

We at the Way Counseling Dept. would like to take this time to reach out and reach into your hearts with encouragement and wisdom that you can apply personally or share in ministry, your workplace, or your home.

Thanksgiving and the holiday season that follows represents an opportunity to count our blessings and have an attitude of gratitude. But for the people experiencing difficult life circumstances and symptoms of depression, this can be a challenge. This year we have had to learn to live through a worldwide pandemic that has resulted in many different life circumstances such as loss of jobs, isolation, family conflict etc. But as we continue to accept the new norm and lifestyle of social distancing, it is important to keep the right perspective. We must make sure that following safety guidelines are not at the expense of your own mental/emotional and spiritual well being. It is encouraging to know that we're not alone and that through Christ we have the power to fight and overcome feelings of isolation, anxiety & depression. In moments where depression can make one vulnerable, don't be afraid to check in with people around you and ask others, 'how are you feeling? what are you thinking?'. Also, offer the gift of listening, and encouragement to those who are discouraged to remind them that they are not alone. Also remember that scripture is helpful to speak the truth when thoughts bring you down. By identifying the lies you're believing in and speaking truth over your circumstance, you make a choice to be comforted by His word and trust in God to strengthen you.

"Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by GOD" 2nd Corinthians 1:3-4.

This Christmas season, do your best to not retreat into isolation that creates more sadness and loneliness. Instead, reach out when you need to and look for opportunities to comfort others. God hears your cries and sees your tears. Be confident that He will respond to help comfort, strengthen & help you when you need it the most. Have a Merry Christmas!

"Peace for Today"

BE STILL

2020 has been a year of change. Many of us have had to do things different ways We've learned to go to church, bible studies, school and even work online. Though its been difficult to learn how to navigate our life in a different way, we have also learned how to push through when we've wanted to give up. When life seems so hard and negativity is coming at us, theres one thing I remember. We can do all things through Christ who strengthens, guides. Be reminded today that He is there, no matter what is coming at us. Fight on and know that the prize at the end of the line is the best. Continue to push and perservere to be Christ like in all we do!

PHILIPPIANS 4:13 (nlt)

"I can do All things through Christ that Strenghtens Me"

"FIGHT ON FIGHTER"

-FOR KING AND COUNTRY

Copy and paste the link into your browser:

https://youtu.be/2jHL9_zijiQ

