



New Hope Counseling Center

Winter 2005

God's Sovereign Hand

What an awesome privilege to get to see God's hand at work in so many areas and in so many lives. He is *good*. His timing is always perfect. And His plan is always best. Time and time again He uses these things to remind us *and* the counselees to trust Him. Here are a few more of those *only God things*:

Since our last newsletter all three of our counseling rooms and reception area have been completely furnished with brand new sofas, loveseats, coffee tables and end tables by an anonymous giver. The counseling rooms actually could not even hold all of the furniture that was given for each one. Sounds a little bit like Malachi 3:10— *...Prove me now herewith, saith the LORD of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.*

Through our counselors sharing with friends their excitement about what they see happening in this ministry or former counselees sharing with people—through things like that we had an Army Chaplain take our materials with him overseas. A missionary has taken them to Uganda and another one to Guyana. This is definitely exceedingly, abundantly more than anything we could ask or think (Ephesians 3:20). We never know what might happen next.

God blessed one dear lady with a brand new refrigerator through an energy assistance program and she in turn blessed us with her old one (which is still in excellent shape). That was really the last major item on our needs list. Praise God— all of our major material needs have been met!

Cindy Farrington, Director

Make A Difference

In Maine, they tell of an old man walking along the beach with his grandson who picked up each starfish they passed and threw it back into the sea. "If I left them up here," the boy said, "they would dry up and die, I'm saving their lives."

"But," protested the old man, "the beach goes on for miles, and there are millions of starfish, what you are doing won't make any difference."

The boy looked at the starfish in his hand, gently threw it into the ocean, and answered, "It makes a difference to this one."

Through the ministry of New Hope we are all making a difference— one life at a time.

MISSION STATEMENT

The New Hope Counseling Center exists to glorify God (Matthew 5:16) by making His purposes (Ecclesiastes 3:1; Romans 8:28), and hope (Jeremiah 29:11; 31:17), and healing through Him (Luke 4:18b; 1 Peter 2:24) known to all people (1 Peter 3:15).

Anual Banquet

Our Banquet this year is going to be extra special. Because we have been in operation for over a year now we will be able to have our program filled with personal testimonies from the actual people whose lives have been touched by the ministry of New Hope Counseling Center. We want you, our supporters and encouragers, to hear and know what God is doing in the lives of these very special people whom He sent to us for help. We have the awesome privilege and blessing of seeing God's hand at work every day here and we want to share some of this with you. So we want to personally invite every one of you and give you the opportunity to invite anyone else that you know who might be interested in hearing about this ministry. We are going to hold the Banquet at a church this year (First Baptist in Centerville) so that after the meal, the program can be held in the sanctuary where we will be able to have some Praise & Worship time and Special Music. Please come and join us for a lovely catered meal (at no cost) and a very special program. We know you will be tremendously blessed. Please call us at **641-856-3326** to **RSVP** so we will know how many to plan for.

Saturday, April 16th at 6:00 p.m.
at First Baptist Church Fellowship Hall
in Centerville

Counseling Spotlight
(Each newsletter we would like to spotlight the actual counseling information that we cover with our counsees and the information will be given to you in the same order that it is shared with our clients.)

In our last Newsletter we shared with you the Handout on “Establishing the Authority of God’s Word.” This spotlight will give the conclusion on that subject and continue on:

You may notice that the Bible reads almost like a legal document. That’s because it is. It is a legally binding document in the spiritual realm.

We believe that the Bible is the supernaturally inspired Word of our supernatural God.

We have a supernatural God with supernatural power and this power is available to help you.

The Bible is the highest authority and the final authority. Those who accept and believe and obey the Bible find peace, joy, and assurance that they’re willing to suffer and even die for— this is salvation.

We have chosen to use the King James Bible in our counseling because we have found that it’s translation and wording is the most powerful on our counseling principles.

The Bible is like a love letter from God and He wants you to read it so He can reveal Himself and His ways to you. He wants you to not just understand what’s in the Bible, but for you to seek to understand the Author of the Book and live in intimate friendship with Him.

But— “Because the Bible came from unlimited God to limited man, you cannot understand it with your natural mind as you understand philosophers. The Bible is spiritual, and you must be born of the Spirit or it will remain a difficult, closed book.”—Jacqueline Cook (from *River of Fire*)

Note: This is exactly why the whole intent of Phase I counseling is to introduce the counselee to Jesus, because that is where the power is for Biblical Counseling. We also want them to understand that emotional healing can come at different speeds.

