

New Horizons Newsletter



"May the Lord show you His favor and give you peace." (Nu. 6:26)

www.newhorizonscounseling.com

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Biblically Coping With STRESS!!!

I don't know about you, but I am stressed!!! I find myself at 60 years old working harder and longer hours than when I was much younger. This country's poor economy has most people straining and worrying about their financial and future well-being.

As a Christian, I know that God has everything right where He wants it. But, as an imperfect being, my flesh needs constant reassurance that God has my back.

Thank God for His unchanging Scripture that gives me truth, wisdom, encouragement and support every time I read the Bible.

Can you imagine yourself being among the Hebrews leaving Egypt for the "promised land?" They were confident that through Moses, "I Am" (God), would lead them out of bondage and into peace and a land flowing with milk and honey. Within hours they were grumbling under the fear of death by the Egyptian soldiers and the anticipation of a "long walk."

There, too, the people spoke bitterly against Moses and

Aaron. (Exodus 16:2 TLB)

Could this Biblical history be depicting an entire population as being stressed?



"I can't take it anymore!"

A stressor is anything that can pose a challenge or threat to our welfare. Believe it or not, we need stress to thrive. Without stress we would never feel challenged. Too much stress will kill us and not enough will inhibit us.

Being distressed over time can lead to "Burn-Out" or worse, a "Nervous Break-down." These are conditions where a person has lost his or her vitality and ability to respond to stressors. Usually, expected rewards do not come after prolonged and devoted effort leading to extreme fatigue and disappointment. (Galatians 6:9)

Biblically, stressors are like trials and testing that help us to grow in faith. God promises each believer in Jesus Christ, to never give them more stress—trials and tests—than He knows, they can handle. (1 Corinthians 10:13)

If you feel you can't handle the stress, God says He will equip you to endure it or He will take it away.

Like the parable of the talents, some can handle more than others. However, all are expected to not avoid it, but instead, face it for it will benefit us in more ways than one. (Luke 19:11-26)

There are some Biblical fruits that can help us cope with stress which will help us become better instead of bitter.

1. GROW in faith, values, and character by facing your difficulties. (2 Peter 1:5; Romans 5:1-5; James 1:12-18)
2. GROW in knowledge of God. (2 Peter 1:5; Exodus 16:1-12; Exodus 16:1)
3. GROW in self-control. Prioritize and manage your day. (1 Peter 1:6; Psalm 90:12)

Biblically Coping With STRESS!!! Cont'd.

4. GROW in patience by praying often. Prayer releases pressure and worry. (2 Peter 1:6; Psalm 18:6; 62:1-12)
5. GROW in always doing what is right. Doing right helps you to believe the impossible is possible. (2 Peter 1:6; Philippians 4:4-9)
6. GROW in brotherly love. Put on the mind of Christ to be forgiving. Re-



- member that your sins are not forgiven if you do not forgive. "Have I forgiven everyone who has wronged me? (2 Peter 1: 7; John 14:27; Matthew 6:14,15.)
7. GROW in your love and compassion for everyone. (2 Peter 1:7; Ephesians 4:31,32)

All we need is faith to believe what God says will happen. Don't let what you see scare you.

8. GROW in Godly thinking. Choose to think good thoughts and choose to demonstrate that you believe them. (Philippians 4:8-9)

9. GROW in humility or modesty. Has pride become a hindrance? (Pr 16:18; 29-23)

There is no magic cure for coping with stress. We have to work hard each day to maintain our priority of relationship with God. The Apostle Paul was telling us to turn our stress into peace.

... His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus. (Philippians 4:7 TLB)

Dr. Pierre J. Samaan

Do you know what is the "royal law" according to Scripture?

You shall love your neighbor as yourself. (James 2:8)

Mercy triumphs over judgment. (James 2:13)

An Example of How God Dealt With Nervous Breakdown

The Prophet Elijah was a mighty prophet of God. No matter how strong his spiritual giftings, he was still just like you and I, imperfect.

After Elijah was used by God to kill all the false prophets of Baal, Jezebel pledged to kill him. He had what we might call a nervous breakdown after running from Jezebel until he dropped (Elijah 19).

The Lord's Treatment Plan included:

*God prescribed sleep and nourishment—1 Kings 19:5-8

*Angels were dispatched to help—vs. 5-8

*Elijah was allowed to process his fears verbally- vs. 9-11

*God reminded Elijah of who He was and of His power- vs. 11-12

*Elijah needed to listen for God who spoke to him in the still quiet voice—vs. 11

*God renewed and re-commissioned Elijah with a renewal of purpose—vs. 15-17

*God counseled Elijah that things are never as bad as they may appear—vs. 18

*Elijah was assigned a good friend to provide companionship—vs. 19

A nervous breakdown is a severe emotional or psychological breakdown after a long period of stress that has not been adequately dealt with.

Pray About Being A Prayer Partner & Financial Supporter

Each year this ministry counsels hundreds of hurting souls. Some may only need a little counsel 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.

The need is greater than ever for financial assistance to con-

tinue seeing those who are desperate for help. 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.

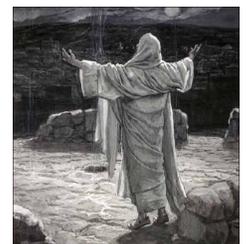
But, the fact remains, we have to pay our expenses.

God blessed us with a \$5000 donation last year from Mt. Pleasant United Brethren Church in

Chambersberg, PA; Senior Pastor Larry Little. Their mission's donation to this faith based counseling ministry 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?

Thank You!





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

*A Faith Based outreach ministry of the
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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.

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 and realize it has been replaced with God's healing peace.

We are on the Web!

New Research Findings

Childhood abuse, adversity may shorten life, weaken immune response among the elderly (August 16, 2010) -- The emotional pains we suffer in childhood can lead to weakened immune systems later in life, according to a new study. Based on this new research, the amount of this immune impairment even enhances that caused by the stress of caregiving later in life.

Read full story at: <http://www.sciencedaily.com/releases/2010/08/100815111450.htm>

Parents' mental health more likely to suffer when a grown child struggles (August 15, 2010) -- Even into adulthood, problem children continue to give their parents heartache, and it doesn't matter if other children in the family grow up to be successful, according to a new study of middle-aged parents. ... Full story at: <http://www.sciencedaily.com/releases/2010/08/100812161926.htm>

Trusting people make better lie detectors (August 13, 2010) -- Trusting others may not make you necessarily a fool or a

Pollyanna, according to a new study. Instead, it can be a sign that you're smart. ... > Full story at: <http://www.sciencedaily.com/releases/2010/08/100813090457.htm>

Childhood memories of father have lasting impact on men's ability to handle stress (August 13, 2010) -- Sons who have fond childhood memories of their fathers are more likely to be emotionally stable in the face of day-to-day stresses, according to psychologists who studied hundreds of adults of all ages. ... > Full story at: <http://www.sciencedaily.com/releases/2010/08/100812161928.htm>

Hearing Loss Among US Teenagers Increases By 31%
Hearing loss among American teenagers rose by approximately 31% from 1988-1994 to 2005-2006, according to a study published in JAMA (Journal of the American Medical Association). In the year 2005-2006 one fifth of all US kids had some level of hearing loss... >Full story at: <http://www.medicalnewstoday.com/articles/198055.php>

Internet Overuse May Cause Depression

(August 2, 2010) Study: Teens Who Pathologically Use Internet May Be About 2.5 Times More Likely to Become Depressed...>Full story at: http://www.webmd.com/depression/news/20100802/internet-overuse-may-cause-depression?ecd=wnl_emw_081810

*To read the full article copy and paste the URL.