



# Healing Heart Counseling Center

HealingHeartCounseling.Org

## e-Newsletter



Distinctively Christian  
Professional Counseling

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A Ministry of Willow Point Baptist Church

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## New Boundaries Session Now Available Pilot Session a Big Success!

The purpose of the Boundaries Session is to provide a safe, confidential environment to fellowship and learn to apply God's word in the area of codependency and enabling, and celebrate God's transforming power.

Codependency involves two people, one with an addictive or compulsive behavior, and the other one who is overly responsible and inadvertently enables the others behavior.

On the surface, codependency messages sound like Christian teaching. Beware of counterfeits! Codependency is nothing more than a counterfeit of what it means to be a Christian servant.

- Codependency burns out those who engage in it.
- Codependency enables the other person (the dependent) to remain unhealthy.
- Codependency gets in the way of God's work in the dependent's life.

### Three main characteristics of enabling:

1. Warped sense of responsibility
2. Lack of objectivity
3. False guilt

### SOLUTIONS:

1. SET BOUNDARIES
2. SEEK OBJECTIVE SOURCES OF SUPPORT
3. PRACTICE ASSERTIVENESS
4. BALANCE RESPONSIBILITY
5. OPEN & HONEST COMMUNICATION
6. BALANCE GIVING AND RECEIVING
7. EVALUATE AND CHALLENGE FALSE GUILT
8. BACK UP BOUNDARIES WITH CONSEQUENCES
9. WHEN NECESSARY, SEPARATE FROM THOSE WHO HURT US (CREATE SPACE)

### In Contrast, Christian servants:

- Set healthy boundaries and limits.
- Are assertive; can state their feelings and what they want in a nice way.
- Know they are valuable because of what Christ did, not what they do.
- Balance meeting their own needs and recharging with serving others.
- Will martyr themselves if clearly lead by the Holy Spirit.
- Are interested in pleasing God above all, not others.

### Codependency Messages:

- "Codependency always puts others first before taking care of ourselves." (Aren't Christians to put others first?)
- "Codependents give themselves away." (Shouldn't Christians do the same?)
- "Codependents martyr themselves." (Christianity honors its martyrs.)

In the next Boundaries Group I will be sharing from a culmination of 20 years of experience treating and researching this important subject. You will learn about:

- ★ Making decisions and enforcing boundaries in a difficult relationship
- ★ How to get a laser focus on the fine line between enabling and serving
- ★ The Five Distinctions between enabling and serving

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### Jesus' Example of Self Care

**LUKE 5:15-16** "YET THE NEWS ABOUT HIM SPREAD ALL THE MORE, SO THAT CROWDS OF PEOPLE CAME TO HEAR HIM AND TO BE HEALED OF THEIR SICKNESSES.

16. BUT JESUS OFTEN WITHDREW TO LONELY PLACES AND PRAYED."

## Now Hiring Christian Counselors

Positions available for Christian Counselor. License as Professional Counselor or Clinical Social Worker preferred. Start part-time, then full time. Hours flexible. Supervision for LPC interns available. Fax or email resume to (318) 222-6801, [martinLPC@bellsouth.net](mailto:martinLPC@bellsouth.net).

# Now Celebrating Our 10TH ANNIVERSARY!



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

Most insurance plans reimburse for our services

Morning and evening appointments are available

Your referrals allow us to help put broken lives back together through the power of the ultimate healer, Jesus Christ. Thank you.



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## New Boundaries Session Available (Continued)

- ★ Scriptures that speak to co dependency
- ★ Balancing your responsibilities to self & others
- ★ True versus False Guilt
- ★ Brokenness and True Recovery versus Pretending
- ★ All of the above based on Scripture and the Christian Faith
- ★ and much more.

Here is what attendees had to say about last Saturday's Boundaries group:

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

## The Next Boundaries Session to be Held in May

Call our office at (318) 222-6800 for details.

### Healing Heart Counseling Center Staff Counselors:

- Marty Miller, Executive Director, LPC, LMFT
- Christi Horton, LPC
- Justin Jones, LPC
- Sami Loe, LPC Intern

## Codependency: Enabling Versus Serving

### Enabling Versus Serving; Six Distinctions

🔒 Enabling	✝️ Serving
➤ <b>Motive:</b> Rescue from (needed) consequences; maintain approval	➤ To promote growth & responsibility; good steward
➤ <b>Power:</b> Self; limited power so burn out.	➤ God's; unlimited power, renewed strength, not weary
➤ <b>Means:</b> Guided by human emotions, reasoning & intellect	➤ Guided by the Holy Spirit through faith; infinite wisdom
➤ <b>Self-Worth:</b> Must be earned by pleasing others	➤ Based on identity in Christ and His unconditional love
➤ <b>Focus:</b> On other person; taking care of them & fixing their problems. On self; fear of being labeled selfish.	➤ On Jesus, able to rest in Him and take His yoke
➤ <b>Result:</b> Both stay stuck, neither grow spiritually. Hurt & resentment.	➤ Fruit of the Spirit; peace & joy. Both able to grow.