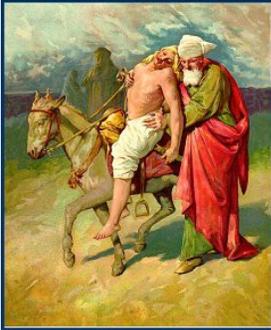


New Horizons Newsletter



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"May the Lord show you His favor and give you peace."

(Nu. 6:26)

GOD'S STREAM OF THOUGHT

By Dr. Pierre J. Samaan

I was sitting talking with the LORD the other day - meditative prayer. I told Him I was sorry that I am constantly looking to Him for quick answers while I am trying to do two or three things at one time. I asked Him why is it that there are times we hear Him so easily, but then there are other times when it is so difficult to hear His wise counsel. During those times it is as if He has gone quiet. This time, there was a quick response. He said, "Stop going against *My Stream of Thought*."

That was the first time I heard the words stream of thought. I guess it makes sense. There is His flowing River of Life. Well, I had to do more praying and thinking about this one. I began to think back when I first read through the Bible - over 40 years ago. As I was reading the Bible I remember feeling like I had a better understanding of who God is and what He expected from me. So, I suppose we could say *God's Stream of Thought* is the written Word of God. God has a way of simplifying what we make complicated!

When we read the Bible, we learn how to love ourselves, which makes us better able to love others and of course, better able to love God. Those who come to Clinical Christian Counseling are encouraged to pick up and if necessary, dust off their Bible and read. Reading the Bible renews life to spirit, soul, and body. Many will find their struggles improving from just reading the Bible and being obedient to God's instructions on how we should live. How else are you going to get God's Inspired Word into the depths of your mind? Once you have drunk from The Word of God, no other drink will satisfy.

What you hear you will only vaguely remember. What you hear and read, you will remember more. What you hear, read, and do, you will never forget.

How can we renew our minds if we do not give God more of our time? How can we know God's voice without spending more time talking with Him in prayer? How can we grow in spirit and soul if we do not consume more of God's written Word - The Bible? The Bible

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tells us that God's Spirit will teach us and help us to have the answers to life and eternity (see John 16:13).

I remember a Comparative Religion course I took at a local University. The writer of the textbook frequently used the word "myth," when describing religions of the world. He included Christianity as a "myth" - the word myth basically means "story." I took offense to the word, because to me, the word myth denoted a fabricated children's tale.

I learned that the professor was as "progressive" as the book's author. I felt very sad that thousands of young university students were being fooled into thinking that there is nothing to the Bible. In the text used in the course, there was no mention of the thousands of promises in the Bible that have come true. Or, that there was no other religion in the world that has thousands of amazing facts that support the Bible to be an inspired book of the existence of The Kingdom of God.

During my studies, I did find interesting reading about all the religions of the world. They all have a unique twist that makes them stand out from the other. One thing they almost all have in common is that they complicate the processes of life, peace, and eternity. Not so, with Christianity. In fact, the simplicity of Christianity is in what the Scripture says.

⁸ *But what does it say? "The word is near you, in your mouth and in your heart"—that is, the word of faith which we are preaching, ⁹ that if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved; ¹⁰ for with the heart a person believes, resulting in righteousness, and with the mouth he confesses, resulting in salvation. ¹¹ For the Scripture says, "Whoever believes in Him will not be disappointed." ¹² For there is no distinction between Jew and Greek; for the same Lord is Lord of all, abounding in riches for all who call on Him; ¹³ for "Whoever will call on the name of the Lord will be saved."* (Hebrews 10:8-13 NASB)

God wants our hearts to soar like an eagle (see Isaiah 40:31; Proverbs 23:5) through the sky. When you surrender the control of your life over to God, it is as if you are looking at your life from a new vantage point. What were once mountainous problems are now looking smaller. The treacherous paths that you were once taking, are now more clearly illuminated. You're able to see right from wrong with greater ease.

Yes, but you might be thinking, I don't feel like I'm soaring with this heavy burden on my back. Where is God when I really need Him?

Remember reading in the Bible, the death and resurrection of Lazarus. Jesus and Lazarus were friends. If Jesus were there, Lazarus would have been healed by Jesus. So why did he delay His return, even after Mary and Martha sent word of Lazarus' severe illness?

We could ask similar questions when we are wondering why is God not answering me. Yet, as you read further in the book of John you will see there was a purpose in Jesus' delay.

¹⁴ *So Jesus then said to them plainly, "Lazarus is dead, ¹⁵ and I am glad for your sakes that I was not there, so that you may believe; but let us go to him."* (John 11:14-15 NASB)

Can you put yourself in Mary and Martha's shoes? They prayed for a miracle of healing and it did not happen. Do you think they were angry at Jesus for not returning in a timely manner? And what about the disciples? They were probably questioning to themselves why did Jesus delay His return to heal Lazarus?

Upon His arrival, Jesus began to weep when he saw the crowd grieving for Lazarus. And, Jesus thanked God for always hearing Him. Jesus said to Mary and Martha, *"Did I not say to you that if you believe, you will see the glory of God?"* (John 11:40 NASB) Jesus yelled, "Lazarus, come out!" I am sure some in the crowd were thinking, "Dude, something's wrong with this guy! He's talking to the dead!" To everyone's amazement, Lazarus hobbles out, still being wrapped up with the traditional burial wrap.

