

New Horizons Newsletter



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

(Nu. 6:26)

THE PROVING OF OUR FAITH

By Dr. Pierre J. Samaan

This year, are you going to display peace when things are not going your way? Will you have inner joy, even when grieving? Is there going to be gratitude to God after someone or something important is taken from you?

For many of us, it takes a great deal of work to get to a place of inner peace and joy. And, when we do reach it, the next trial seems to make us stumble until we can once again muster enough courage to face our fears.

*"⁸we are afflicted in every way, but not crushed; perplexed, but not despairing;
⁹persecuted, but not forsaken; struck down, but not destroyed;*

...¹⁶Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day." (2 Corinthians 4:8-9, 16 NASB)

It is your inner light of God that pierces the outer darkness for others to see. It is a testament that God is here to light the way and lighten the burdens of life through the sacrificial work of His Son, Jesus Christ, Messiah.

I see the next several years as a period in which the "Believers" of Jesus Christ will be strongly tested. I know, I can hear what you're thinking - "Haven't we already been tested enough?" Let me explain!

When I was about 8 years old, papa, mama, and myself, spent weeks building a coquina rock garden for mama. In this hot and humid Florida climate, she would begin tending to her garden before the sun would rise. Every plant would receive her full attention. For the plants that were growing too fast, she trimmed so no plant would grow taller than its neighboring plant. This was to allow all the plants to have an equal amount of sunlight.

Branches and stems were trimmed to help the slower flowers and plants keep up with the others. "No plant left behind:)"

God sees us as part of the same Body of Christ. When God is trimming us, it is for our best interest and the best interest of the Body of Christ. It may not feel good and you may not see the good sense of it, but God sees all.

"³⁰⁻³² There was a time not so long ago when you were on the outs with God. But then the Jews slammed the door on him and things opened up for you. Now they are on the outs. But with the door held wide open for you, they have a way back in. In one way or another, God makes sure that we all experience what it means to be outside so that he can personally open the door and welcome us back in.

³³⁻³⁶ Have you ever come on anything quite like this extravagant generosity of God, this deep, deep wisdom? It's way over our heads. We'll never figure it out.

Is there anyone around who can explain God?

Anyone smart enough to tell him what to do?

Anyone who has done him such a huge favor that God has to ask his advice?

Everything comes from him;

Everything happens through him;

Everything ends up in him.

Always glory! Always praise!

Yes. Yes. Yes." (Romans 11:30-36 MSG)

On the weekends, I enjoy watching "How It's Made," on television. I always find it amazing how manufacturers can make steel out of ore and then shape it into whatever they are making. If they apply enough heat to the steel that appears impenetrable, they can flatten it, stretch it, shrink it, curl it. . . etc. I guess that is true of most elements; if you get it hot or cold enough, the elements change. In the comparison with steel, get it hot enough and the impurities rise to the surface to be skimmed away.

That is a true analogy for all of us. God is the master ores-man, who knows how hot things need to be in our lives for the impure thoughts, attitudes, and behaviors to be trimmed back. If you would like to change your life for the better, or even, trim more impurities out of you, turn to God and His solution, Jesus Christ, Messiah for all who believe.

"¹⁰ Behold, I have refined you, but not as silver; I have tried and chosen you in the furnace of affliction (suffering)." (Isaiah 48:10 AMPS; parenthesis added)

"² . . . May grace (spiritual blessing) and peace be given you in increasing abundance [that spiritual peace to be realized in and through Christ, freedom from fears, agitating passions, and moral conflicts].

³ Praised (honored, blessed) be the God and Father of our Lord Jesus Christ (the Messiah)! By His boundless mercy we have been born again to an ever-living hope through the resurrection of Jesus Christ from the dead,

⁴ [Born anew] into an inheritance which is beyond the reach of change and decay [imperishable], unsullied and unfading, reserved in heaven for you,

⁵ Who are being guarded (garrisoned) by God's power through [your] faith [till you fully inherit that final] salvation that is ready to be revealed [for you] in the last time.

⁶ [You should] be exceedingly glad on this account, though now for a little while you may be distressed by trials and suffer temptations,

⁷ So that [the genuineness] of your faith may be tested, [your faith] which is infinitely more precious than the perishable gold which is tested and purified by fire. [This proving of your faith is intended] to redound to [your] praise and glory and honor when Jesus Christ (the Messiah, the Anointed One) is revealed.