Emotional Healing: Psalm 107:19-20 says, “Then they cry unto the LORD in their trouble, and he saveth them out of their distresses. He sent his word, and healed them, and delivered them from their destructions.” “Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases;” (Psalm 103:2-3). Disease is not always physical. Do you believe God’s word? Do you believe God’s word can heal? He can say to you as He did in 2 Kings 20, verse 5, “I have heard thy prayer, I have seen thy tears: behold, I will heal thee.”

But not all healing is instantaneous (as the times when Jesus healed with just a word). Sometimes healing is a process. Sometimes it requires active participation and obedience on our part (as when Jesus placed the mud on the blind man’s eyes and instructed him to go and wash in the pool of Siloam)(John 9:7). Sometimes it takes a dedicated, persistent obedience without doubting and not giving up (as when the leper was told to go and dip seven times in the Jordan)(2 Kings 5:10). Just imagine: dip one, leprosy; dip two, leprosy, dip three, four, five, six, leprosy; dip seven, deliverance. It might have been so easy to give up, to think, “this isn’t working” or “what’s the use.” But obedience brought deliverance! And sometimes healing comes only from turning from sin (as when Jesus told the lame man to pick up his mat and walk — He then told him to stop sinning or something worse might happen to him)(John 5:14).

We always want to end that first session with words of hope; that we really can help them, and that God arranged for them to be here for a reason. The reason we chose “New Hope” as our name was because there are so many people who come for counseling who feel that their problem or their situation is ‘hopeless’ and we want to give them new hope. Their first assignment is to listen to an audio tape entitled *That Hopeless Feeling* by Charles Stanley. We want them to begin to know that you can’t always trust feelings, that there is a difference between feeling hopeless and truly being hopeless.

(To be continued in next newsletter)

New Hope—Poem by Betty Thomas

You are a ray of hope and light
among the lost and dying world.

Some folks may pass by your
building and never think about entering in.

While other folks may have to come on in
and see what you are all about.

But you see, those who finally stretch out
their hand for help find joy, peace, power, and faith
in God they never knew.

Once again those folks have been mended
and are now mighty soldiers and fighters in God’s
army.

God has placed you here for all the wounded
to enter in and get healed.

So keep those doors open wide for all to
enter in, just knowing all you are doing is not lost,
but only a beginning of what God has planned for
you.



Newfound Talents

One Counselee, after dealing with the main root problems in his life, began to experience the Lord putting words into his mind. Upon writing them down, he discovered that they were poems. He has been writing poems ever since and we wanted to share a few of them with you:

*I often wonder what God has planned for me,
Life leads me in many directions
so it's hard to see.*

*I pray to God for the right direction,
I pray to Him for His protection.*

*God's word says that if eagerly seeked,
He will listen to the strong and weak.*

*To see Thy power and thy glory,
To see Thy faith so true and holy.*

*I am God's child for God is the creator,
I am Christ's friend and there is nothing greater.*

*Through Jesus I have peace and faith,
I have been justified by His grace.*

*I am joined in spirit with the Lord,
I have a price that only God can afford.*

*I belong to God in body and spirit,
I am of Christ's body and I plan to live it.*

*God will give you a New Hope in life,
Trust in Him and everything will be all right.*

*Show me Lord your greatness
and strong hand,
Lead me Lord to your promise land.*

*Bring to me a peaceful mind,
Trust in me Great Lord of mine.*

*The will of God is a spiritual gift,
The will of mine is that you will accept it.*

*It takes some time when I listen to Thee.
I don't want to miss a word that He speaks.*

Dove Dollar Days

The symbol of the dove is our acknowledgment that the Holy Spirit is at work in this ministry. New Hope Counseling Center was founded on our conviction that counseling needs should be met through the local church and we know that God set this ministry up to be an extension of the local church. We have been so blessed by the outpouring of support and encouragement we have received from the body of believers in so many of our local churches. God has used His people to supply all of our material needs to completely furnish and operate New Hope Counseling Center. We have four churches and several individuals who have taken us on as one of their missionaries with monthly financial support. We now want to give all of God's people in every church the opportunity to be a part of this ministry and we truly believe the Lord has given us the idea for a very simple way that you can do this. If every person in each church would give an offering of just \$1 once a month to help this mission, our monthly financial needs would be met and New Hope Counseling Center would truly be an extension of the local churches in this area. We now have 12 people on our waiting list and our needs continue to grow.