God always hears your prayers and petitions. God answers your prayers immediately and the manifestation of His answer will only come when the time is right; no sooner, no later. He uses the tests and trials to not only make you stronger, but to also separate you from the world by cultivating the soil of your heart.

One way God cultivates your heart is by making you aware of your weaknesses. Oftentimes, you can't see your own weaknesses until you first see them in someone else. That is usually when others start to bother you. You may over focus on their weaknesses as a result of seeing your own dark side in them. That is when you must make the right choice to change for the better. As you change, you start to find that you are making better choices in your life. Good things are happening more often; or at the least, you are seeing the good things happening that you could not see before.

During this ongoing process of cultivating our heart God separates us from the world by sanctification. It is in this process of separating us from the world that we have an easier time hearing God's still quiet voice coming up from inside.

"Truly, truly, I say to you, he who does not enter by the door into the fold of the sheep, but climbs up some other way, he is a thief and a robber. ² But he who enters by the door is a shepherd of the sheep. ³ To him the doorkeeper opens, and the sheep hear his voice, and he calls his own sheep by name and leads them out. ⁴ When he puts forth all his own, he goes ahead of them, and the sheep follow him because they know his voice. ⁵ A stranger they simply will not follow, but will flee from him, because they do not know the voice of strangers." (John 10:1-5 NASB)

Can you see the process unfolding of separating the wheat from the tares (see Matthew 13:24-40; Luke 3:17)? The ongoing trials and tests are what we are all experiencing. True believers in Jesus Christ are being separated from worldly attachments to be gathered into the Master's barn. I believe the final separation will not be until Judgment Day. But, you can already see among your friends, family, and the world, a division of "them vs. us."

All you really need inside of you is God's perfect Spirit. Yet, it makes no sense that the more I am filled with YOU, the lighter I feel; and the lighter I feel, the easier it becomes to go with the flow of Your direction for my life.

Oh LORD, help me to remember to keep my eyes and ears on You, so I will never panic while staying in Your *Stream of Thought*.

When I close my eyes, I am no longer relying on what I see going on around me. I can hear Your *Stream of Thought* quickening me as I am compelled to trust in You more. How is it that I am not afraid, now that my eyes are closed to the rapid changes of this current of life? Oh yes, I remember, it is not by my sight or might that I get by, it is by The Christ, Messiah, that I have YOUR WORD to cradle me in Your secure hands as I continue my journey on this River of Life.

With God's Spirit in you, you will have confidence and hope. It will feel very good as you keep reading your Bible, *God's Stream of Thought*. I can guarantee that you will be saying to yourself, "Why haven't I done this before?"

Heavenly Father, I pray that YOU will touch each person who reads this little article. Have each one understand whatever it is that YOU want them to know. Give each one a special experience with YOU. And tonight, give each one Heavenly dreams.



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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(s) 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

MORE GOD, LESS CRIME

There is mounting evidence that increasing religiosity not only reduces crime and delinquency, but it also promotes prosocial behavior. In spite of these findings, experts rarely include the "faith factor" in discussions of possible solutions to crime, drug use, offender treatment, or ex-prisoners returning to society. Read article at:

http://www.winst.org/announcements/11_06_01_more_god_less_crime.php

GAY PARENTING COULD NEGATIVELY IMPACT KIDS

Two new studies challenge previous claims that children raised in gay households are no worse off than those raised by married heterosexual parents. Read articles at:

<http://www.cbn.com/cbnnews/us/2012/June/Gay-Parenting-Could-Negatively-Impacts-Kids/> and <http://www.prc.utexas.edu/nfss/>

SINGLE MOTHERS MAY SUFFER REDUCED STRESS BY PLAYING, ENGAGING WITH THEIR CHILDREN

A group of three Kansas State University researchers is studying ways to help single mothers improve their relationship with their children. Among many of their findings, they have discovered that single mothers who engage with children in daily activities - such as reading stories or playing games - may experience lower levels of stress. Read article at:

<http://www.medicalnewstoday.com/releases/246810.php>

CARCINOGENS LINKED TO CANCER STEM CELLS, BUT SPINACH CAN HELP

Consumption of spinach can partially offset the damaging effects of a carcinogen found in cooked meat. Read article at:

<http://www.sciencedaily.com/releases/2012/06/1206201213215.htm>

OMEGA-3 LOWERS INFLAMMATION IN OVERWEIGHT OLDER ADULTS

New research shows that omega-3 fatty acid supplements can lower inflammation in healthy, but overweight, middle-aged and older adults, suggesting that regular use of these supplements could help protect against and treat certain illnesses. Read article at:

<http://www.sciencedaily.com/releases/2012/06/120620153957.htm>

ADOLESCENTS WHO HAVE MORE THAN FOUR MEALS A DAY ARE THINNER

Study carried out in Spain reveals that certain healthy habits, like eating more than four times a day or not eating too fast, are associated with lower body fat levels independently of exercise habits during free time. Read article at:

<http://www.sciencedaily.com/releases/2012/06/120620113230.htm>

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