

ALPHA COUNSELING SERVICES
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Dear Friends,

As we think of February as a time to share love for one another it can also be a painful time of disappointment as couples struggle with how to communicate lovingly. In my years of listening to people, usually couples, squabble I never connected Jesus' warning to not judge others with the arguments we have in life. Recently, while reading Matthew I realized how frequently we judge others while doing the very same things – often in reaction to another persons bad behavior.

Jesus confronts us with Matthew 7:1-3 "Judge not, that you be not judged. For with the same judgment you pronounce, you will be judges, and the measure you use it will be measured to you."

This should scare us since He is talking to you and me!

Sadly, during counseling with a couple, one of them will use an offensive tone or language and then the other person reacts confronting the bad behavior with the same or even worse behavior and feels justified!

I spend a lot of time reminding people that there is only one person on Earth we can change! IT ISN'T THE OTHER PERSON!!

Jesus goes on to say; Matthew 7:4-5 "...how can you say to your brother, 'Let me take the speck out of your eye,' when there is the log in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye.

Massillon, a great French preacher, was once asked where he obtained his profound knowledge of the world and human passions. "From my own heart he replied, In his efforts for personal holiness he had met and vanquished, one by one, those sins which trouble men." (and women)

In essence, he is saying what Jesus was teaching. The only way to help others is first and foremost be successful in dealing with your own sins and blindness.

This includes our reactions to others behavior.

Debi and I are doing ok with all the winter weather by staying home more now. Alpha has been affected by the weather, too, but we continue to meet new people thanks to our website and referrals for friends we have met here.

God bless you for your interest in Alpha and you financial help.

Richard