

I have set before you life
and death, blessings and
cursing, therefore,
CHOOSE LIFE
(Deut. 30:19)

3RD ACCA 2019 BALI CONFERENCE
OCTOBER 17-19, 2019

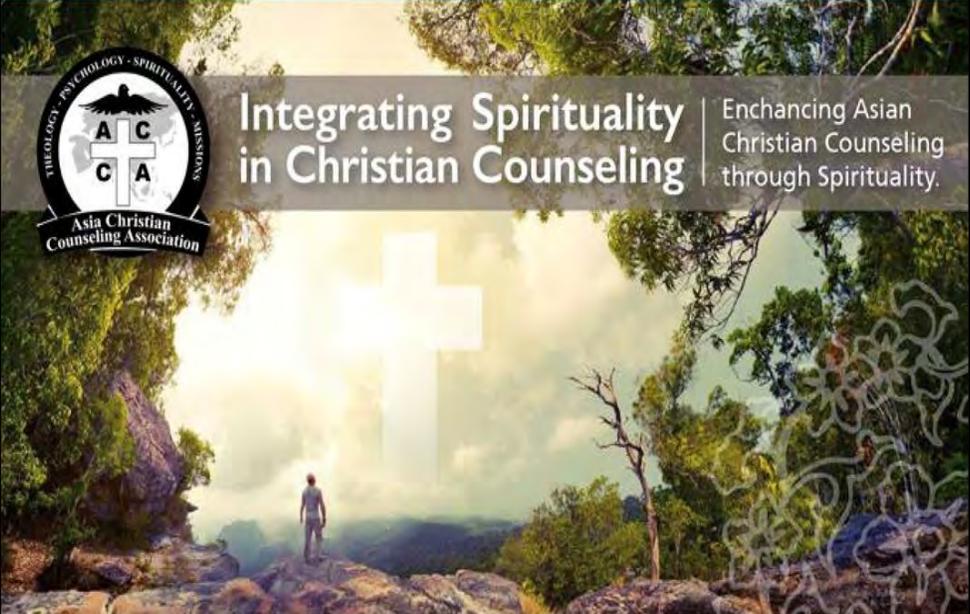
SEMINAR PRESENTED
BY DR. ABRAHAM CHUNG

3rd ASIAN CHRISTIAN COUNSELORS ASSOCIATION CONFERENCE 2019



Integrating Spirituality
in Christian Counseling

Enhancing Asian
Christian Counseling
through Spirituality.



17-19
Oct 2019

Plenary Speakers:

 Dr. Edmund Ng President of ACCA Founder/Advisor of NAACC (Malaysia)	 Rev. Yakub Susabda Ph.D. Founder AKKI (Indonesia)	 Eric Scalise, Ph.D., LPC, LMFT Senior Vice President and Chief Strategy Officer of Hope for the Heart (USA)	 Dr. Carolyn Russell Med Practitioner & Educator, Counselor & Supervisor (Australia)	 Rev. Siang Yang Tan Ph.D. Prof at Fuller Seminary & Senior Pastor at Glendale - California (USA)
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UNGASAN
BAY VIEW HOTEL
& CONVENTION
Bali - Indonesia

+ 20 WORKSHOP SPEAKERS

Speaker's Credentials:

Theological Studies

- M.A. (Intercultural) Fuller
- M.A.Th. (Theology), Westminster
- D.L., Midwest University

Psychological Studies

- UCLA, B.S. in Psychology
- Harvard University, M.A. in Psychology
- AECS, D.Min. in Biblical Counseling
- Northcentral University, Ph.D (DP) in International Education

Service to the Lord

- Pastor (27 years)
- Educationist (25 years)
- Counselor (22 years)
- Administrative Leader (20 years)
- Father of 3 teenagers 😊 (18 years)



Abraham, Matthew, Irene, Michael, & Jamie 😊

Task: In pairs and groups
(2 minutes)

Please discuss:

1. What do we mean by **CHRISTIAN COUNSELING**?
2. What does it mean to integrate **SPIRITUALITY** to Christian counseling?