If you think your church might want to join with us as we celebrate *Dove Dollar Day* one Sunday of each month, please contact us and we will make all the arrangements. Each month we will send you flyers with attached envelopes for you to insert into your bulletin and ask that you then just return all of the envelopes to us.

We fully believe and know that God shall supply all of our needs according to His riches in glory by Christ Jesus (Philippians 4:19). Our main goal is to give Him glory in His provision and to bring Him glory in everything that we do. Jesus is LORD over this ministry.

Cell Phones

Don't forget our ongoing cell phone fundraising program. CellFund is a used cell phone recycling program that was started by missionaries. You can donate your old cell phones (whether they work or not) and we can turn them in for reimbursement. And according to IRS regulations you receive a \$40 tax deduction for each used cell phone that is donated. Through the recycling of your old cell phones we are able to raise funds to help provide healing to hurting people.

A **Mighty Work**

God is *looking* for people to whom He can show Himself strong on their behalf. 2 Chronicles 16:9 says, "For the eyes of the LORD run to and fro throughout the whole earth, to shew himself strong in the behalf of them whose heart is perfect toward him." That means someone whose mind, will, and emotions are completely His. We set up an atmosphere where people have the opportunity to do just that *and then*, God begins to show Himself strong on their behalf... Miracles begin to happen. The supernatural hand of God begins to move in their life.

We then began seeing that the people God is sending to us may have a double purpose for being here. Yes, they are here to get help for their problems, but we now believe that this is also a training ground for them. As we begin to see God's plan unfold for their lives, we find that each one is leaving here involved in some kind of service or ministry. Some of the individuals in our program right now are sensing that God has a special call on their lives. One of our counselors made this statement: "I believe New Hope is an advanced course for people God is going to use in a mighty way." We are seeing it happen. What a truly marvelous way for God to receive more glory.

***"The deeper the darkness,
the greater the light."*** —Crystal

N **ext Door to Everywhere**

(Excerpt from *The Navigators Newsletter*, copied by permission.)

If you are like me, you often feel harassed and helpless. So how do we go from being needy people to being laborers for the Kingdom? How do we become part of the solution for those around us instead of part of the problem?

I believe the answer is summarized in the promise of Jesus recorded in John 7:37-38, *If anyone is thirsty, let him come to Me and drink. Whoever believes on Me, as the Scripture has said, streams of living water will flow from within him.*

What an amazing promise! As we continually come to Jesus, drinking in His love, His mercy, His strength, we become a source of His *living water*—overflowing to needy people around us, who in turn experience His love... who in turn become the next generation of laborers living and discipling among the lost... overflowing into the third and fourth generations... and so we pray it will continue until

laborers are in every nation of the world, and next door to everywhere.

***When you can't find the answers
to all your doubts and fears, God can.
When you are needing someone
To wipe away your tears, God can.
God can do more than you could ever ask or
think.
He holds the power in His mighty hand.
When you can't see your way,
Just remember this my friend, God can.***

Jesus said, "I am the way..." (John 14:6).

T **hank You Volunteers!**

We currently have 18 fully trained Counselor/Prayer Partner teams meeting with 23 Counselees once a week. We have 23 people who come to the Center once a week and give of their time to serve in this ministry (some of our volunteers serve with more than one counselee). We have over 50 volunteers serving in some capacity, which includes Board Members and Intercessory Prayer Team Members. We want to let each of our Volunteers know how very much they are appreciated and what a blessing they are to us and to so many others. God is using you in a mighty way.

C **onsider This:**

What is the shortest chapter in the Bible?
Psalm 117

What is the longest chapter in the Bible?
Psalm 119

Which chapter is in the center of the Bible? Psalm 118

Fact: There are 594 chapters before Psalms 118.

Fact: There are 594 chapters after Psalms 118.

Add these numbers up and you get 1188.

