



Spring of Hope
Counseling

Quarterly Newsletter

Spring of Hope Ministries

Needy by Design

Have you given thought to the underlying foundation for your thoughts, feelings, and reactions to life's situations? Reactions to trauma, abuse, and grief can be expected. Less likely understood is the reaction to neglect. God has created us to be needy. Too often, there is a lack of knowledge for the "emptiness" inside. The heart goes its own way searching for what is missing. ***"They do not know the way of peace, and there is no justice in their tracks. They have made them into crooked paths; Whoever walks on them does not know peace."*** **Isaiah 59:8**

We are needy by design. When the heart searches, life has the potential to

become chaotic without peace. Isaiah describes the disorder as us separated from God, defiled, believing lies, with no justice, no one pleads for the truth, and lots of empty words are heard. ***"Therefore justice [def: genuine concern for others] is far from us, and righteousness [def: morally right] does not overtake us."*** **Isaiah 59:9** Needs are absolutely valid. They are God given. Its so important to understand the desires of your heart and the needs for which it searches. Needs only God can fulfill.

You are very much loved, wanted, and welcomed. The greatest need of the heart is to know Him.

He will ***"comfort all who mourn and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the LORD for the display of his splendor."*** **Isaiah 61: 3** The Lord will bring peace to the chaos restoring and redeeming it all.—Melissa Varner, Administrator

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

Upcoming Seminars & Schools

GREAT BEHAVIOR BREAKDOWN

PARENTING CLASS

Four Sessions
Mondays 7:00– 8:30
Jan 23rd - Feb 13th

Deadline to register:
Monday, January 9th

IDENTITY & DESTINY

Six Sessions
Thursdays 6:30-8:15
Feb 2nd – March 9th

Deadline to register:
January 19th

HEALING SHAME

Thursdays
April 13-May18

HEALING TRAUMA

3 weekends-12 Sessions
July 7&8; 14&15; 21&22

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SOH Board Members:

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Life Isn't Fair!

Do I want to have a healthy relationship with God and others or is my personal opinion so important that I have to have the final word? God doesn't want to give us what we deserve; rather He offers us an undeserving and unmerited gift. We can value the letter of the law more than we value Mercy and Grace.

Who has helped most to mature you in life? Those who befriended you, or those who've said hurtful things to you making themselves look good by exposing your weaknesses? Some of the most hurtful, difficult relationships cause us to mature the most. They reveal what is truly in our heart helping us to see how opinionated we truly are.

Are you afraid to show any vulnerability? Having to always be strong, firm, an authority that is always right? Do you have a need to prove yourself better than others? If you do - it's usually insecurity and fear from an empty place in your heart. If the Father isn't a safe One to turn to, we turn to law and legalism. This puts us into hypocrisy and self-righteousness - opposite of the Spirit of God which is meekness and a humble heart.

God does not give us what we deserve. He offers us the undeserved, unmerited gift of mercy and grace. Satan is a legalist, demanding payment for sin and constantly pronouncing us "guilty". The enemy of our soul is the accuser, His plans may look good, but ultimately will kill, steal and destroy (John 10:10).

God is love and His thoughts towards you are always filled with life and hope. Do you see others through mercy and grace or do you see their faults and quickly point them out? We may be right concerning other's faults, but having the wrong attitude makes us completely wrong.

Jesus' entire life demonstrated how we are to relate to people; setting the standard for us to live by. When treated unfairly; what is your response - mercy & grace or vindication? God promises a blessing if we respond with mercy, grace & forgiveness; however when we respond with vindication or accusation, we give the enemy a key to the front door of our heart and he can come and go as he pleases. (Eph. 4:26-27)
—Wayne Kuhns, Director

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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 — Families — Teens
We offer Prayer Counseling For: Addictions — Burnout — Forgiveness — Depression — Fears & Phobias — Abuse — Anger/Rage — Generational Patterns — Performance Orientation — Emotional, Physical & Sexual Healing — and much more.

“Ministering Life and Hope through Counseling and Teaching”



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