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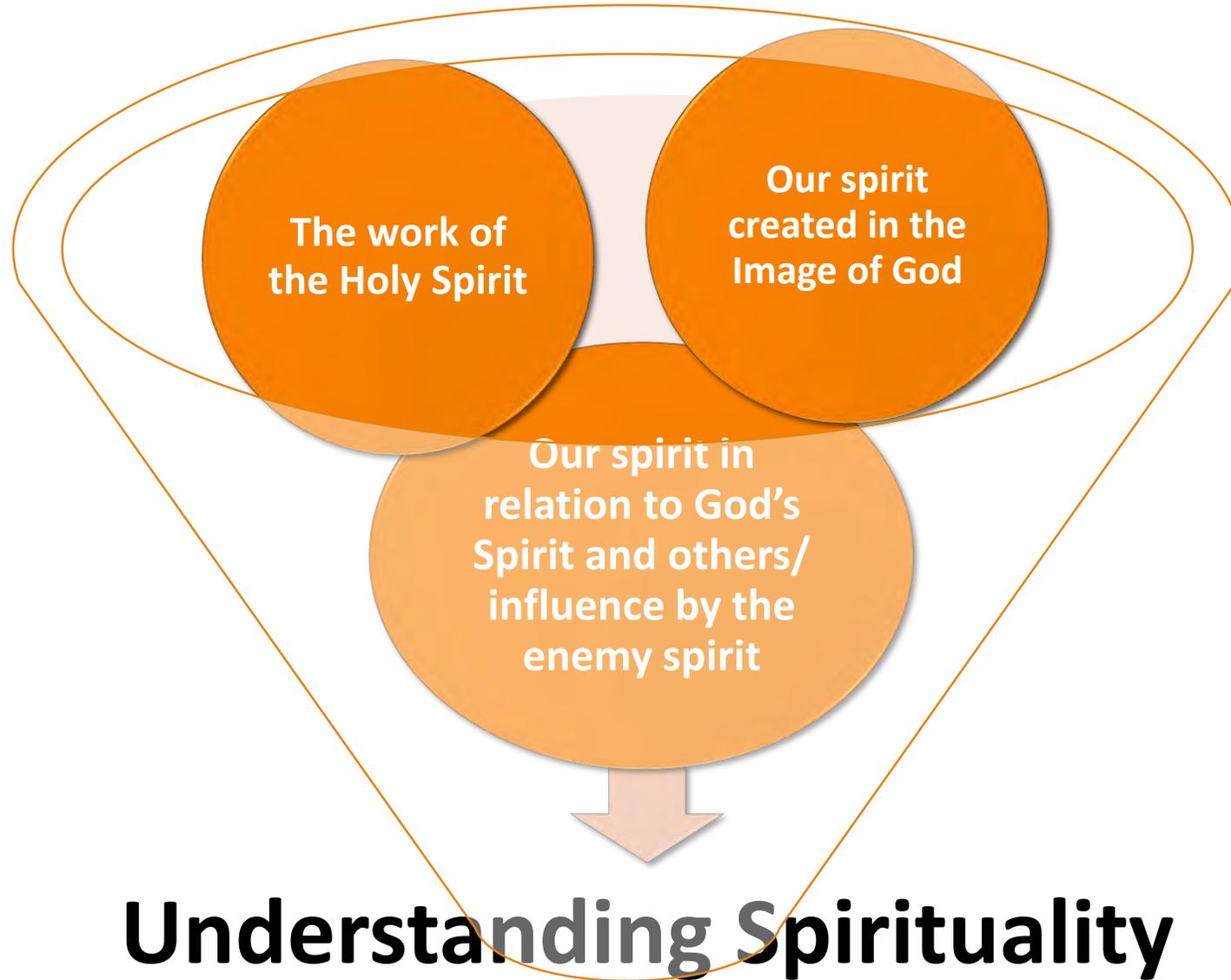
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+ 20 WORKSHOP SPEAKERS

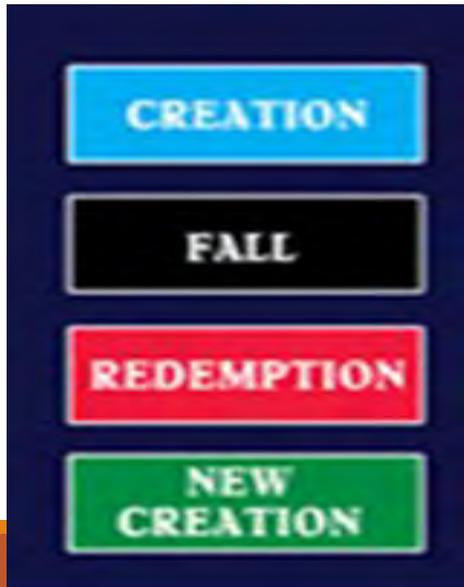
For more details:
Please see our website: akkindo.org
or follow our instagram: [accabali2019](https://www.instagram.com/accabali2019)

Hosted by  ASOSIASI KONSELOR
KRISTEN INDONESIA



Christian Counseling is:

- Biblical Counseling
- Based on the Gospel work of the cross
- Always looking to the guidance of the Holy Spirit
- While grasping the unfolding stories of God



This is our prayer!!!