What is the center verse in the Bible? Psalms 118:8

Does this verse say something significant about God's perfect will for our lives? The next time someone says they would like to find God's perfect will for their life and that they want to be in the center of His will, just send them to the center of His Word! Psalms 118:8 says, "It is better to trust in the LORD than to put confidence in man." Now isn't that odd how this worked out (or was God in the center of it)?



Volunteer Spotlight: Barb Scott
Barb Scott is one of our volunteers who does double duty. She serves as a Prayer Partner with one counselee and the Counselor with a second counselee. Barb and her family are from Albia and attend Trinity United Methodist Church.

New Hope Counseling Center has become something God is using to refine me as a friend and servant. The handbook is loaded with Scripture references and God has used it to help me work through some issues of my past and close some open doors that were keeping me from growing spiritually.

When I heard about NHCC I immediately wanted to be involved even though I had lots of reservations. I first took a seminar by Todd Heilman offered at the First Baptist Church in Centerville over a year ago as an introduction to Biblical Counseling. It was about Todd's Biblical Counseling service in Des Moines. My participation was completely selfish. I think foolishly I wanted to grow in my Scripture knowledge and not really come under the authority of God's Word.

I took the first NHCC training when it was offered and my attitude began to change. I thought that maybe God was calling me to grow in Him through this material and to serve others with the help I had received in Him.

I became a prayer partner sometime after completing the training and it has been a real privilege. People trust us with their hearts, and hurts, hoping God will somehow change things in their lives and what I have seen is that He does. Little by little, precept upon precept, God reveals a truth and then the counselee has a choice to respond. Sometimes they have some hard work to do. Being a prayer partner has meant that I need to listen carefully to the Holy Spirit on another's behalf to be able to pray effectively. It has made me see how powerful prayer is when time after time I witness first hand answers to prayer. God is also graciously revealing areas in my own life that need His attention.

I know I have no wisdom on my own...I need God's Word. New Hope materials gives me a way to help myself and others on the journey back from pain.

Counselee Thank You:
We want to share with you a testimonial from a lady who just recently completed our program. She addressed this card to Cindy and her counseling team, but since you are supporters of this ministry this thank you is for you too...

"Dear Cindy, Andrea and Darlene, and all others whom I have never met, but I know have prayed for me. Where do I begin? Today comes with sadness and joy. Sadness as it is my last "official" visit as a counselee; yet joy for I have come so far. Though I came here as a Christian, I am leaving feeling like a new creature in Christ. I want to thank you for your time, prayers, and kindnesses that you have given me over the past several months. I praise God that He is using NHCC in this way, to help so many who are in need... When I look back and see where I was when I first came and where I am now; I am in awe of how God has done a great work in my life. I thank you for allowing God to use you in this way. Thank you for showing your love unconditionally and sharing your time with me... Thank you so much." —Betty

Needs List:

- ◆ Kleenex
- ◆ Copy Paper
- ◆ Stamps
- ◆ 1-1/2" 3-Ring Binders
- ◆ Decaffeinated Coffee
- ◆ Napkins
- ◆ Paper Towels
- ◆ Highlighters
- ◆ Clear Contact Paper

Prayer Needs:

- ◆ Staff & Volunteers
- ◆ Clients
- ◆ Families of all who are involved
- ◆ Financial Support
- ◆ Opportunities to present this ministry

Help Needed

We have a volunteer who cleans the Center. Because of her schedule, she is needing some help. We are praying for a couple people who would be willing to clean just once a month. If there is anyone who would want to help out in this way, please contact us at 641-856-3326.



Please join us for our

New Hope Counseling Center Annual Banquet

*Banquet will be held at the Fellowship Hall of First Baptist Church
at 603 W. State in Centerville*

Saturday, April 16th 2005 at 6:00 p.m.

*Join us for an inspiring evening of personal testimonies from individuals
whose lives have been touched by the ministry of New Hope Counseling Center.*

There is no cost for the catered meal.

You will have an opportunity to partner with us in this ministry.

Please invite any others who might be interested in hearing about our mission.

Please RSVP your total number of guests by calling 641-856-3326.

New Hope Counseling Center

303 W State St. (upper floor) • PO Box 151 • Centerville, IA 52544 • 641-856-3326

*"For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil,
to give you an expected end... And there is hope in thine end, saith the LORD." — Jeremiah 29: 11, 31 17a*

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