

# A Place of Grace & Healing

## Renewing Your Mind By Sheila Price

**Do you have a habit of discouraged thinking? Reset your mind by focusing on trusting more and taking on less.**



What is your self-talk like? Do you make a habit of thinking negatively about yourself?

Sheila is not a counselor nor a client here at Valley, but in this blog she explores how she can easily discourage herself with her own thoughts.

False thinking is one of the many reasons why people come through our doors.

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Confession: I'm putting myself through rehab. I'm not addicted to drugs, alcohol, food, or any substance or thing. Apparently, I'm addicted to an activity.

I am addicted to the activity of thinking poorly about myself, causing me to feel worthless. I am addicted to thinking I am alone in my problems, causing me to be self-absorbed.

**So, I am putting myself through rehab and beginning to restore my mind to its original state.**

Right now, my thoughts run rampant. I often don't realize that I've left my mind unchecked for so long until

and not very many thoughts after that before I pretty much become those things.

I love this quote from Henry Ford, the founder of the Ford Motor Company: "Whether you think you can, or you think you can't—you're right."

**You see, the mind is where it all starts.** I'm not saying that if you think you can do something you will, but I've found the opposite to be true. If you think you can't do something, you are right because you will never try.

I didn't realize until recently that so many of what I see as my shortcomings are a result of false thinking. In the past I've thought, "I am not

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I am utterly helpless, discouraged, and depressed.

I have made a *habit* of thinking less of myself by regularly allowing myself to go there. Here's one definition of habit: "the prevailing disposition or character of a person's thoughts and feelings."

Interesting! **Discouragement can become my disposition, my character. It begins in my mind when I allow false thoughts to flourish and choke out the truth.**

I let myself think that I am worthless, stupid, unlikable, inadequate, or a failure. It doesn't take very many thoughts like that before I start to believe it

creative," so I've stopped trying to create. I've thought, "I am not likable," so I've stopped trying to make friends. I've thought, "I am stupid," so I've stopped trying to understand.

But here's the truth: I am creative. I am lovable. I am intelligent. God has created me to be all of these things.

**So here's the other side of this: I actually don't need to *try* to be creative, or lovable, or smart. I already am all of those things.** I am God's handiwork and He is the one who is working in me. He is bringing out the fruit of who I already am *because of Him*, . . .

. . .(continued on the back page)

# Your Big Heart Means Big Impact

Your generosity on Giving Hearts Day impacts thousands of lives.

**Amazed. Blessed. Blown Away. Inspired. Grateful.** This is just a sampling of the emotions we are feeling after your generosity on Giving Hearts Day.

**You blessed us with an overwhelming \$50,712!**

**With exponential client growth in 2016 we had been feeling stretched.** How could we continue to provide such crucial healing to the overwhelming number of new clients coming in?

Your support allows us to go from feeling stretched to feeling blessed. **You, partnering with our mission, are the reason thousands more of our neighbors can receive help.** Together we can nurture strong relationships, healthy families, and hope filled individuals.

**The second annual Battle of the Churches: Chili Cook Off made for an amazing evening.** We co-hosted this event with Child Evangelism Fellowship of FM, The Perry Center, and Christian Family Life Services.

Around 200 people came in to taste and vote on 15 different chilies! With live music, door



Through your support on Giving Hearts Day 1,449 more people can be reached.

*Thank You!*

prizes, and kids games it was an entertaining time for all.

**And the winners?** Our guest judges, the Linebenders Improv Troupe, gifted Prairie Heights' Troy Cody with 2nd place and, drum roll please, Bethel Church's Mueller family with 1st place! People's choice went to an excited Charlie Hogstad from River City Church.

A big thank you to everyone who made this evening possible. To the churches who participated, to the individuals who made the chili, and to the volunteers who worked the event—thank you!

Thank you to everyone who came! Your support impacts thousands of lives through partnering with some amazing non-profits.

## Tastiness Tested, Counselor Approved

Did you know March is National Nutrition Month? Did you also know that your mental and emotional health is tied to your physical health?

### Green Ginger Smoothie

Dubbed by our counselor Sarah as the "gateway smoothie." This sweet and tasty recipe is a great way to work a healthy smoothie into your day.

