





## Client Reflections

Every so often someone shows me something they have written as they walk the path for which they have asked guidance. These two journal entries (by two separate people) have truly encouraged me as I realized that I am going through the very same struggle. I pray you are encouraged as you read them.

### Lord,

You, of all, know how hard it is to let go of someone you love. It is hard to give up the roles I have known. Real love always has freedom attached.

I cannot be his protection, but You are.

*"You are my hiding place;  
you will protect me from trouble  
and surround me with songs of deliverance." Psalm 32:7*

I cannot be his strength, but You can.

*"For you have been my hope, O Sovereign LORD,  
my confidence since my youth." Psalm 71:5*

I cannot be his strength, but You can.

*"The LORD is my strength and my shield;  
my heart trusts in him, and I am helped." Psalm 28:7*  
*"The LORD gives strength to his people;  
the LORD blesses his people with peace." Psalm 29:11*

I cannot always be there, but You will be.

*"because God has said,  
"Never will I leave you; never will I forsake you." Hebrews 13:5*

I cannot heal his hurts, but You can.

*"He heals the brokenhearted  
and binds up their wounds." Psalm 147:3*

I cannot meet all his needs, but You can.

*"And my God will meet all your needs according to his glorious riches  
in Christ Jesus." Philippians 4:19*

I don't even know what he needs, but You do.

*"...your Father knows what you need before you ask him." Matthew 6:8*

I don't always know how to guide him, but You do.

*"For this God is our God forever and ever;  
he will be our guide even to the end." Psalm 48:14*

~ L.G. ~

Do you feel led to share your anonymous experience with others?  
If so please e-mail Arden at: ardentc@bellsouth.net.

## Oh, Father...

Thank you for these words which have penetrated deep into my heart ~ words that speak a vital truth that I must let sear my soul as well as be written on a banner that flies over my life from this day forward...

### It is not up to me.

When I am anxious over my children because of their burdens and their deep problems, it is not up to me to fix, to change or to "worry them" into health and peace. When I am grieved over the deterioration I see in my parents and in their dysfunctional relationship and lifelong patterns, it is not up to me to carry the burdens, to fix the problems or to solve every dilemma. It is up to You and it is up to them to rectify all the difficulties that I watch them face.

My part is to pray and trust You with each of them, letting them be adults in an imperfect world with stresses that You allow ~ even design ~ to bring them to You, to conform them to the image of Your Son as they follow You (or to bring them to Yourself if they don't truly know You.)

*Father, help me to know the difference between  
Helping and hindering  
Suggesting and smothering  
Sharing burdens and carrying burdens  
For "blessed be the Lord who daily bears our burdens."*

Let me be faithful to do the things which are needful and healthy and to reject those which step over the line into unnecessary and harmful, even controlling behavior. Each day let me consciously turn over the control of my own life as well as my family's lives into Your capable, loving hands ... for only there will I find relief for the tension which grabs hold of me and causes internal stress which may not even be detectable by others. It is only in this place of relinquishment where I will truly find peace.

I let them be individuals ... adults ... who are responsible for their own decisions and consequences. I step out of the way from the possibility of being a buffer ... a protector ... and one who receives the blows meant only for them.

I lift them all to You, Lord, with open hands. It is only a mirage that I have any power to change or control anyway! You are GOD and I AM NOT. You are doing things that I cannot even see or imagine ~ why would I dare interfere?

Sear my soul with the knowledge that You love each one with a perfect love beyond my comprehension. Brand my heart with these truths You have shown me so that I will not trespass again into Your domain.

*May my footsteps always be found following You,  
Not foraging ahead and forsaking the footpath You have designed,  
May my heart be Yours and Yours alone.  
May I bring blessing to my family and not curses.  
May I continually walk in this place of peace,  
For it is holy and always available through You.  
~ M.B. ~*

## Inklings

Hank Paine, Ph.D.



Overstating the obvious, people come to our office not because their life is going well; they come because it is not. A problem, a pain has become so large and so consuming a person risks exposure of their inability to resolve this problem on their own.

But it's more than that. It's the risk of exposing personal pain to another person. Not only do I have a problem that I can't solve but I must admit to a real-life somebody I can't solve it. That's risky. That's painful exposure of personal inadequacy on top of the personal pain of a problem with no apparent answer. I won't presume to speak for other professionals, but I can say without hesitation that we at Trinity are humbled by the faith our clients have in us.

In spite of that faith (or because of it), in the counseling process there is a tension that comes when the client realizes that the counselor has no magic, no amazing wisdom, no God-like power to make everything right. Some would say they understand this from the outset, but really deep down harbor the unrealistic hope that this person, this "counselor" will make this hurt all healed. All of us long for healing. All of us are broken and inadequate. Life exposes that fact. We want a place of safety to run to, a person we can trust.

In a backdoor sort of way, this is where the real value of counseling begins. Pain hurts. That's what the word means. The client (hopefully but not always) begins to realize that the sharing of the burden to a person that really listens, really cares, really affirms, has an immense value. Almost as an aside, the counselor may have some important insight or give some wise advice. But it's the affirming presence of another that really matters.

How else could it be for the Christian counselor? In the end, counseling is not a technique, not a mastery of a theory of human personality or even a gift of "reading people." It is the genuine presence of someone wholly attending to and wholly trusted by another. To be in it together. To know that there really is a demonstrated, personal compassion.

Make no mistake; personal pain and wholesale corruption of creation is a reality. We are all broken — some of us just hide it better. Even so, life has a way of exposing the brokenness. Still, in the end, even death itself is not terminal. The Master relentlessly pursues us. He has even seen fit to provide us nurses who work to guide us to the Great Physician. What an honor to be chosen as one of the nurses. †



## MEMORIALS & HONORARIUMS

Contributions have been made to Trinity Counseling in memory and honor of the following family members, friends and loved ones in recent months:

In Memory of:  
**MR. HUBERT COUCH, SR.**  
**MR. GILBERT MILTON**  
**CARPENTER**  
**MR. BIBB ALLEN**  
**MR. AMORY EDWARD**  
**QUINN, JR.**  
By Mr. & Mrs. Dean Coates

In Memory of:  
**MRS. ANNALIE THATCHER**  
**MR. BEAU PRICE**  
**MR. JOHNNY OLIVER**  
By Mr. L.R. Fortier  
  
In Honor of:  
**JOE & SUSAN LOWMAN**  
By Stephen Lowman

In Memory of:  
**MR. WILLIAM BARBER**  
**BANCROFT**  
By Mrs. Betsy Bancroft  
**MRS. RUTH BROUGHTON**  
By Mr. & Mrs. Robert Staub