

Volume 5 Number 3

July 2015

This Genesis Gem has an article you will want to read about losing hope.

I had the unpleasant task of having to tell the wife of an older patient of mine that her husband was definitely suffering from the early stages of Alzheimer's disease. It wasn't fun. For the past year it looked like he was just depressed. But after an aggressive, therapeutic attack on his depression that showed no improvement, while his memory was slipping away, the diagnosis was obvious. I'll never forget the terror in the wife's eyes as she grasped the long term significance of the news. She has been fearful for some time because her husband's mother had suffered from early onset Alzheimer's. "What do I do now? What happens to everything we had hoped for in our old age?" How do you comfort anyone who has lost hope and now faces nothing but pain and despair? There is just one thing you can say to someone who has lost hope: **NEVER GIVE UP ON HOPE.** I know it sounds paradoxical, but hear me out! No matter how bad the situation is or how despairing your circumstances are you must NEVER give up hope. Never, never, never. Never give up hope for an ailing partner. Never give up hope for your children. Never give up hope for yourself. Why? Because if you give up on hope, you give up on life itself. If hope dies, you die! As a friend of mine once said,, "As long as you keep hope alive, hope will keep you alive."

WHY HOPE WHEN CIRCUMSTANCES ARE HOPELESS?

The answer is simple – because we were created for hope. Our bones were bred for hope. Our lungs can't breathe, our hearts won't beat and our spirits can't thrive without it. God placed us in a world over which we have little control. And as if to compensate for this helplessness, he placed in our souls the capacity to hope - to hope for better times, to dream of better places, to pray for better outcomes, to seek better ways through life. Hope is more than optimism. Optimism is what we generate. Hope is God given, a powerful, spiritual and psychological means for transcending circumstances.

Science now teaches us that hope has an important healing effect on our bodies and minds. The psychologist leading the 'positive psychology' movement rightly asserts that hope is one of the major buffers against mental illness. But there is more to hoping than just better living , and this is where "Christian hoping," as Lewis Smedes calls it, comes in. Hebrew 6:19 tells us that Christian hope is a "sure and steadfast anchor for the soul. "



But this hoping only comes as a gift of grace and is powerfully linked to the promises of God. In fact, they are inseparable. Because you believe God's promises you can have hope in the future. Without this future, there is nothing to hope in!

Have you ever read "Pilgrim's Progress?" Well, there is a story about Christian and his companion, Hopeful, who are on their way to heaven. By mistake they take the wrong road (Bypath Meadow) and end up in Doubting Castle being tortured by Giant Despair. Finally, when near death, Christian remembers he has a key, given to him earlier on his journey that can open any door. It is a key called "Promise." And with the promises of God, he and Hopeful escape the dungeon and get back on the King's Highway.

In my youth, we used to sing a chorus, "Standing on the Promises of God." Because they cannot fail, I cannot fail! It gave me hope as a teenager. It will give the wife of my patient hope also, as I teach her soul that we have the power to hear God's promises, stand on them, and because of them we can face tomorrow – no matter what happens!

***This article was written by
Archibald D. Hart, Ph.D. and
produced by the American
Association of Christian
Counselors.***

Have you lost hope in your life? Contact Genesis Counseling. Our trained counselors can take a journey with you to a place of hope again.

Just call 239-939-5504

LOL

"I'm reading a book about anti-gravity. I can't put it down."

-Come up with an LOL joke/riddle for our LOL corner and you may see it here in the next newsletter! send to:

glreynolds@comcast.net

Enjoying your summer?

What a transition we have had here! As of May 1st, each of the counselors started moving into our new location in World Plaza. Moving all of us was a big chore, but here we are back at seeing clients, having moved our phone system and the rest of our electronic devices and now enjoying the comforts of our new offices. The new location is in Building #32 in North Park, a section of World Plaza off of College Parkway, Fort Myers, Florida. The phone number has remained the same. All of us continue to pray for our counselees, no matter what their circumstances.

As the summer continues, counselors are taking advantage of a variety of continuing education opportunities. Several of us will be attending a workshop on psychopharmacology presented by a local psychiatrist. This will give counselors the most up-to-date information on current psychotropic drugs which are often prescribed to our clients.



Counseling over the phone...

Genesis counselors are now offering phone consultations more and more for those who are unable to come to the office or do not have the time during normal business hours. One counselor even has regularly scheduled phone sessions for college students that are away from home but still in need of continuing therapy. Arrangements can be made by emailing or calling us.

glreynolds@comcast.net

or

239-841-2568

Starting in the month of August, there will be a new student intern spending the semester with us. She will be looking to fill her caseload. Keep in

mind, interns do not charge a fee for services.

A special testimonial...

Here I was, 42 years old and I lost my job. I should have known. My boss warned me that "times are tough right now." And, he said he'd have to let a few people go. But, me? So as I look back, I can see that it only took a few weeks for me to start sliding into a depression. I didn't want to get out of bed or eat or shower...what was happening? My best friend stopped by and finally confronted me with it. She could see my misery but was tired of my 'pity party.' She urged me to see a counselor. I had no idea where to start. I called Focus on the Family, a ministry that had helped me after my Dad died. I poured my heart out to a counselor on an 800 phone number. He suggested I call a local therapist and gave me the contact information. That's when I called Genesis and got hooked up with a counselor who saw me right away. It was the beginning of a six-month relationship. Now I realize that I slipped into a depression, yes, but there was plenty more at stake. As I met regularly with the counselor, I recognized a lot of emotions that I had stuffed away for a long time. Losing my job was just the last straw. I am glad I sought help and would encourage others going through a hard time to do the same. That was

over three years ago. I have such a much better outlook on life now and a better job, too! It didn't come easy, talking about myself and my past hurts and hang ups. But, I'd do it again if I needed to. – **a new me**

Have you ever felt that you are the only one facing a personal giant in your life? The reality is, we all face circumstances that feel impossible to take on. These giants can represent a variety of situations. Whether it be something we are dealing with emotionally, mentally, or physically, it takes courage not to put your doubts above your desires for the future. Courage is that leap of faith, to tackle those giants head on, doing so with confident expectations of your future. "When doubts filled my mind, your comfort gave me renewed hope and cheer." (Psalms 94:19).

A Recipe for You!

Refreshing Watermelon Green Tea

Ingredients:

To make one drink -

- 1/4 C. pureed watermelon
- 1 cup green tea

Directions:

Puree the watermelon ; strain through a mesh strainer getting rid of any pits until you have about a 1/4 cup of juice. Add it to a cup of green tea. Wow! Sweet, but no added sugar. I found this easy recipe online and have been enjoying it ever since!

