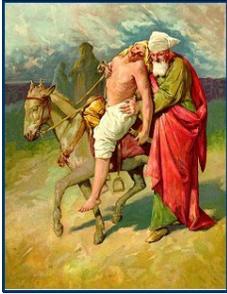

New Horizons Newsletter



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*"May
the
Lord
show
you*

His favor and give you peace."

(Nu. 6:26)

DO NOT ARGUE WITH ANYONE!

I rarely, if ever, watch the election debates until it is down to two contenders. Even then, I do not like it when they become negative and quarrelsome. When disagreements become mud slinging, the only thing I learn is that the mud slinger cannot stand up on his/her own merits. It also tells me that there is a bigger issue in which the one who is being quarrelsome either cannot, or chooses to not talk about.

Whether the arguing is done in the public arena, marriage, family, friends, or acquaintances, disputes should focus on the issue at hand, be quickly resolved, and action taken to demonstrate integrity. Pause long enough to discover your own motives for the disagreement.

In the Bible, we have many examples of disputes. Some were handled well while others ended in bloodshed and generations of bitterness. I look back in my life and think about the times that I have become angry when trying to make my point. I can think of more than a handful of times that I would like to do a redo - repeat the event with more appropriate words and behavior.

In the book of Numbers chapter 12, we are given a good example of when disputing reveals selfish motives and by not arguing back, Moses was defended by God.

"¹ While they were at Hazerath, Miriam and Aaron criticized Moses because he had married a Cushite woman. ² They said, "Has the LORD spoken only through Moses? Hasn't he spoken through us, too?" But the LORD heard them. ³ (Now Moses was very humble—more humble than any other person on earth.) (12:1-3 TLB)

I like that the passage places Miriam's name before Aaron. This suggests that this disagreement was instigated by Miriam prodding her brother Aaron. Maybe, because of sibling rivalry or jealousy, Miriam and Aaron were being critical and wanted more authority.

While in exile, Moses had married Zipporah of Midianite ancestry. It is unclear why in this passage she was called a Cushite woman (some believe Moses married a second wife after Zipporah left Egypt), unless they were comparing her to Cushite ancestry. The

Cushites were a tribe that lived in the southern Nile valley. Cush was a grandson of Noah and eldest son of Ham. Ham was the son who sinned when Noah was drunk and naked.

Midianites were not thought well of by the Hebrews. Along with Moab, the Midianites convinced Balaam to curse the traveling Hebrews; Balaam tried but could not follow through with cursing God's people (Numbers 22:1-7). Soon afterwards, Midianite women enticed Hebrew men to worship Baal of Peor and to engage in sexual immorality (Numbers 25:1-6). As punishment, God ordered Moses to declare war against the Midianites (Numbers 25:16-18; 31:1-18). The land of the Midianites is thought by some, to be where Mt. Sinai is located.

Earlier we read that Moses was a very humble man. It could also be said that Moses was a tenderhearted person, who did not like to confront others. Remember his problem with stuttering made him hesitate when God was going to make Moses the spokesman of freedom for the Hebrew slaves.

Thirty years of counseling others has given me many insights regarding arguments. One of the most important insights is that when people are arguing, they are usually not addressing the real problem. When Miriam and Aaron began to speak in rebellion to their brother Moses and God (If you're foolish enough to be critical of Moses, God's spokesman, you will have a bad day), they said they represented the same thoughts and feelings of the Priests and Prophets.

They did what the devil often does when harassing us. They criticized Moses' weak link, his wife and children who fled for safety during the time of God's judgment upon Egypt. Miriam and Aaron chose to divert attention from their selfish ambition, pride, and envy by mud slinging. Remember, I wrote earlier that mud slinging is often a way to distract people from seeing your own faults. The motives behind criticism are usually more important than the criticism itself.

A disagreement, if left unresolved for too long, will often generate more anger, causing more conflict. In the story of when Abram and Lot separated, we have an example of how to resolve a disagreement quickly. Both Abram and Lot had large herds of animals that needed to eat and drink water regularly. Unfortunately, the land was too small to support the needs of both herds. Some disagreements broke out between their herdsmen. Abram realized that something needed to be done.

⁸ Finally Abram said to Lot, "Let's not allow this conflict to come between us or our herdsmen. After all, we are close relatives!"⁹ The whole countryside is open to you. Take your choice of any section of the land you want, and we will separate. If you want the land to the left, then I'll take the land on the right. If you prefer the land on the right, then I'll go to the left." (Genesis 13:8-9 NLT)

When there is a disagreement among you, someone must take the initiative to strive toward a mature solution. Abram selflessly let Lot choose where he would like to live. Abram trusted God in where he would be living. He selflessly took the initiative to resolve the conflict. Abram gave someone else the first choice, and he put family peace above personal desires.

In getting back to Moses who let God take the initiative...