**Mix the following ingredients in a blender.**

- 2 Handfuls of spinach
- 1-2 tsp Ginger Root
- 2 Cups Frozen Peaches
- 2 Tbs Honey
- 1 1/4 Cup Water

### No Bake Energy Bites

"Quick, easy, and full of protein!" Our counselor Kristin is excited to share these stamina packed snacks with you!

**Stir ingredients together. Refrigerate for 30 min. Roll into 12 balls and store in the fridge.**

- 2 Tbs Honey
- 2/3 Cup Creamy Peanut Butter
- 1 Cup Old Fashioned Oats
- 1/2 Cup Chocolate Chips
- 1/2 Ground Flax Seed



**When you give, he receives a place that gives him hope.**

*1 in 5, that is how many of our youth struggle with a mental health condition. Living life this way can feel scary and bleak.*

**Your donation of \$5 or more is the bridge to restoring hope.**

## Three Reasons Why We Should Forgive

**Forgiveness is not easy and no one is an expert at it. But when we practice forgiveness we are helping to heal ourselves.**

Forgiveness is a very important part of living at peace with God, ourselves, and the people God has put in our lives.

To not forgive is like preparing a poisonous drink for your enemy and drinking it yourself. It ultimately destroys you, not the other person.

**1) The Bible gives us the number one reason to forgive.** Paul tells us in Ephesians 4:32, “Be kind to one another, forgiving one another, *just as God in Christ has forgiven you*” (emphasis added). So, because God has forgiven you, now give to another what you have already received.

**2) Forgiveness is to set the prisoner free** and to realize that the prisoner is you.

Forgiveness is really the first step in healing yourself. It has been said that forgiveness is almost a selfish act, because of the immense benefits that come from it.

**3) Forgiveness is a decision of the will.** It is to let it go, to put it behind you, and to replace negative emotions with positive emotions of compassion, empathy, and sympathy. It is giving up the right for payment and releasing revenge into God’s hands.

**We all struggle in this area of life, yours truly included.** No one is an expert at forgiveness. It takes practice. God did not give us “five easy steps on how to forgive.” He told us to forgive on the basis that He forgave us in Christ.

Forgiveness is not easy! In fact it takes God’s supernatural help! Ask Him to help you forgive those painful hurts and then live a lifestyle of forgiveness. It will set you free!

Blessings,

Dan Borsheim, CEO



## Renewing Your Mind *(continued from front)*

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...because of Him forgiving my sins and **giving me His righteousness.**

In his letter to the Philippians, Paul writes about contentment in all circumstances and says, "I can do all things through Christ who strengthens me." (Philippians 4:13)

And in his letter to the Ephesians, Paul writes these powerful words in prayer over them: "[God] is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us." (Ephesians 3:20)

God does the work, I do the trusting. God does the transforming, I do the relying. God does the truth-giving, I do the truth-receiving. God dispels the lies, I believe the truth.

**We might not be able to do much when we try all on our own, but we have HIS POWER at work within us!** Through God we can and we will. When we are looking to Him for the truth, instead of listening to "the father of lies" (Satan), we can be transformed to become more like Christ...more like He has *already* made us to be.

**So how am I putting my thoughts through rehab? By stopping trying and starting trusting.** Sounds so simple yet so hard, right? Instead of trying to be something I feel I'm not or trying to do something that seems impossible, I

am trusting God to work in me.

I look to Him and His Word to tell me the truth about who I am. Repeatedly! I "take captive every thought to make it obedient to Christ" (2 Corinthians 10:5). Repeatedly! I "let God transform [me] into a new person by changing the way [I] think" (Romans 12:2). Repeatedly!

**God does the work,** I do the trusting. God does the transforming, I do the relying. God does the truth-giving, I do the truth-receiving. God dispels the lies, I believe the truth.

**This does not come easily or quickly. Like in rehabilitation, it takes time to restore your mind.** It takes *repeatedly* refusing to believe and dwell on lies. And it takes *repeatedly* replacing those lies with the truth. Reading God's Word regularly can help us with this.

God's Word is our mirror in that it shows us who we really are in Him. Want to know who you really are and what you are capable of? Look to God's Word.



- *Sheila Price*

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*Relationships are hard. Life is hard. And it's busy too. I encourage everyone to simplify their lifestyle, their home, and their schedule, SO THAT we can have the time to prioritize what matters. I hope that through my blog, you can find many **practical** tips for simplifying your life and growing your relationships!*



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