Lord, we need you!

**Without you, we fall
apart. You're the One
who guides our soul**

**Lord, we need you,
everyday we need you.
Every hour we need
you!**



**JOIN
A GAME
INSTANTLY**

Who used the argument "I think, therefore I exist"?

88

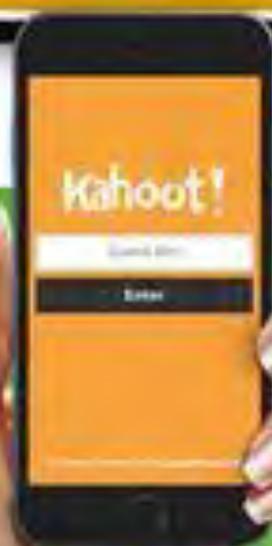
88
Answers

▲ Plato

◆ Descartes

● Levi Strauss

■ Leibniz



I have set before you life and death,
blessings and cursing, therefore,

CHOOSE LIFE

Deut. 30:19

Outline of Today's Talk:

- **PREVALENCE: DEPRESSION & SUICIDE AMONG TEENAGERS**
(BRIEFLY ON COMORBID DEPRESSION & ANXIETY)
- **ETIOLOGIES, SYMPTOMS, & DIAGNOSIS of Depression, Anxiety, & Suicide**
- **THREE RECENT RESEARCH STUDIES**
- **BIBLICAL UNDERSTANDING OF DEPRESSION & SUICIDE**
- **BIBLICAL COUNSELING: CASE STUDY**
- **BIBLICAL PRINCIPLES TO UNDERSTANDING SUICIDE**

A NETFLIX ORIGINAL SERIES

13 REASONS WHY ▶

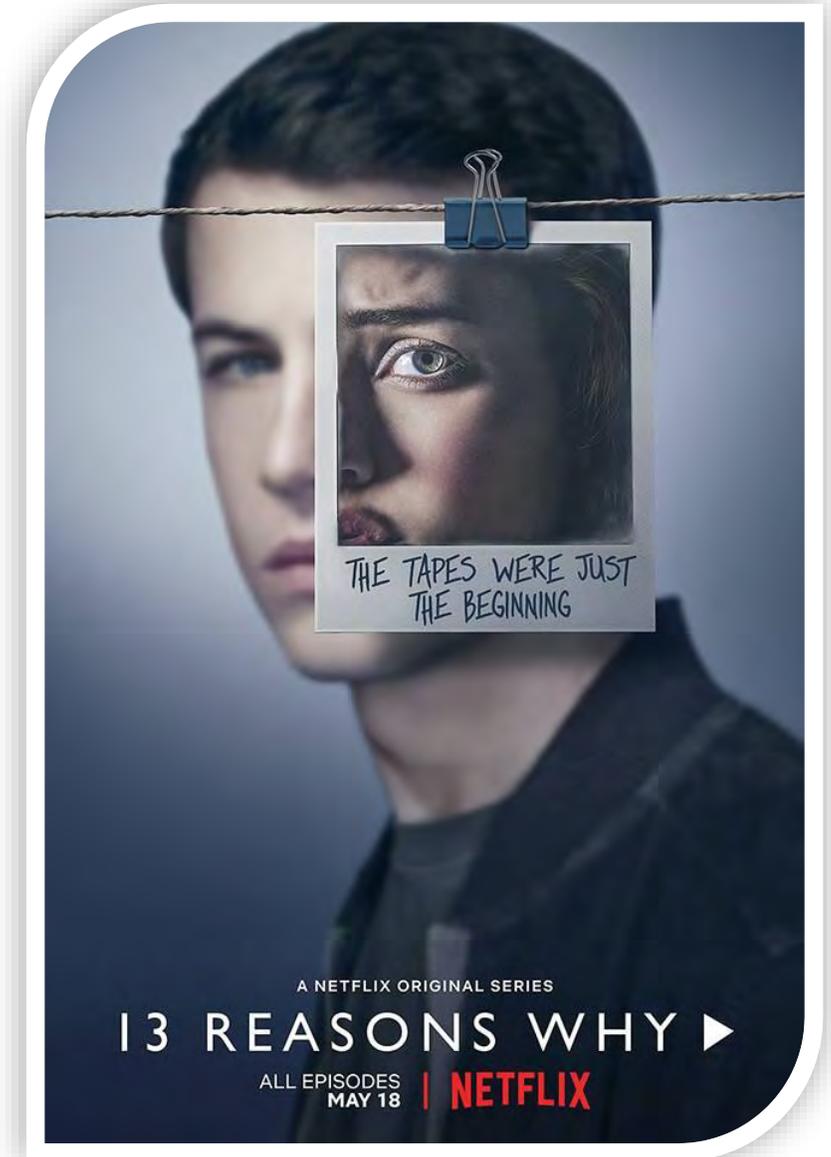
#NetflixFYSEE

NETFLIX



13 Reasons Why

- One of the most popular TV shows among teenagers these days (65% +).
- In addition to graphic portrayal of suicide, the show also focuses on:
 - Bullying in the school
 - Cyberbullying social media
 - Underage drinking
 - Sexual assault
 - Guns in the home
 - School Violence