4 So immediately the LORD called to Moses, Aaron, and Miriam and said, "Go out to the Tabernacle, all three of you!" So the three of them went to the Tabernacle. 5 Then the LORD descended in the pillar of cloud and stood at the entrance of the Tabernacle. "Aaron and Miriam!" he called, and they stepped forward. 6 And the LORD said to them, "Now listen to what I say:

*"If there were prophets among you,
I, the LORD, would reveal myself in visions.
I would speak to them in dreams.*

*7 But not with my servant Moses.
Of all my house, he is the one I trust.*

*8 I speak to him face to face,
clearly, and not in riddles!
He sees the LORD as he is.*

*So why were you not afraid
to criticize my servant Moses?"*

9 The LORD was very angry with them, and he departed. 10 As the cloud moved from above the Tabernacle, there stood Miriam, her skin as white as snow from leprosy. When Aaron saw what had happened to her, 11 he cried out to Moses, "Oh, my master! Please don't punish us for this sin we have so foolishly committed. 12 Don't let her be like a stillborn baby, already decayed at birth."

13 So Moses cried out to the LORD, "O God, I beg you, please heal her!"

14 But the LORD said to Moses, "If her father had done nothing more than spit in her face, wouldn't she be defiled for seven days? So keep her outside the camp for seven days, and after that she may be accepted back."

15 So Miriam was kept outside the camp for seven days, and the people waited until she was brought back before they traveled again.

I hope I never know how Miriam must have felt in the seven days, full of leprosy. It is far better to resolve your disputes as quickly and peacefully as possible. Don't go to bed in anger. If you can't talk about it with someone, write down what you have to say and meditate on God's reply. And, validate everything with God's Holy Word, the Bible.

²⁰ *"I am praying not only for these disciples but also for all who will ever believe in me through their message. ²¹ I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me.*

²² *"I have given them the glory you gave me, so they may be one as we are one. ²³ I am in them and you are in me. May they experience such perfect unity that the world will know that you sent me and that you love them as much as you love me. ²⁴ Father, I want these whom you have given me to be with me where I am. Then they can see all the glory you gave me because you loved me even before the world began!*

²⁵ "O righteous Father, the world doesn't know you, but I do; and these disciples know you sent me. ²⁶ I have revealed you to them, and I will continue to do so. Then your love for me will be in them, and I will be in them." (John 17:20-26 NLT)

Dr. Pierre J. Samaan



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"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.

*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.

*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

Number of Currently Married U.S. Adults Hits a Record Low

Just 51% of all adults in the United States are currently married -- a record low. The median age at first marriage has never been higher for brides and grooms. The number of new marriages in the U.S. declined by 5% between 2009 and 2010, a sharp one-year drop that may or may not be related to the sour economy. In 1960, 72% of all adults ages 18 and older were married. Read article at:

<http://www.pewsocialtrends.org/2011/12/14/barely-half-of-u-s-adults-are-married-a-record-low/?src=prc-headline>

Coconut Touted As Alzheimer's Remedy

Coconut oil has been found to be effective in the treatment of Alzheimer's and Dementia-related cases. Memory improvement has also been evidenced. Coconut oil seems to help feed brain cells with needed glucose to strengthen and multiply cells. Read article at:

<http://www.cbn.com/cbnnews/healthscience/2012/January/Coconut-Oil-Touted-as-Alzheimers-Remedy/>

Bath Salts Drug Dangers

A new designer drug known as "bath salts" has become increasingly popular and increasingly scary. Read article at: <http://www.webmd.com/mental-health/features/bath-salts-drug-dangers>

Bath Salts Identified As New Source of Flesh-Eating Infections

The study, describing the first known case of necrotizing fasciitis from an intramuscular injection of the street drug known as "bath salts," is published in the January 2012 issue of Orthopedics, now available online. Read article at:

<http://www.medicalnewstoday.com/releases/240286.php>

When Housing For The Homeless Allows Alcohol, Heavy Drinkers Imbibe Less

A study of a controversial housing project that allows chronically homeless people with severe alcohol problems to drink in their apartments found that during their first two years in the building residents cut their heavy drinking by 35 percent. Read article at:

<http://www.medicalnewstoday.com/releases/240543.php>

1 In 5 Americans With Mental Illness, National Survey

Some 45.9 million, or around 1 in 5 American adults (age 18 and over) experienced a mental illness in the past year, according to the US government's latest National Survey on Drug Use and Health, released this month. Read article at:

<http://www.medicalnewstoday.com/articles/240539.php>

Working Moms Multitask More and Have Worse Time Doing So Than Dads

Not only are working mothers multitasking more frequently than working fathers, but their multitasking experience is more negative as well, according to a new study in the December issue of the American Sociological Review. Read article at:

<http://www.sciencedaily.com/releases/2011/12/111201094745.htm>

Good Intentions Ease Pain, Add to Pleasure

A nurse's tender loving care really does ease the pain of a medical procedure, and grandma's cookies really do taste better, if we perceive them to be made with love -- suggests newly published research by a University of Maryland psychologist. The findings have many real-world applications, including in medicine, relationships, parenting and business. Read article at:

<http://www.sciencedaily.com/releases/2012/01/120118165137.htm>

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