

ALPHA COUNSELING SERVICES

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May

Celebrating Thirty Nine Years of Service

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Dear Friends,

I have been writing letters to some of you for 27 years and every time I say, "What shall I say this month?"!

Recently I came across a word that has not been in my vocabulary. It came up as the title of a piano solo on Pandora and for some reason drew my attention immediately. The word is **Forbearance!** I have to admit I did not know what it meant although I guessed that it described a good thing. So I looked it up! Webster's Dictionary describes it as; **the quality of someone who is patient and able to deal with a difficult person or situation without becoming angry.** Several synonyms are patience and long-suffering, and tolerance.

Depending on which translation you prefer the word forbearance is used 2 or 3 times in the Bible. The NASB uses it in Proverbs 25:15 "*By forbearance a ruler may be persuaded, and a soft tongue will break a bone.*" Pulpit Commentary explains that calmness and patience convince a judge or prince favorably when a person is accused of wrong doing. Staying focused and not getting angry or blaming others for our problems goes a long way toward convincing a judge of our maturity and possible innocence in what is being discussed. I often think that when a person objects too loudly that they have something to hide.

The saying "a soft tongue breaks a bone" describes how gentle and conciliatory words overcome opposition and disarm the most determined enemy.



Romans 12:18

***"If possible,
So far as it depends on you,
Live peaceably with all men."***

Romans 12:20 says it this way: *... "If your enemy is hungry, feed him; if thirsty, give him something to drink; for by so doing you will heap burning coals on his head. A modern saying might be; "the best way to defeat an enemy is to make him a friend". It doesn't always work but we ought to try God's way anyway!*

Ephesians 4:31-32 states these truths by first confronting the negative and then encouraging the positive.

For fun I will use the Contemporary English Version. "*Stop being bitter and angry and mad at others. Don't yell at one another or curse each other and never be rude. Instead, be kind and merciful, and forgiving others, just as God forgave you because of Christ.*"

Considering this new vocabulary word, my week has been interesting as I watched several couples get into intense arguments in my presence. The intensity and language used was anything but helpful in solving the problem they were upset about. My thought in these situations is always: "If you will fight like this in front me what must you act like when at home with your kids watching?"

Sadly, I regularly have to see couples individually to help them deal with their own issues before they can discuss or disagree respectfully with each other.

Please remember Debi and me as we head into the summer season, it looks like a really busy time at Alpha. Lots of new people needing help! And as always, thank you for your loving prayers and financial support.

God Bless,
Richard