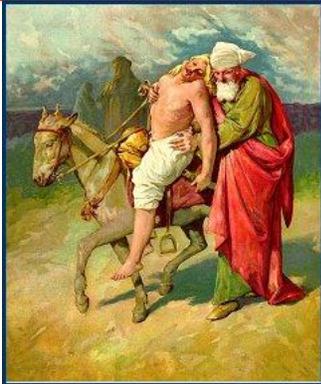


New Horizons Newsletter



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

(Nu. 6:26)



I CHOOSE TO HAVE HOPE

We do not make very good Christians if we do not exercise HOPE in all that we do. After all, truly believing in what God has done to secure our salvation through Jesus Christ's birth, life, and sacrifice requires faith, which is confidence, which is anticipation, which is HOPE. It is the opposite of hope that leads to depression, desperation, discouragement, and HOPELESSNESS. *Which will you choose for this new year?*



For those who are not believers in Jesus Christ, they must find something or someone to give them hope in life. Some choose a world religion or cult group, others may choose high and lofty goals of money, power, brilliance, fame. . . For those with no HOPE of eternal life, there is only what they can do in the present life. ". . .Let us eat and drink, 'you say,' for tomorrow we die!" (Isaiah 22:13, NIV)

In a recent study I found in *The Journal of Research & Personality*, researchers demonstrated that people are more favorably impacted by having HOPE rather than participating in cognitive behavioral therapy (secular version of Biblical counseling).¹

In my lifetime, I have met and spoken with all types of people, both rich and poor, educated and uneducated. I can honestly tell you that hope is one of the most sought after human emotions.

¹ Geraghty, A., et al., *Dissociating the facets of hope: Agency and pathways predict dropout from unguided self-help therapy in opposite directions*, Journal of Research in Personality 44 (2010), pp 155–158, Retrieved 12/18/10, from

<http://personalpages.manchester.ac.uk/staff/alex.wood/hopefacets.pdf>

When it seems as though you are being tossed around by a storm of adversity, set out the anchor of HOPE. Just as a sea anchor can stabilize a powerless boat in a storm-tossed sea, HOPE stabilizes the emotions of the soul. "18This was so that, by two unchangeable things [His promise and His oath] in which it is impossible for God ever to prove false or deceive us, we who have fled [to Him] for refuge might have mighty indwelling strength and strong encouragement to grasp and hold fast the hope appointed for us and set before [us]. 19[Now] we have this [HOPE] as a sure and steadfast anchor of the soul [it cannot slip and it cannot break down under whoever steps out upon it--a HOPE] that reaches farther and enters into [the very certainty of the Presence] within the veil, 20Where Jesus has entered in for us [in advance], a Forerunner having become a High Priest forever after the order (with the rank) of Melchizedek." (Hebrews 6:18-20; AMP)(uppercase added)

HOPE by itself may be like an empty shell that needs the filling of gratification. In order for HOPE to be gratifying it must be coupled with expectation, assurance, and passion. On the other side, a pessimist is one who hopes in skepticism of anything that is true. I am sure you have experienced people like that.

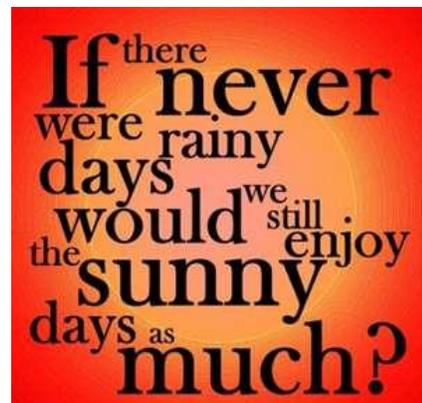
The pessimist is the person who replies back to your encouraging comments with arguments of contrariness, negativity, or doom and gloom. Through their eyes is viewed a world of lies and rejection. To the pessimist the truth must be a lie and the lie must be a truth.

Theirs is a life of fear of the unknown, fear of rejection, bitterness, invalidation, low self-esteem, valuelessness, and hopelessness. To keep these intense negative emotions from being seen by others, they may overcompensate by artificially inflating who they are in any given circumstance. That sounds like a lot of work to me!

HOPE takes time to develop when things are not going as well as can be expected. So, I suppose we have to add waiting and watching to the ingredients of expectation, assurance, passion, and gratitude, in order for HOPE to be complete. Yet, I have seen men and women with all these ingredients still ending up disenchanting with their lives. Some have reached the top of their professions or experienced all their goals, but still felt incomplete.