⁸ Without having seen Him, you love Him; though you do not [even] now see Him, you believe in Him and exult and thrill with inexpressible and glorious (triumphant, heavenly) joy.

⁹ [At the same time] you receive the result (outcome, consummation) of your faith, the salvation of your souls." (1 Peter 2b-9 AMP)



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New Horizons Institute of Counseling/

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A Faith Based outreach ministry and mission of the United Brethren in Christ Church

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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. Lay Counseling is helpful and encouraged. For more serious issues seek the Ordained Clinical Christian Counselor who will be able to give you the added security of guaranteed confidentiality and professional Christian Counseling.

*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

COCONUT OIL TOUTED AS ALZHEIMER'S REMEDY

Pure Coconut oil is said to be very helpful as a remedy for Alzheimer's. Also, it is said that many have experienced improved memory and energy by taking daily tablespoons of pure Coconut oil. Pure Coconut oil is also said to increase "HDL" which is the "GOOD" cholesterol. It is said that pure Coconut oil boosts Thyroid function which will help to increase metabolism, endurance, and energy. Read more:

<http://www.cbn.com/cbnnews/healthscience/2012/January/Coconut-Oil-Touted-as-Alzheimers-Remedy/> AND <http://www.organicfacts.net/organic-oils/organic-coconut->

[oil/health-benefits-of-coconut-oil.html](http://www.doctoroz.com/videos/surprising-health-benefits-coconut-oil.html) AND <http://www.doctoroz.com/videos/surprising-health-benefits-coconut-oil>

UNIQUE INSIGHT INTO THE OFTEN MISUNDERSTOOD WORLD OF ADDICTION

People who take cocaine over many years without becoming addicted have a brain structure which is significantly different from those individuals who developed cocaine-dependence, researchers have discovered. Read more:

<http://www.medicalnewstoday.com/releases/255113.php>

HOW IS GAMBLING BAD FOR YOU?

Problem gambling is harmful to psychological and physical health. People dealing with this addiction can suffer from depression, migraine, distress, intestinal disorders and other anxiety related problems. Ultimately, severe problem gambling can lead to suicide. The rate of problem gambling has risen globally over the last few years. Read more:

<http://www.medicalnewstoday.com/articles/15929.php>

LONG-TERM ASPIRIN USE LINKED WITH INCREASED RISK OF BLINDNESS

New research from the University of Sydney, Australia has found that people who take aspirin for a long-term period of time may be at increased risk for neovascular age-related macular degeneration (AMD) - one of the leading causes of blindness in people over 50, Medical Daily reported. Read more: <http://www.foxnews.com/health/2013/01/22/long-term-aspirin-use-linked-with-increased-risk-blindness/#ixzz2IvU5GEkv>

GOOGLING YOUR DIAGNOSIS: CAN THE INTERNET SAVE YOUR LIFE?

Recently, a mother saved her son's life by Googling his symptoms after he was initially misdiagnosed as having gastroenteritis. Her Internet sleuthing eventually led to the discovery of her son's brain tumor, and she was able to take him to another doctor - who diagnosed and treated him just in time.

Read more: <http://www.foxnews.com/health/2013/01/22/can-internet-save-your-life/#ixzz2IvVKcsO7>

TEENAGERS AVOID EARLY ALCOHOL MISUSE THROUGH PERSONALITY MANAGEMENT

Personality-targeted interventions delivered by trained teachers and school staff decrease alcohol misuse in at-risk teens and delay their classmates' alcohol uptake. Read more: <http://www.medicalnewstoday.com/releases/255316.php>

MENTAL HEALTH DISORDERS LINKED TO DOMESTIC VIOLENCE

New research from the UK finds that experience of domestic violence is more common among adults with all kinds of mental health disorders than in the general population. The researchers, from King's College London's Institute of Psychiatry, and the University of Bristol, say their findings suggest doctors should be aware of the link and ensure patients with mental health problems are kept safe from domestic violence and treated for the mental health effects of such abuse. Read more:

<http://www.medicalnewstoday.com/articles/254475.php>

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