

Alpha Counseling Services
20730 Bond Road/Suite S180
Poulsbo, WA 98370
Alphapoulsbo.org
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Dear Friends,

A brief report on Debi and me and our recovery from Covid. I'm my normal self and Debi has improved but not back to how she was before "The Plague". Our spirits are good but the bodies don't work as well as when we were young. Thank you for your prayers and notes to Debi. 😊

I have been watching the news for many years but now I get the weather and briefly cruise the headlines on the web. I can not believe the mess this country is in! Then there is the war in Europe and 2.5 million refugees and according to Scripture it may soon be getting worse. I find it fascinating to watch and hear Christians polarized opinions about all this. So it helps to remind me when I remind you about our responsibility during dark, confusing, difficult times.

Matthew 12:35-37 **"The good person out of his good treasure brings forth good, and the evil person out of his evil treasure brings forth evil. I tell you, on the day of judgment people will give account for every careless word they speak, for by your words you will be justified, and by your words you will be condemned."** For me this is one of the scariest statements Jesus makes!

So how can we have good come out of us and not the bad things?

Your mind needs exercise just as your physical body does. To keep your body healthy, you must be careful what you eat, and you should exercise regularly. Recently, researchers have made the astounding statement that inactivity and sitting are nearly as bad for your health as smoking! So neglecting your body has adverse results!

And if we don't take care of our thought life serious consequences can also cause adverse results in this life and the next as Jesus teaches in Matthew 12. To keep our thought life pure, we must guard what goes into our mind. To exercise our mind, we must think about things that are noble and truths that stretch your mind. Some Christians allow the media to fill their minds with everything that is focused on this world. There are people who seem drawn to concentrate on anything negative, and they become pessimistic about everything!

Many of us fail to consistently place Scripture in our thoughts. Wise Christians choose to focus their minds to the truths of God! Paul give us good advice on what to focus on in Philippians 4:8-9**whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think (meditate) on these things.....practice these things, and the God of peace will be with you.** These attributes can all be found by studying God's Word!

The things we allow our minds to dwell on will be revealed by the way we live. If we focus on negative things, we will inevitably be a negative person. If we allow unholy thoughts to fill our minds, strife and conflict will be common in our life. If we fill our mind with thoughts of Christ, we will become more like Jesus. What we fill our minds with is a matter of choice. An act of our will! Choose to concentrate on the truths of God in the scriptures, and they will create in us a noble character that brings glory to God.

Isaiah 26:3 **You keep him in perfect peace whose mind is stayed on you, because he trusts in you.**

God bless you and thanks for your prayers and gifts to Alpha.

Richard