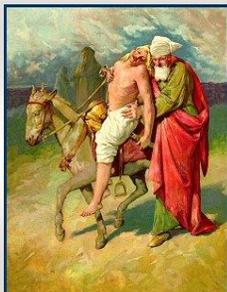

New Horizons Newsletter

Director

Pierre J. Samaan, Ph.D.
*Bringing 30 years of Clinical Pastoral
 Counseling experience into each session.*



****Telephone & Video
 Pastoral Counseling is
 Available****

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

[Read: Numbers 13-14 & Joshua 14-15](#)

OVERCOMING THE GIANTS IN YOUR LIFE

By Dr. Pierre J. Samaan

As a Christian, it is true that the evil ruler of this world (John 12:31) hates you so much, that when he learns God has a plan for you, barriers and resistance are thrown along your path. These barriers and resistance are obstacles to both, slow you down and distract you, from God's personal plan for you. Do not become discouraged or frightened by the obstacles and resistance, because you belong to God (1 John 4:4).

In our recent move, we were eager to push ahead with healing lives through our ongoing ministry of Clinical Pastoral Counseling. We were confident that God had approved our new venture. The signs and events were unmistakable. But, as soon as we began to help others, here come the road blocks.

My wife and I were constantly reminding each other that God is in us and we are doing God's work in loving and helping others (1 John 4:7-12). We believed He (God) was not the one setting out the barriers of resistance (1 John 5:19). We

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could be confident that God was going to turn those barriers and resistance into something good (Philippians 2:1, 2).

"⁸ We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. ⁹ We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed." (2 Corinthians 4:8-9 NLT)

Do you remember the Old Testament story of when God told Moses to send scouts to explore the land of Canaan (Numbers 13-14; Joshua 14-15)? The scouts or spies, were to be selected from the leadership of each of the twelve ancestral tribes. They were to bring back evidence of what they had seen. They brought back samplings of crops to show that the soil was so good it could produce huge crops - there was a huge string of grapes that one man could not carry. Initially, it all looked so good.

Here comes the barrier and resistance. Despite all that was good that they presented as evidence, the scouts were distracted by the "giants" (barriers) they saw, who were inhabiting Canaan. The people quickly rebelled from the plans God had for Israel.

They either could not or would not remember the many miracles God had done to bring them to the Promised Land. The people could not or would not be influenced by Caleb and Joshua, who reminded them that with God's help they would prevail.

The other leaders sent messengers throughout their tribes to lobby (resistance) against going into this land of giants. The people were distracted from the truth and chose to focus on the barriers - they believed the truth to be a lie and the lie to be the truth.

In so doing, the people of Israel chose to resist and reject God's perfect plan for them - a prophetic representation into the future resistance and rejection by Israel of entering into eternity through Jesus Christ. Caleb and Joshua were the only ones allowed to enter the Promised Land, forty years later.

"⁵ And have you forgotten the encouraging words God spoke to you as his children? He said,

*"My child, don't make light of the Lord's discipline,
and don't give up when he corrects you.*

*⁶ For the Lord disciplines those he loves,
and he punishes each one he accepts as his child."*

⁷ As you endure this divine discipline, remember that God is treating you as his own children." (Hebrews 12:5-7 NLT)

Do you want to let the barriers and resistance stop you from God's perfect plan in your life? There is no doubt that there are giants in our land; we constantly see examples of corruption in powerful multi-national corporations, corrupt governments and their politicians and financial systems.

But, we have God! Never forget that all of God's promises have come true up to our day and time, proving His word is true. Always remember the end of the story has already been written by God.

There are days when I am surprised by feelings of anxiety when a barrier suddenly reveals itself. "Breathe," is what I say to myself, which is what I tell my anxious clients. Our mind and body are designed to only take a certain amount of stress. No matter how strong you are, everyone has a physiological threshold. Then, it is up to you to choose what to do next.

I choose God and the confident assurance that He instills in my heart for His good purpose for my life and those I influence. I see the giants, but choose to remember that God is greater. I choose to align my hopes with God's future plans, even though I may not see it in the distance. I choose to please God with my imperfect faith (Hebrews 11:1, 6).

Abram (Abraham) believed God. For this belief, Abram was considered by God to be righteous because of his faith (Genesis 15:6) and He changed Abram's name to Abraham. Will you say to God, I believe?

³ Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. ⁴ Don't look out only for your own interests, but take an interest in others, too.

⁵ You must have the same attitude that Christ Jesus had.

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⁶ Though he was God,
he did not think of equality with God
as something to cling to.

⁷ Instead, he gave up his divine privileges;
he took the humble position of a slave
and was born as a human being.

When he appeared in human form,
⁸ he humbled himself in obedience to God
and died a criminal's death on a cross.

