Story... This Is My Song*

Join us as we gather for the Live Recording of Pastor Josh McKeown's testimony.

UBIC

Holly Hill

October 16 at 4:30 PM

Come enjoy the live music and the story of God's grace through the diagnosis of Leukemia. Book signing and reception to follow.

The Gift of Cancer is a book written by Joshua McKeown that chronicles his life before and after his diagnosis of Leukemia. Learn all about the miracles surrounding his life as God makes sure that he is in the best place to receive this potentially devastating news. Discover what it takes to look at any situation, good or bad, as a gift.

### **New Horizons Institute of Counseling/ United Brethren Counseling Ministry**

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***\*YOU CAN READ OR DOWNLOAD PREVIOUS NEWSLETTERS IN THE "ARTICLES" SECTION OF OUR WEB SITE.***

***"Seeking True Recovery to Replace Pain With Healing Peace."***

*Clinical Christian Counseling/Clinical Pastoral Counseling is crisis intervention and strengthening of Christian character and values, which is Discipleship. Our Ordained and Professional Clinical Christian Counselors are committed to the welfare of the Christian. Clients are encouraged to take advantage of their own church programs as part of their Christian Counseling Treatment Plan. We are credentialed professionals who must follow state confidentiality guidelines. **This is not church Lay Counseling in which your confidentiality cannot be guaranteed.***

If you would like to opt-out of this newsletter email: [healing@newhorizonscounseling.com](mailto:healing@newhorizonscounseling.com)  
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386-760-0445, Toll Free 888-760-0445

*Professional Clinical Christian Counseling will help the client, couple, or family move beyond tolerable existence into genuine inner healing, renewal, and wholeness through the work of God's Holy Spirit in the counseling.\**

*Tolerable recovery is the process of getting better. True recovery says, "I made it!" This is when I can look at the source of my pain - which has become a stronghold - and realize it has been replaced with God's healing peace - Replacing the source pain with God's Truth.*

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**\*Clinical Christian Counselors are exempt from Florida State Licensing, Statute 491.014. All Christian counselors at New Horizons Institute of Counseling are Ordained Clergy, Board Certified & Licensed by the National Board of Examiners of the National Christian Counselors Association. We serve under the authorities of our licensing boards and the Pastor and Board of the UB church.**

## **NEW RESEARCH FINDINGS**

### **Brain Imaging Study Of Preschoolers With ADHD Detects Brain Differences Linked To Symptoms**

In a study published today in the Clinical Neuropsychologist (e-publication ahead of print), researchers from the Kennedy Krieger Institute found differences in the brain development of preschool children with symptoms of Attention-Deficit/Hyperactivity Disorder (ADHD). Read article at:

<http://www.medicalnewstoday.com/releases/228107.php>

### **New Report Shows A 55 Percent Increase From 2005 To 2009 In Emergency Department Visits For Drug-Related Suicide Attempts By Males Aged 21 To 34**

A new national study shows that from 2005 to 2009 there was a 55 percent increase in emergency department visits for drug related suicide attempts by men aged 21 to 34 -- from 19,024 visits in 2005 to 29,407 visits in 2009. Read article at:

<http://www.medicalnewstoday.com/releases/228907.php>

### **Coffee Lowers Depression Risks In Older Females**

The more coffee an older woman drinks the lower her risk of depression is, researchers from the Harvard School of Public Health reported in Archives of Internal Medicine. The researchers stressed that theirs was an observational study, and can only suggest the possibility of coffee's protective effect, rather than prove that it reduces depression risk. Read article at: <http://www.medicalnewstoday.com/articles/235013.php>

### **House Fires May Needlessly Claim Lives Of Heavy Drinkers**

People who drink heavily may increase their risk of dying in house fires that should otherwise have been escapable, a new study suggests. The findings, reported in the September issue of the Journal of Studies on Alcohol and Drugs, highlight one of the less-recognized dangers of downing too much alcohol - especially in combination with smoking.

Read article at: <http://www.medicalnewstoday.com/releases/234463.php>

### **New Insight Into Why Some Individuals May Be More Aggressive Than Others**

Fluctuations of serotonin levels in the brain, which often occur when someone hasn't eaten

or is stressed, affects brain regions that enable people to regulate anger, new research from the University of Cambridge has shown. Read article at:  
<http://www.medicalnewstoday.com/releases/234516.php>

**\*To read the full article, click or copy and paste the URL. The articles are for informational & educational use only. The released studies are not necessarily a reflection of beliefs of this ministry.**