The final ingredient that makes HOPE complete is faith in God's promised son, Jesus Christ. When I am weak, HE is strong inside of me. When I am weak, I am prodded by the Shepherd's staff to HOPE in God's promises.

"Unable to understand the affliction that has deprived him of possessions, family, and health, Job laments, 'My days are swifter than a weaver's shuttle, and come to their end without HOPE.' (Job 7:6). Yet resurgent hope enables him to triumph over these moments of near despair. 'For I know that my Redeemer lives . . . I shall see God.' (Job 19:25)."²



² Bromiley, G. Ed., (1990) *The International Standard Bible Encyclopedia*, p 752, Vol. 2, Eerdmans Publishing, Grand Rapids, MI.

¹³ *I pray that God, the source of HOPE, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident HOPE through the power of the Holy Spirit. (Romans 15:13 NLT)(Uppercase added)*

It is in times of trouble that we are given an opportunity to trust God. You may laugh at this, but when my wife and I learned we were "financially challenged," I thought: "Oh boy! Now we don't have anything to fall back on. We are truly dependent on God." As silly as it may sound, Paul said something similar when locked up in jail, he learned to be content in all things.

*I am not saying this because I am in need, for I have learned to be **content** whatever the circumstances . . . Keep your lives free from the love of money and be **content** with what you have, because God has said, "Never will I leave you; never will I forsake you." (Philippians 4:11; Hebrews 13:5 NIV)(Bold added)*



King David probably had more than his share of troubles. He was humiliated, made fun of, insulted, an assassin's target, death of a son, betrayed by one son, and punished by God. None of that stopped him from praying and HOPING in God's answers and redemption. He continued to trust in God with expectation, assurance, passion, and gratitude, while waiting and watching for God's answers. Trust God and His promises because He has proven Himself with the fulfillment of all Bible prophecies up to our day and time. HOPE will grow as you continue to remind yourself of the promise of the resurrection.

²⁶*Therefore my heart rejoiced and my tongue exulted exceedingly; moreover, my flesh also will dwell in **HOPE** [will encamp, pitch its tent, and dwell in **HOPE** in anticipation of the resurrection].” (Acts 2:26 AMP)(Uppercase and bold added)*

There is a famous painting entitled *Hope*, by George Frederic Watts. He drew the picture of a woman who is poor, sitting atop the world. She is unable to see because her eyes have been bandaged. She is holding a hand held harp with all but one of the strings missing. Her disappointments and shattered expectations are representative of the broken strings and her slumped figure as she sits. The string of HOPE is the last string that she is able to strum. Each time she strums that string a beautiful melody floats around the world. The melody fills the dark skies with stars. The painter was making a statement that *even when all else is gone, you still can have HOPE.*³



³ Allen, Charles, (1972), *The Miracle of Love*, p 71, Revell Publishing, Old Tappan, NJ.

PRAYER OF HOPE

I am grateful dear God that you will not forget my neediness. My hope and expectations rest in knowing that your goodness and mercy will always do what is right and best for me and my family. Therefore, my heart is glad and my inner self rejoices.

My body, too, shall rest and confidently dwell in your covering safety that is guaranteed to me through my belief in the suffering sacrifice of Your Son, Jesus Christ.

I will be strong and let my heart take courage because I wait for and hope for and expect Your favor!

Your eyes are always upon those who revere and worship You. I am waiting in hope for Your mercy and lovingkindness.

Who else is there to help brighten my sad countenance but You, O Lord?

Because of Your sacrificial love for me, I hope You will answer favorably to my pleadings.

I wait for and expect Your favor in my current state of affairs; my hope and expectations are in You.

Instead of worrying over what I cannot control, I Hope in You O God and wait expectantly for my relief.

Written by Dr. Pierre J. Samaan; The foundations for this prayer were edited from: Psalm 9:18; Psalm 16:9; Psalm 31:24; Psalm 33:18; Psalm 33:22; Psalm 38:15; Psalm 39:7; Psalm 43:5; John 3:16.

Speak this Prayer of Hope at least twice a day for two continuous weeks.

Dr. Pierre J. Samaan

Pray About Being a Prayer Partner & Financial Supporter

Mt. Pleasant United Brethren Church in Chambersberg, PA; Senior Pastor Larry Little, has come through again to help sustain this Christian counseling ministry with a \$5,000 donation. If you remember, last year the Mt. Pleasant UB, missions committee sent us the same amount. I hope everyone will please add Mt. Pleasant UB to your prayer and thank you list.

