



## What Forgiveness Is; And What It Is Not

Many find it difficult to forgive. Part of the reason why is that we think forgiveness is something that it's not.

### What forgiveness is not:

- Saying "it's ok"
- Tolerating
- Forgetting
- Excusing (minimizing)
- Being free of anger
- Reconciliation: This requires two parties
- Merely an event: It's often a process

### What forgiveness is:

- An unnatural act (it's supernatural)
- Senseless unless viewed in the context of your own forgiveness by Christ
- An act of faith trusting God to be a better justice maker
- Letting go of blame and taking responsibility for your own growth
- "When I forgave, I set a prisoner free: but I found out, the prisoner was me."

### Results of unforgiveness:

- Stress
- Self-inflicted re-injury
- No more love
- Bitterness

- Perpetual conflict
- Walls that keep others out
- Physical / medical problems

### Reasons we don't forgive:

- The offense was too great
- 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.

### Steps to forgiveness:

- Admit you've been hurt and confess your unforgiveness
- Count the cost of unforgiveness (relationship to God and others, emotional, spiritual, physical...)
- Thank God for the way he can ultimately use this hurt for good

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### FAVORITE QUOTES

*Don't wait for your ship to come in, swim out to it.*

*"Continuous effort -- not strength or intelligence -- is the key to unlocking our potential."*

### FEBRUARY CALANDAR

**FEB 14<sup>TH</sup> : Don't forget Valentines Day!**

**12<sup>TH</sup> Lincoln's B-day**

**16<sup>TH</sup> Presidents day**



**1 Corinthians 13:4-7** Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

### Read What Our Clients Have Written:

- \* "Thank you for helping me through the most difficult time of my life."
- \* "I am so satisfied that I sent an employee ."



Visit us on the internet!  
[HealingHeartCounseling.Org](http://HealingHeartCounseling.Org)

**Celebrating  
 Ten Years of  
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### THANK YOU

Your ongoing word of mouth referrals are the finest compliment we can receive! Thank you for helping us to provide professional service and solutions to others.



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## FINALLY! HELP FOR SEXUAL ADDICTION

### MEN'S MEETING COMING IN MARCH

Topics addressed in the men's meeting will include:

- Regaining the trust of others
- Christ centered tools and how to use them
- Relapse prevention
- Developing a more intimate relationship with the Lord
- Finding and fixing past hurts
- Inoculating yourself against a world of sexual immorality
- Unhealthy versus healthy shame
- Dealing with the need for approval
- Self-worth and dealing with loneliness and rejection.
- The process of recovery
- Seven Principles of Recovery
- Breaking the cycle of addiction

The only way out is to completely surrender.

For more information e-mail Marty Miller @ [martinLPC@bellsouth.net](mailto:martinLPC@bellsouth.net) or call the office @ (318) 222-6800. A discount will be given for early registration.

**"Fellowship is equal to freedom from lust."**

### The Back Pew - Jeff Larson

<http://youshouldnotbehere.com>



No temptation has overtaken you that is not common to man. God is faithful and will provide you with a way out. **1 COR 10:13**  
 Use a filtered internet service to protect your family and yourself.

## Got ADD?

### Here's the Tip of the Month

#### Insight and Education:

- \* Be sure of the diagnosis. Make sure you're working with a licensed professional who really understands ADHD (Attention- Deficit Hyperactivity Disorder) and has excluded related or similar conditions such as anxiety states, agitated depression, hyperthyroidism, obsessive compulsive disorder, manic-depressive disorder (also known as bipolar disorder).
- \* Educate yourself. Perhaps the single most powerful for ADD is understanding ADD in the first place. Read books. Search the internet. Talk with professionals. Talk with other adults with ADD or who have children with ADD. You'll be able to design your own treatment to fit your own version of ADD.

(Taken from *Driven to Distraction* by Edward M. Hallowell, M.D. and John J. Raley, M.D.)



## Laughter is Healing; Have You Smiled Today?

### Proverbs 17:22 Amplified Bible

*"A happy heart is good medicine and a cheerful mind works healing, but a broken spirit dries up the bones."*

- ☺ It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking, and I saw a little boy staring in at me. "Is that a dog you got back there?" he asked. "It sure is," I replied. Puzzled, the boy looked at me and then towards the back of the van. Finally he said, "What'd he do?"

### The Passion: Reloaded



## Thinking Mistake of the Month:

### *OVERGENERALIZATION*

You see a single negative event, such as a romantic rejection or career reversal as a never-ending pattern of defeat by using such words as “always” or “never” when you think about it. A depressed salesman became terribly upset when he noticed bird dung on his windshield. He told himself, “Just my luck! Birds are ALWAYS pooping on my car!”

**INSTEAD:** Be more specific. Focus on one behavior at a time. For example: “You’re always late!” Instead: “You have been late 2 out of the last 4 times.”

## Q & A

HAVE A QUESTION? E-MAIL IT AND LOOK FOR THE ANSWER IN NEXT MONTH’S e-NEWSLETTER.

E-MAIL TO: [martinLPC@bellsouth.net](mailto:martinLPC@bellsouth.net)

(Of course your identity will remain completely anonymous & confidential.)

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- View offender as God’s agent (Gen 50:20 ...*you meant it for evil, but God meant it for good*; Rom 8:28 ...*all thing work together for good...*)
- Pray it out, talk it out, write it out
- Empathize without excusing
- Cancel the debt. Release that person emotionally. This is a conscious act of the will. **Write down the date.**
- Remember it is a **process**. If negative emotions return, refuse to pick them back up. Refuse to carry emotional baggage and hang-ups to your grave.
- Most difficult: **invest** in that person. This will conquer bitterness. (Mat 6:21 “*for where your treasure is, there your heart will be also.*” Luke 6:27-28 “*But I tell you who hear me: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you.*”)

END

## CHECK OUT OUR NEW WEBSITE!

[www.HealingHeartCounseling.Org](http://www.HealingHeartCounseling.Org)

(JUST CLICK ON LINK IN EMAIL)

## It’s Not Too Late! The NEW Boundaries Saturday Session Will be Held in February

### ❖ NEW MATERIAL NEVER COVERED BEFORE!

#### The BOUNDARIES GROUP IS FOR YOU IF YOU WANT TO:

- Make decisions and enforce boundaries in a difficult relationship
- Get a laser focus on the fine line between enabling and serving
- Take care of your *self* while balancing your responsibilities to others
- Understand the real difference between True versus False Guilt
- Be able to distinguish between Brokenness and True Recovery versus Pretending
- Understand scriptures that speak to co dependency

The Boundaries Session provides a safe, confidential environment to learn to apply God’s word in the area of codependency and enabling, and to celebrate God’s transforming power.

Here is what attendees had to say about the Saturday Boundaries Session:

- “*This was great! Do it again.*”
- “*I really enjoyed it. This session taught me how need to change and stop feeling guilty.*”
- “*I’ve spent years in a toxic relationship– the healing has begun.*”

CALL DEBORAH NOW for more information and to reserve your seat @ (318) 222-6800 or e-mail Marty Miller @ [martinLPC@bellsouth.net](mailto:martinLPC@bellsouth.net) Discount given for early registration.