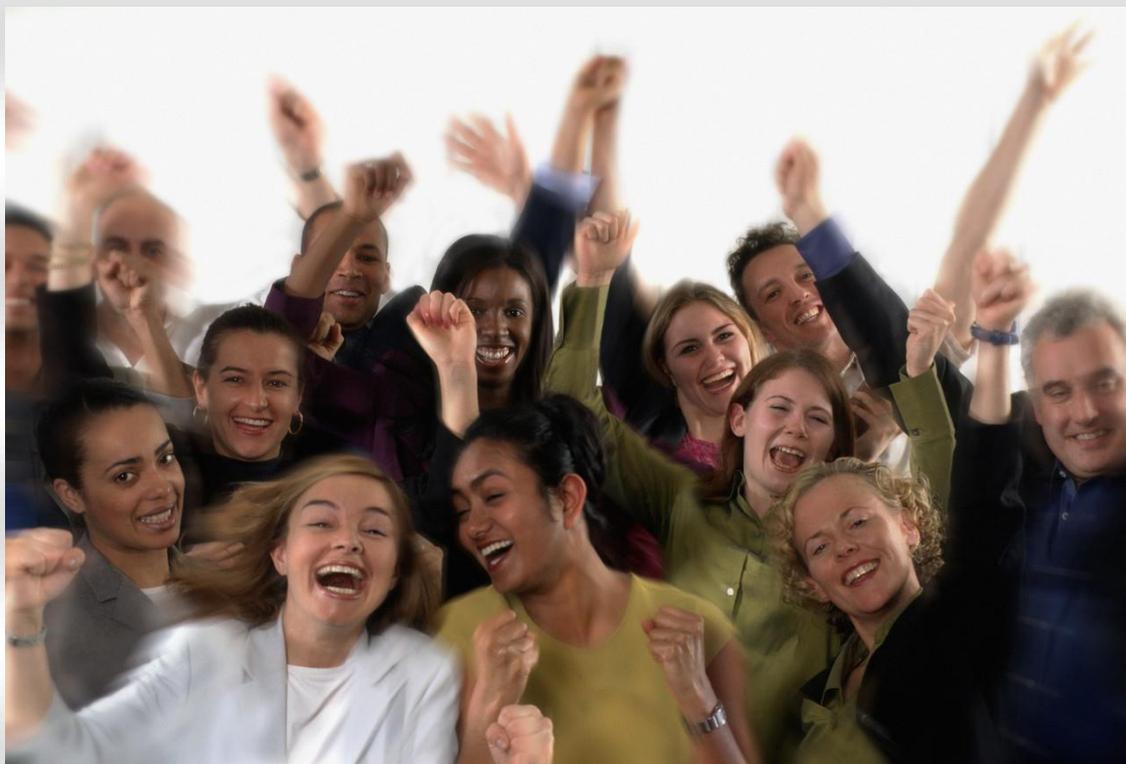
⁹ Therefore, God elevated him to the place of highest honor
and gave him the name above all other names,
¹⁰ that at the name of Jesus every knee should bow,
in heaven and on earth and under the earth,
¹¹ and every tongue confess that Jesus Christ is Lord,
to the glory of God the Father." (Philippians 2:3-11 NLT)

It is God who molds us into being ready for Heaven. The LORD trims and shapes us and turns barriers into bridges. Place your faith and trust into The Son of Man, Jesus Christ, Messiah. You will not be disappointed.

If you are reading this, either you have already crossed the bridge of salvation or the Holy Spirit is drawing you to a higher calling of eternal life by confessing with your mouth and clinging to Jesus Christ as Lord of your life (Romans 10:9-10).

"Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us. ²Because of our faith, Christ has brought us into this place of undeserved privilege where we now stand, and we confidently and joyfully look forward to sharing God's glory." (Romans 5:1-2 NLT)¹

¹ Bible quotes are taken from www.biblegateway.com



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***YOU CAN READ OR DOWNLOAD PREVIOUS NEWSLETTERS IN THE "ARTICLES" SECTION OF OUR WEB SITE.**

"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 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.

NEW RESEARCH FINDINGS

Alcohol treatment sought by women between 4 to 5 years earlier than men
Epidemiological studies have revealed that historical differences between men and women in substance use - such as lifetime dependence rates, and quantities of alcohol consumed - have narrowed in recent decades. Read article:

<http://www.medicalnewstoday.com/releases/264672.php>

Stomach pain as a kid could mean anxiety as an adult

A study from Vanderbilt University reveals children who have regular abdominal pain complaints are more likely to have an anxiety disorder during adulthood. The research, published in Pediatrics, looked at what can happen in adulthood for children who had recurring stomach pain. Read article:

<http://www.medicalnewstoday.com/articles/264707.php>

Depression less likely when there is a strong grandparent-adult grandchild relationship

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A new study shows that grandparents and grandchildren have real, measurable effects on each other's psychological well-being long into grandchildren's adulthood. "We found that an emotionally close grandparent-adult grandchild relationship was associated with fewer symptoms of depression for both generations," said Sara M. Read article:

<http://www.medicalnewstoday.com/releases/264700.php>

Disproportionate attention from parents leads to better-performing elementary students

An Indiana University study found that higher-performing elementary school students received a disproportionate number of resources from their parents, compared to their lower-performing peers. Read article:

<http://www.medicalnewstoday.com/releases/264701.php>

How the last decade changed American life

Barna Group's most recent survey on the topic compares Americans' descriptions of themselves from the early 2000s until now, illuminating how much American life has changed in the past decade, and how Americans see themselves moving forward into the future. Read article: https://www.barna.org/barna-update/culture/624-how-the-last-decade-changed-american-life#.Uqv7pMvD_IU

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