Our Daytona church of the United Brethren in Christ gave donations totaling \$3,275 for us to see clients that were unable to give donations. Please, also be in prayer for our local UB church and there many outreach ministries in helping the community. Senior Pastor Chuck McKeown has a way with stretching the donations. For an average size church we are able to offer free dinners for single moms and their kids every Wednesday along with many other outreach ministries.

PRAYER REQUESTS:

- Thank you for your ongoing prayers for Rev. Josh McKeown. He is suffering through the chemotherapy with a God given attitude of HOPE. We are all being encouraged by his daily comments of Facebook.
- My mother-in-law seems to be over the hurdle in her triple bypass recovery. Thanks for your prayers.
- All the court hearings that were scheduled for December went well. There were favorable hearings for all of our Christian clients in litigation.
- There are many couples who are estranged in their marriages. Please pray that circumstances will improve to give their marriages another chance; this time with Clinical

Christian Counseling.

- Pray for a financial healing for all believers. Sometimes, I feel like God is beginning the separating of the wheat from the chaff. Many "carnal" Christians have jumped the fence onto a more committed path with God. Other fence walkers have blamed God and jumped from fence walking into the world. You can't have one foot in the world and one foot in God. At some point, God will want total surrender. Pray for all those who are struggling.
- Keep praying for recovering Christians.
- We need daily prayer partners who will dedicate a moment of each day to pray for the Clinical Christian Counselors and clients.

Your donations help us to continue helping others. If you have a business or ministry, please consider adding us to your budget for future donations to this tax exempt counseling ministry. 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.

Thank You!

New Horizons Institute of Counseling/ United Brethren Counseling Ministry

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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.

*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

Depression Returns in About Half Treated Teens

Most depressed teens who receive treatment appear to recover, but the condition recurs in almost half of adolescent patients and even more often among females, according to a report posted online today that will appear in the March 2011 print issue of *Archives of General Psychiatry*, one of the JAMA/Archives journals. Read article at:

<http://www.medicalnewstoday.com/articles/209498.php>

Mom's Voice Plays Special Role in Activating Newborn's Brain

A mother's voice will preferentially activate the parts of the brain responsible for language learning, say researchers from the University of Montreal and the Sainte-Justine University Hospital Research Centre. The research team made the discovery after performing electrical recordings on the infants within the 24 hours following their birth. Read article at:

<http://www.sciencedaily.com/releases/2010/12/101215195234.htm>

Beetroot Juice Could Help People Live More Active Lives

New research into the health benefits of beetroot juice suggests it's not only athletes who can benefit from its performance enhancing properties -- its physiological effects could help the elderly or people with heart or lung conditions enjoy more active lives. Read article at:

<http://www.sciencedaily.com/releases/2010/12/101217091157.htm>

Proximity to Freeway Associated With Autism

Living near a freeway may be associated with increased risk of autism, according to a study published by a team of researchers from Children's Hospital Los Angeles, the Keck School of Medicine of the University of Southern California (USC) and the UC Davis MIND Institute. Read article at:

<http://www.sciencedaily.com/releases/2010/12/101217091208.htm>

Opioid Use Associated With Increased Risk of Adverse Events Among Older Adults

Opioids appear to be associated with more adverse events among older adults with arthritis than other commonly used analgesics, including coxibs and non-steroidal anti-inflammatories, according to a report in the December 13/27 issue of *Archives of Internal Medicine*, one of the JAMA/Archives journals. In a second report assessing only opioid use, different types of drugs within the class were associated with different safety events among older patients with non-malignant pain. Read article at:

<http://www.sciencedaily.com/releases/2010/12/101213163747.htm>

Bullying at School Linked to Bullying at Home

Children who bully at school are likely to also bully their siblings at home. Read article at:

<http://www.sciencedaily.com/releases/2009/12/091206185410.htm>

Moms Who Take Folic Acid, Iron Have Smarter Kids

Children in rural Nepal whose mothers were given iron and folic acid supplements during pregnancy were smarter, more organized and had better fine motor skills than children whose mothers did not get them . . . : Read article at:

<http://www.foxnews.com/health/2010/12/22/moms-folic-acid-iron-smarter-kids/>

***To read the full article, click or copy and paste the URL. The articles are for informational & educational use only. The released studies are not necessarily a reflection of beliefs of this ministry.**