



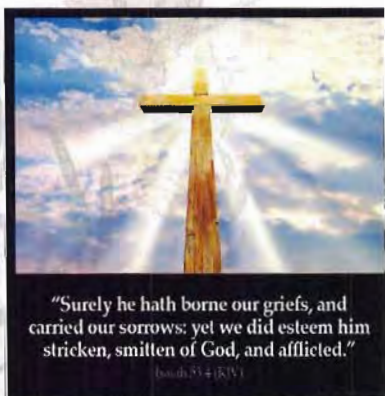
November/December
2017

Keep our focus on God, Eyes set toward Eternity, to be Kingdom minded through the mind of Christ.

Proverbs 23:7 *"For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee."*

Those who suffer from PTSD have been exposed to a trauma and it changes how a person thinks. The enemy wants us to believe there is nothing that can be done. PTSD does not affect vets alone. Those who work in public service such as Fire, Police, and EMS can also suffer from PTSD. Victims of abuse, violent crimes and those caught in lies the enemy has told them, can also suffer the same fate.

Proverbs 23:7 says *"For as He thinks in his heart, so is he."* The Hebrew word for think is *"sha'ar"* and is only used this one time in all scripture and means *to split open, reason out, calculate, reckon and estimate*. In 122 other verses the word think comes from the Hebrew word *"chashab"* which is pretty much what we know today to consider or plan something. With the help of the Holy Spirit, we can begin to *sha'ar* and take a look inside and examine what we are thinking about and can begin to take every thought captive. Without the Holy Spirit the thoughts we have can become a runaway freight train that threatens to barrel over us with the speed and finality a train carries on the tracks. When dependent on the Holy Spirit the burden becomes lighter and a person, with PTSD, can be healed.



Individual thoughts are filtered through a person's own experiences, hurts, wounds and offenses. In the case of PTSD sufferers, the thoughts are filtered through the emotional conflict of having been raised to not harm others or having been a participant of a traumatic event. As an example, Vets who go to war and see harm caused to others sometimes have what is called *"survivors guilt"*. Or, they have guilt for having caused harm to another. There are many other reasons but the result is the same: a tortured soul that has been severely wounded and desperately needs healing.

Yet there is still a limited understanding of Isaiah 53:4 where the scripture says *"Surely he hath borne our griefs and carried our sorrows"* ... The word *"sorrows"* comes from *mak'ob* which means *physical and mental pain*. Unless a traumatized person can understand the great exchange of the cross and what Jesus bought for us with His death and resurrection, he or she will never understand how splitting open our thoughts and changing those thoughts, with the help of the Holy Spirit, will open themselves to receive the healing that was paid with an unimaginable

price.

The most wonderful thing here is that there is **ALWAYS** hope. God gave his only son so that we may have life everlasting. Through the power of His Spirit that lives within He gave us the ability to be healed – Spirit, Soul and Body.

God's Favor,
Doug

Counselor's Corner: Abundantly Above.....

"Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us," Eph. 3:20.

During prayer one morning I heard this scripture well up in my spirit. I wanted Him to show me what it is that I was missing. To show me and give me revelation on what exactly the scripture means because it was obvious He was trying to tell me something.

We, as Christians, pray and quote this scripture all of the time but have we really taken the time to put it on an earthly plane to see what it means right here where we live?

As I went about my day I had taken our vehicle to the dealership to have some warranty work done. When it was time to sign the ticket and be on my way, they went over everything that had been done and also noticed a recall issue that required draining my oil pan to repair. I left praying "thank you Lord that while I was there you saw to it they took care of these other things also!" I went in for warranty work and as a bonus a recall issue was tended to and we were due for an oil change anyway! Then I heard the Holy Spirit whisper "abundantly beyond all that we ask or think!" He does the "abundantly beyond all that we ask or think" daily right down to every breath we take. It is an amazing thing to know that we are His children and He cares for us on such an intimate level that we cannot even begin to fathom because of our finite mind. There is a time coming, and I believe, in the not too distant future, when we will be changed in the twinkling of an eye and all things will be made known to us. We will finally understand what it means to be loved with an everlasting love of our Father. The ultimate abundantly beyond all that we ask or think! As we are fast approaching Thanksgiving and Christmas, I challenge you to ask God to show you Ephesians 3:20 for yourselves. I am curious as to how many encounters you will find yourself having with the Father in the everyday things! As I get older I am thankful for the things I see and the people in our lives but, probably more now than ever, I am thankful for the things I cannot see because we walk by faith and not by sight. In doing so, I see Him who is able to do far more abundantly beyond all that I ask or think, according to the power that works in me.

Blessings,
Dr. B.

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Lisa and I pray everyone have a very Happy Thanksgiving and a wonderful Christmas! As you consider the great things the Lord has done, please remember His mercies are new every day. This letter is for November/December and we wish our daughter and fiancé a blessed life in their marriage!

Ephesians 3:20

Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us

Lubbock Sun

We thank each of you for your prayers and financial support. Because of your giving, we are able to help those in assisted living, give to hurricane relief efforts, go to our clients when they can't come to us and work in partnership with other ministries.

**We ask that you stand with us for our mission trip to Transnistria (Former Soviet Union). The trip is scheduled from September 14th through the 21st. Thank you for your Love, Prayer and Support! We pray for you also!
Doug and Lisa**

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