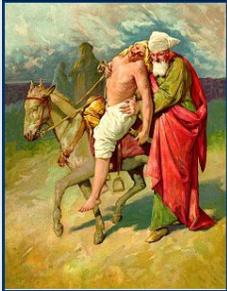


New Horizons Newsletter



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ISSUE

MAY 2012



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

(Nu. 6:26)

Read: [Philippians 2](#)

LET GOD ENERGIZE YOU!

On some days we have more clients who are unable to give a donation than those who are able. More often than not, it seems to happen on the days or weeks where the largest bills to be paid are coming due – or past due. As my first thoughts cross my mind, I shake my head wondering, “What are You doing God?” Then I get a hold of myself and say, “God must be doing a work in us. . . O.K. LORD, if You want us here you will supply our needs; if not, we will go where You want. Our eyes will stay on You.” Then I might grumble a little bit as I again tell myself, “God must be doing a work.”

It seems that He never stops doing some type of work in us. When you look back to before you became a Christian, you can see how God was maneuvering your life to bring you to a saving knowledge of Jesus Christ, Messiah. Even though God is at work, I still have to make the right choices based on the knowledge I have about what is happening and sound judgment (Romans 2:13). He is working to influence us into the decisions or directions He desires (1 Corinthians 12:6).

Because He is a good God who cannot go against His holy and sinless nature, His desires will always include what is right and best for you, the active believer in His Son, Jesus Christ, Messiah.

When God is doing a work in us, it is like the blowing wind that we cannot see except for the objects being pushed and pulled by the wind (John 3:8). We see, hear, and feel the effects of the wind, giving us evidence of its presence, but the wind itself remains invisible. In a similar manner, you may not be able to tell what type of person one is from the next. But, when you hear their words and see their actions, you can often surmise their character (Matthew 7:20).

A day does not go by without someone asking me about what is God's will for them. I wish I knew! Certainly, I can give the easy answers to pray about it or read the scriptures to know. The truth is, some answers come quickly and easily, while others only come by prayer and fasting (Matthew 17:21).

If you would like to opt-out of this newsletter email: healing@newhorizonscounseling.com

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God produces in us thoughts and feelings that prepare us for whatever it is in the future that He has in store for us. Think of The Virgin Mary and Joseph becoming instruments of God's grace for the world. God not only prepared them to be the mortal parents of Jesus Christ, Messiah, but when Herod was about to search them out to murder the infant Jesus, God told them where to go to be safe (Matthew 2:13).

Mary and Joseph were not forced to go to Egypt. God influenced them based upon the evil and murderous decision of King Herod. Mary and Joseph, as an act of their will, decided to listen to God's directions, for it is up to us ". . .to will and to do. . .To this end also we pray for you always, that our God will count you worthy of your calling, and fulfill every desire for goodness and the work of faith with power. . ." (Philippians 2:13 KJV; 2 Thessalonians 1:11b NASB).

Will God stop me from worrying about tomorrow? No! The cure for most anxiety is to not worry about tomorrow or for that matter, to NOT worry about anything (Matthew 6:25). It is up to me to will myself into not worrying. God performs a work in our life to mold and shape us in the direction of being willing and able to not worry. God imparts the help by energizing and creating in us what we need so we can overcome the obstacles in our life that are preventing us from doing His good will and pleasure.

¹² *Therefore, my dear ones, as you have always obeyed [my suggestions], so now, not only [with the enthusiasm you would show] in my presence but much more because I am absent, work out (cultivate, carry out to the goal, and fully complete) your own salvation with reverence and awe and trembling (self-distrust, with serious caution, tenderness of conscience, watchfulness against temptation, timidly shrinking from whatever might offend God and discredit the name of Christ).*

¹³ *[Not in your own strength] for it is God Who is all the while effectually at work in you [energizing and creating in you the power and desire], both to will and to work for His good pleasure and satisfaction and delight.*

¹⁴ *Do all things without grumbling and faultfinding and complaining [against God] and questioning and doubting [among yourselves],*

¹⁵ *That you may show yourselves to be blameless and guileless, innocent and uncontaminated, children of God without blemish (faultless, unrebukable) in the midst of a crooked and wicked generation [spiritually perverted and perverse], among whom you are seen as bright lights (stars or beacons shining out clearly) in the [dark] world,*

¹⁶ *Holding out [to it] and offering [to all men] the Word of Life, so that in the day of Christ I may have something of which exultantly to rejoice and glory in that I did not run my race in vain or spend my labor to no purpose. (Philippians 2:12-16 AMP)*

Dr. Pierre J. Samaan



UNITED BRETHREN IN CHRIST FOOD PANTRY
560 FLOMICH STREET
HOLLY HILL, FL
EVERY TUESDAY & THURSDAY
9 AM TO 1 PM

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

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

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*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

TEENS GETTING DRUNK OFF HAND SANITIZER

The disinfectant consists of more than 60 percent ethyl alcohol and is becoming popular among teens because it's inexpensive and easily accessible in today's germ-conscious society. Read article at: <http://www.cbn.com/cbnnews/healthscience/2012/April/Teens-Drunk-Off-Hand-Sanitizer/>

HELPING MARIJUANA SMOKERS KICK THE HABIT WITH THE HELP OF ANTICONVULSANT DRUG

Scientists at The Scripps Research Institute have found clinical evidence that the drug gabapentin, currently on the market to treat neuropathic pain and epilepsy, helps people to quit smoking marijuana (cannabis). Unlike traditional addiction treatments, gabapentin targets stress systems in the brain that are activated by drug withdrawal. Read article at: <http://www.medicalnewstoday.com/releases/244569.php>

BRAIN AGING LIKELY TO SPEED UP WITH CHRONIC COCAINE USE

New research by scientists at the University of Cambridge suggests that chronic cocaine abuse accelerates the process of brain aging. The study, published in *Molecular Psychiatry*, found that age-related loss of grey matter in the brain is greater in people who are dependent on cocaine than in the healthy population. Read article at: <http://www.medicalnewstoday.com/releases/244537.php>.

STUDY SUGGESTS NATURE WALKS IMPROVE COGNITIVE ABILITIES FOR PEOPLE WITH CLINICAL DEPRESSION

A walk in the park may have psychological benefits for people suffering from depression. In one of the first studies to examine the effect of nature walks on cognition and mood in people with major depression, researchers in Canada and the U.S. have found promising evidence that a walk in the park may provide some cognitive benefits. Read article at:

<http://www.medicalnewstoday.com/releases/245388.php>

DEPRESSED MOMS MAY DISRUPT BABY'S SLEEP

A baby whose mother is depressed is more likely to be woken up needlessly, and consequently suffer from disrupted sleep patterns, compared to otherwise healthy mothers, researchers from The Pennsylvania State University and the University of Miami Miller School of Medicine reported in the journal *Child Development*. Read article at:

<http://www.medicalnewstoday.com/articles/244198.php>

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