



Pierre J. Samaan, Ph.D.
Nona K. Damore, Ph.D.
Suzanne H. Dyer, M.A.

www.newhorizonscounseling.com

OUR FIRST NEWSLETTER

It is the signs of the times when we find ourselves working harder and making less. Thank God our success is not measured in dollars and cents, but instead, measured by our faith in Jesus Christ, the Son of God.

Each month we hope to give you interesting articles that will give encouragement, support, and hope.

If we are listening for God, He will continue to speak to us directly, through prayer, and indirectly through others. Whether you are reading a book or newsletter, always ask the LORD to give the interpretation of what He is saying to you.

OPTIMISM AND LONG LIFE

In the *Archives of General Psychiatry* (2004; 61: 1126-1135), the researchers write: "A

predisposition toward optimism seemed to provide a survival benefit in elderly subjects with relatively short life expectancies otherwise."

It is amazing how every day science is validating God's Word. *"My son, do not forget my law, but let your heart keep my commands; for length of days and long life and peace they will add to you. Let not mercy and truth forsake you. . Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths."*

(Proverbs 3:1-3a, 5-6 NKJV)

FOUR SPEECH PATTERNS

There are four common speech patterns described in the Bible: *The Controlled Tongue*, represents persons who think before they speak, know when to not speak, and are wise in their giving of advice.

The Caring Tongue is encouraging, supportive, kind, and truthful in their speech.

Then there is the *Conniving Tongue* which shows evidence of a pattern of speech of wrong motives, gossip, slander, and tainting the truth.

Finally, there is the *Careless Tongue* that curses, quick-tempered words that lead to rebellion, conflict, and ruin. (Read Proverbs)

(Ref: Life Application Bible, p 1127)

A careless word may kindle strife. A cruel word may wreck a life. A bitter word may hate instill; A brutal word may smite and kill. A gracious word may smooth the way; A joyous word may light the day. A timely word

may lessen stress; A loving word may heal and bless. (Author unknown; from Encyclopedia of 7700 Illustrations)

"I'VE FAILED..."; COMBATTING DISCOURAGEMENT

There was a very well known pastor by the name W.A. Criswell of the First Baptist Church of Dallas, Texas. He was not only a preacher, but also a writer who helped bring many people to the salvation knowledge of Jesus Christ.

He was led to the Lord when only ten years old. The story of his salvation begins when he attended a revival meeting in his small Texas town. The evangelist who was preaching at young Criswell's small church was Rev. John Hicks, at that time, a little known man of God.

However, to this young Criswell, Rev. Hicks was known as someone that he must see. So, that morning he asked the teacher for permission to leave school to attend the 10 o'clock revival meeting. (Imagine asking that today!)

When 10 year old Criswell entered the church he saw his mother and sat right behind her. He was soaking in every word coming from Rev. Hicks. When the invitation was given, young Criswell flew to the front and with tears of joy, accepted Jesus Christ as his Savior.

Years later when W.A. Criswell was a famous church pastor and writer, he recounted this story to a friend, Wallace Basset.

His friend looked astounded and quickly said, "I just can't imagine that!" Bassett continued,

"Johnny Hicks was a dear friend of mine, and he was here in Baylor Hospital in his last illness of which he died. I went often to see Johnny and one day as I sat beside him, he said, 'Wallace, my life is over, my preaching days are done, and I've never done anything for Jesus. I've failed, Wallace, I've failed.' "

Those were the elderly preacher's last words. He did not know how successful he was by the one conversion of, then 10 year old, W.A. Criswell. (1973, Keith, *W.A. Criswell*: pp 21, 124, Revell Pub.)

Biblical Responses to Discouragement

The LORD has a special plan for each of us to carry out in this life (Psalm 139). In God's eyes, you are a success. Don't let discouragement hold you back.

In 1 Samuel 1:1-28, we read the story of Hannah the mother of God's Prophet, Samuel. While other women were having children, Hannah remained barren. In the Old Testament days, a childless woman was considered a failure and led to social embarrassment for the husband.

Her husband Elkanah could have divorced her for her barrenness according to ancient Middle Eastern custom. Because of his love for her, he chose to remain married to Hannah.

Everyone was looking at Hannah's outward circumstances of having no children. God, on the other hand, had a special plan for Hannah that involved Him looking ahead. While Hannah waited for God's answer to her prayer for a

child, she was consoled by a loving husband.

Hannah's barrenness concerned her so much that she would become physically ill and unable to eat. Instead of retaliating against the mockers and critics, she prayed to God and she went through an attitude change that gave her greater peace.

There were three contributing factors to her new attitude: 1) she honestly prayed to God, 2) she received encouragement from both her husband and Eli the High Priest, and 3) she made a decision to leave the problem with God after prayerfully giving it over to Him.

So, by looking at Hannah's life example in the Scripture, we can say that the treatment for discouragement is "Tell God" how you really feel and leave your problems with Him. Then rely upon the support and encouragement of good friends, extended church family, and your Church Pastor or Clinical Christian Counselor.

Stress Fosters Discouragement

God can perform wondrous things in the midst of seemingly impossible situations. In Nehemiah 4:1-14, he reminded the workers who were rebuilding the wall that God has called all of them to this very moment in time, to accomplish what was once thought of as impossible, and God's protection would keep them safe.

If you are overwhelmed by your present situation, BE ENCOURAGED that God's purpose for your life will guide you to the other side of your seemingly impossible situation.

Dr. Pierre J. Samaan

WE NEED PRAYER PARTNERS

&

FINANCIAL SUPPORTERS

Each year this ministry counsels hundreds of hurting souls. Some may only need a little advice while others require intensive Clinical Christian Counseling.

We need daily prayer partners who will dedicate a moment of each day to pray for the Clinical Christian Counselors and clients.

Also, we need financial assistance to continue seeing those who are in dire straits. You may not know this, but we do not turn away those who cannot give a donation for their counseling; we do not believe Jesus would either.

But, the fact remains, we have to pay our expenses.

God blessed us with a \$5000 donation last year that helped us to end the year with expenses paid.

Would you please consider adding us to your budget for giving to this tax exempt counseling ministry?

Credit card donations can be given over the phone.



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