

**"Forgiveness is unnatural,
unless it is supernatural."**

-Marty Miller

**Those who recently attended a
Saturday Meeting said:**

- **"I was encouraged with the Christian approach; to start and finish with prayer and to have hand-outs with scripture to support the teaching and discussion."**
 - **"I gain so much from each of these sessions- having others (present) with the same issues & problems makes it so much better for me."**
 - **"The material covered all sides of the spectrum very well. It is an easy time frame with a wealth of information, paced very well, and he was available to answer any and all questions."**
 - **"It is valuable time spent learning and sharing."**
 - **"Marty's use of humor within the material helps to see the lighter side of challenges."**
 - **"Very enlightening and very healing."**
 - **"You need these tools for daily living."**
 - **"Very good material and Bible verses for application."**
 - **"Plenty of valuable information and hand-outs for future reference."**
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- **CONFIDENTIALITY** will be upheld at the highest level in order to provide a safe, confidential environment for everyone.
 - This is a 3-hour teaching meeting.
 - It is a safe place to simply listen & learn, or ask questions- *you don't have to talk* .

**Get one month of
counseling in one day
& **SAVE 50%!****

**There are no "QUICK FIXES,"
but this is the next best thing!**

Due to the focused and intensive nature of the meeting as well as the expertise of the presenter, attendees usually make great strides forward in their progress.

My experience is that you will make more progress in this three hour meeting than you will make in 1 or more months of weekly counseling.

Martin Miller, M.A., Executive Director
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Licensed Professional Counselor
National Certified Counselor
Professional Life Coach



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Professional Counseling**

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**FORGIVENES
That Heals
Your Heart**



**Discover the
steps to freedom!**

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Counseling
Center**

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Celebrating 11 Years of Excellence

The Forgiveness Meeting will *quickly* get you where you want to go, at *half* the cost.



SOME OF THE REASONS THAT WE DON'T FORGIVE ARE:

- The offense was too great
- They need to be punished.
- They don't agree they have offended us
- They aren't truly sorry
- They don't ask for forgiveness
- They'll do it again
- They did it again
- I don't like them
- They did it deliberately; it wasn't a mistake
- If I forgive them, I'll have to treat them nice or hang around for more abuse
- They are evil
- I'll be a hypocrite if I forgive them because I don't feel like it.

You Will Learn:

1. What Forgiveness Is
2. What Forgiveness Is Not
3. To Refute *Myths* About Forgiveness
4. Reasons We Don't Forgive
5. The Secret Costs Of Un-forgiveness
6. Physical, Psychological & Spiritual Costs
7. The "Pain Box" Exercise
8. How Can Forgiveness Strengthen & Bless Me & My Loved Ones?
9. Forgive and Forget- Right? (No!)
10. Should I Tell The Other Person Anything? What if They're Not Sorry?
11. What if I can't get the other person to reconcile?
12. Steps To Forgiveness: *How do I do it?*

THIS IS A MULTIMEDIA EVENT!

- Video clips illustrating points about forgiveness
- Slides with clear, specific steps
- 21 page hand-out with tips, tools & insights
- YOU WILL COME AWAY WITH IDEAS AND METHODS TO USE IMMEDIATELY!

When those who recently attended a Saturday meeting were asked: ***"What would you like to say to someone who knows they could benefit from this meeting, but is reluctant to come?"*** Here is what a few of them said:

- ♦ *"Just come and listen. You don't have to share if you are not comfortable. The cost of not coming, doing nothing or trying to do it on your own, will be more than the cost of coming."*
- ♦ *"It is laid back, all those in attendance are non-judgmental because they are in difficult situations also. It provides a wealth of information to equip you."*
- ♦ *"Just try it one time. You would be amazed at what you come away with."*
- ♦ *"Don't be afraid. I believe this class is 'a healing' from God. A healing of the mind and heart."*
- ♦ *"It is good to know that others are dealing with the same issues and also seeking professional help and guidance."*

Two Types of Forgiveness

1. Decisional
2. Emotional

"When I forgave, I set a prisoner free: but I found out, the prisoner was me."

-Lewis Smedes