

# Center for Biblical Counseling Newsletter

## Contact Us

1871 Harroun Avenue

Suite 300

McKinney, TX 75069

214.585.4859

214.585.4879 (fax)

www.cbcmckinney.com

## Drink Deeply

By Chuck Roberts, MA, LPC.

I wonder what the Samaritan woman was thinking as she approached the well at noonday—at noon, in the hope of being alone—and saw *him* sitting there. Did her anger flare up—here is another man, another “user”? Or was it contempt for him she felt, a disgust at how easily she’d used men, and probably could this one too if she wanted. Of course, we don’t know exactly what she was thinking. We read of the encounter between her and Jesus and witness Jesus’ incredible skill at maneuvering through her defensive questions and statements, taking the conversation exactly where He wanted to go because of His great love for her and his recognition of her thirst gone wrong.

I don’t know what she was thinking. I only know of my own thoughts and feelings when I sinfully go my own way and then suddenly look up and see *Him* looking at me with love in His eyes. “Oh, it’s *you*.” I’m pretty adept with my own contemptuous questioning and defensiveness, shoving him away to a “safe” distance. But when I respond to His love, as she responded to His love, oh, how glorious.

In another of our readings for today, Psalm 138, the Psalmist, as Eugene Peterson translates it in *The Message*, exclaims, “Thank you! Everything in me says ‘Thank you!’ Angels listen as I sing my thanks. I kneel in worship facing your holy temple and say it again: ‘Thank you! Thank you for your love, thank you for your faithfulness.’”

What else can we say to a Savior who lovingly, doggedly pursues us, even when we’re giving Him the cold shoulder? Is there anything today that is getting in the way of receiving His love for you, and returning it to Him in worship? Anger? Contempt? Pride? Why not turn, and take another drink of the Living Water? Drink deeply.

---

## Parenting Tip of the Month

### 5 NEW Skills to Help Encourage Cooperation

(adapted from *How to Talk So Kids Will Listen & Listen so Kids will Talk* by Faber & Mazlish)

**Example:** You walk into your bedroom and find your child’s wet towel left on your bed.

**OLD Reaction:** “Johnny!!! You left your towel on my bed! Didn’t you think about that before you did it? How many times do I have to ask you to pick up after yourself?”

### NEW Ways:

These “new” ways benefit the parent and the child by:

1. Enabling the parent to remain calm and emotionally controlled.
2. Encouraging the child to learn responsibility of himself.

1. **Describe** – “There’s a wet towel on the bed” - or -
2. **Give Info** – “The towel is getting my blanket wet” - or -
3. **Say with a word** – “The towel!” - or -
4. **Describe what you feel** – “I don’t like sleeping on a wet bed!” - or -
5. **Write a note** (above towel rack) – “Please put me back so I can dry. Thanks, The Towel!”

## Stress Management Suggestions

Stress is the pressure we encounter in life. Stress can come from positive as well as painful events. For example, planning a wedding can be as much stress as dealing with a divorce. Please feel free to pass on these few general suggestions for healthy stress management:

### **\*Deep breathing.**

Get into a relaxed position. Breathe in through your nose as deeply and slowly as possible. Breathe out through your mouth. Imagine that you are breathing in peacefulness/relaxation and breathing out stress/tension. Try this three times.

### **\*Progressive relaxation.**

Start at your head and work your way down to your toes. Tighten a muscle group, hold the tension for 5 seconds, and then release the muscle group. This helps each muscle group relax as you progress down the body.

### **\*Exercise.**

A walk on your lunch break, swimming at the YMCA, or tak-

ing up a sport helps release physical tension and can clear your mind/thinking. Consult your doctor first before starting an exercise program.

### **\*Eat healthy.**

Although it's tempting to binge on junk food, maintaining a nutritious diet is important to have energy and to feel better physically and psychologically over a lifetime.

### **\*Communicate assertively.**

Assertiveness is speaking up appropriately for oneself. It includes setting boundaries ("rules") for oneself. For example, "I will not tolerate verbal abuse/name calling." It is not being aggressive (verbally or physically or sexually forceful) nor is it being passive (not taking action when I need to do so).

### **\*Learn healthy conflict resolution.**

Set fair-fighting rules as a family. Discover what triggers your anger and find healthy means to effectively

deal with these triggers. Express feelings in a constructive and honest manner with the goal of problem solving. If your anger is out of control, seek professional help.

### **\*Get organized.**

Have a filing system in place both at home and the office to avoid the stress of missing papers "somewhere around here." Always put keys or purse/wallet in the same place to avoid a frustrating hunt every morning. Keep an appointment book or calendar to remember appointments and important dates.

### **\*Avoid excessive alcohol and all illegal drugs.**

These may temporarily avoid stress or pain but quickly bring consequences legally, professionally, and relationally. Address issues of abuse or dependence immediately!

To schedule a consultation with one of our trained counselors call 214.585.4859 or email us at [info@cbcmckinney.com](mailto:info@cbcmckinney.com).

## True (and a bit strange) Facts!

- Honolulu is the only place in the United States that has a royal palace!
- One gallon of used motor oil can ruin approximately one million gallons of fresh water!
- In 32 years, there are about 1 billion seconds!
- Baby robins eat 14 feet of earthworms every day!

**Philippians 1:9-10** "And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless until the day of Christ,"

