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# Spring of Hope Ministries

**SOH Three Locations:**

**Main Office:** 230 S. Potomac St. Waynesboro, PA 717.762.0234

**Satellite Offices:** 1090 Wayne Ave., Chambersburg, PA  
22 Mt. Rock Road Shippensburg, PA

## HEALING OF THE HEART

What is “healing of the heart?” By definition, healing of the heart refers to an attempt to free people from the negative emotional effects of harmful life experiences. The Bible is clear that the Christian experience involves the death of our old selves and the rising to walk in newness of life. **“Therefore if any man be in Christ, he is a new creature; old things are passed away; behold, all things are become new.”** [2 Corth. 5:17] In the ongoing process of healing the heart, past experiences feeding present-day situations have an opportunity to be healed. Taking the axe to each root invites the Holy Spirit to transformed the heart. New life is characterized by a change in thoughts, actions, and responses to life. Healing of the heart seeks the restoration of broken places through

reconciliation and restoration with God, others, life and self. Why is “healing the heart” important? There are nearly 800 verses in scripture about the heart. **“Above all else, guard your heart, for everything you do flows from it.”** [Proverbs 4: 23] Present day fruit flows out of past experiences stored in the heart, good or bad. Rooted in hurt, trauma, abandonment, abuse and the like, bad fruit can result in strained and/or broken relationships. Relationships are to be life giving and when they are not, it can reveal areas of our heart the Lord desires to heal. The Bible talks about healing. [Isaiah 53:4-5; Matthew 8:17; 1 Peter 2:24] Jesus, on the cross, bore our sicknesses and carried our pains in order to remove them from us. “By His stripes” we have been healed. We know that Jesus has purchased full healing

for us. Healing the heart does no new work. Jesus said, “it is finished” [John 19:30] Healing is applied to an area of the heart that has not yet received what Jesus has already done on the cross. In the present, we are still practicing a sin, a behavior, or a belief from hurt and pain that began in the past. Healing the heart enables the freedom to walk in the fullness of life that the Lord has intended for you.

**Want to know more about Healing the Heart? Sign up and join us for a free, open-to-the public training on Saturday, March 18<sup>th</sup> from 9:00am to 1:00pm with Sandra Sellmer-Kersten at World Harvest Outreach**



**SOH Board Members:**

- Ron Pezon, Chair
- Sam Rose, Asst. Chair
- Gretchen Wease, Secretary
- Lynn Eberly, Treasurer
- Jocelyn Pence, Member
- Wayne Kuhns, Director
- Melissa Varner, Administrator

**Receptionist:**

Jessica Connor

**Prayer Ministers:**

- Kim Burkholder
- Lawrence Haller
- Wayne Kuhns
- Rhoda Lehman
- Wilma Martin
- Wyatt Rebuck
- Ray Rottler
- Melissa Varner
- Shauna Yockel

**Save the Date...  
March 20th  
Annual Spring  
Fundraising  
Banquet with  
Sandra Sellmer-  
Kersten as our  
guest speaker!  
More details to  
come!**

## 2023 Upcoming Seminars & Schools

**GREAT BEHAVIOR  
BREAKDOWN  
PARENTING CLASS**

**Four Opportunities:**

- Mondays 7:00pm - 8:30pm
- 1. Jan 23rd – Feb 13th
- 2. March 6th–March 27th
- 3. Sept 11th–Oct 2nd
- 4. Oct 16th–Nov 6th

**Cost: \$75.00**

**IDENTITY & DESTINY**

Thursdays, 6:30 –8:30pm  
Six Sessions

February 9th–March 16th  
Spring of Hope Office,  
Waynesboro, PA

Deadline to Register: Now  
**Cost \$60.00**

**EMBRACING LIFE–  
SPANISH SEMINAR**

Feb 24th & 25th  
Harrisburg, PA  
Contact Office for details!

**HEALING SHAME**

Thursdays, 6:30–8:30pm  
Six Sessions  
April 13th – May 18th  
Spring of Hope Office,  
Waynesboro, PA  
**Cost: \$60.00**

**HEALING TRAUMA**

12 sessions in 3 weekends:  
July 7th & 8th; 13th &  
15th; 21st & 22nd

**Cost \$ 85.00**

**ELIJAH HOUSE 202**

Coming in September

## Humility & Reverence for the Lord Produces Life!

**Proverbs 22: 4 (NASB) --**  
***The reward of humility and the fear of [reverence for] the LORD are riches, honor, and life.***

These words from the book of Proverbs are often referred to as words of wisdom. Though they were written many years ago they are still relevant today. To live life in the spirit of humility means to be courteously respectful; modest; not to be proud or arrogant – to be humble although successful. To have the



“fear of the Lord” means to develop a feeling or attitude of deep respect tinged with awe. It’s to have an awed respect of who God is and a reverential trust in His Word and His character, and to live accordingly.

When these things are demonstrated in our life it produces riches, honor and life. In a perfect world, wise behavior would always lead to these results, but it doesn’t always work this way. Even in a troubled world, living wisely usually results in blessings; however sometimes the blessings may be delayed. But we can be certain that

wisdom ultimately leads to blessings. Wisdom says that this is the way life should be and ultimately will be!

We are encouraged to be wise, that is, to embrace the Word of God and to learn the skill of living out the word of God in everyday situations. To have knowledge is to have understanding or information about something. To have wisdom is to have the ability to apply knowledge to everyday life. It is in the reading and understanding of God’s Word that we obtain knowledge, and meditating upon that knowledge brings wisdom.

There is a difference between “earthly wisdom” and the “wisdom that comes from above” To tap into God’s wisdom, we must, first of all, desire it and ask God for it. *James 1:5 says: “If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you”.* When we are walking in the fear of the Lord, we are relying on God’s wisdom in the matters of everyday life and making whatever changes need to be made in light of God’s Word. —Wayne Kuhns, Director

*“Ministering Life and Hope through Counseling and Teaching”*

## Spring of Hope Ministries

*“We are a life-giving ministry designed to bring hope and purpose to those in need for the community at large. We seek to do this by facilitating the process of restoring broken relationships, hurting families, and healing of wounded lives through prayer counseling ministry and Biblically-based teaching.”*

### We Offer Prayer Counseling To:

Individuals – Married Couples

Children – Teens – Families

### We Offer Prayer Counseling For:

Addictions – Burnout – Forgiveness – Depression – Fears & Phobias – Abuse – Anger/Rage – Generational Patterns – Performance Orientation – Emotional, Physical & Sexual Healing & much more.



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