According to Centers for Disease Control and Prevention 2018, YOUTH SURVEY results showed:

- **32%** of high school students experienced ongoing feelings of sadness or hopelessness
- **17 %** said they'd seriously considered attempting suicide.
- **14 %** made a suicide plan
- **7%** tried to kill themselves
- **1 Suicide attempt per every 40 seconds**



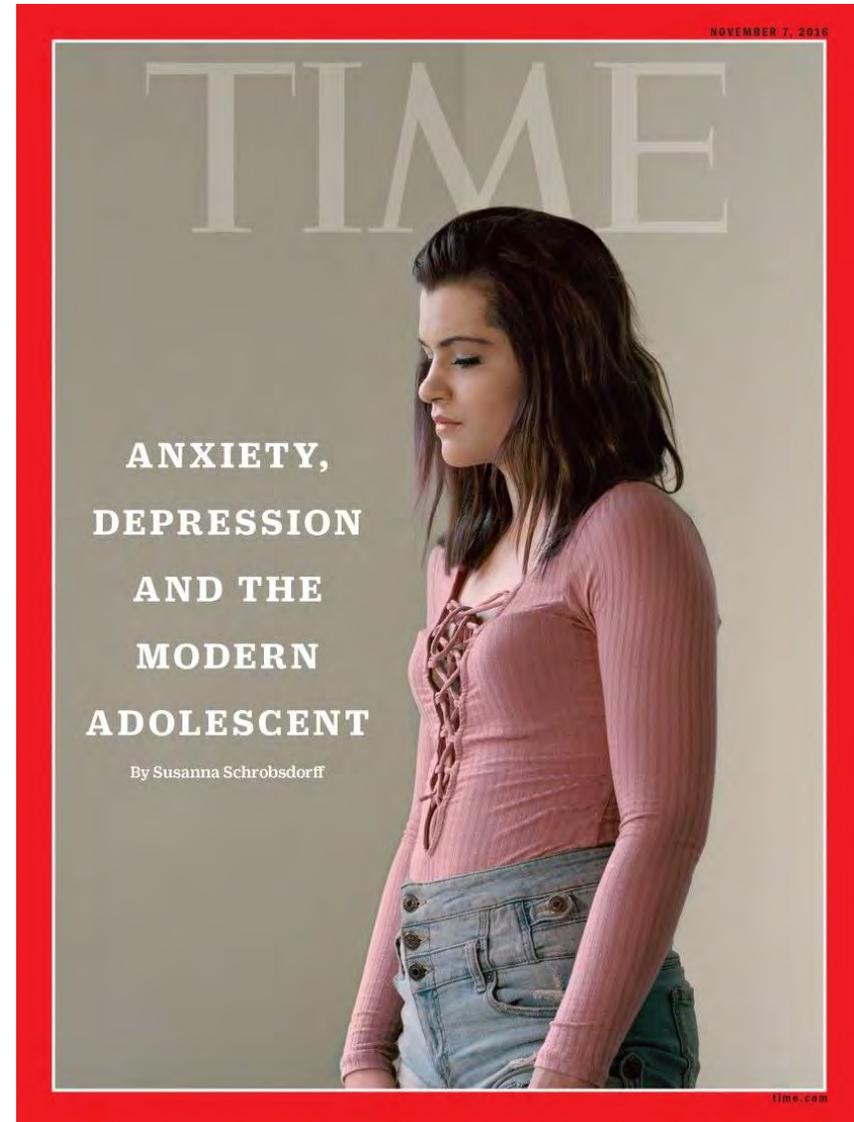
I've surveyed 235 students in Indonesia, India, Singapore, and Korea and found these psychosocial factors as the top 5 factors for teenagers deciding to commit suicide (Chung, 2019):

- 1. Depression**
- 2. Family/ Boyfriend/ girlfriend breakups**
- 3. Social media cyberbullying**
- 4. School stress/ bullying**
- 5. Substance abuse**

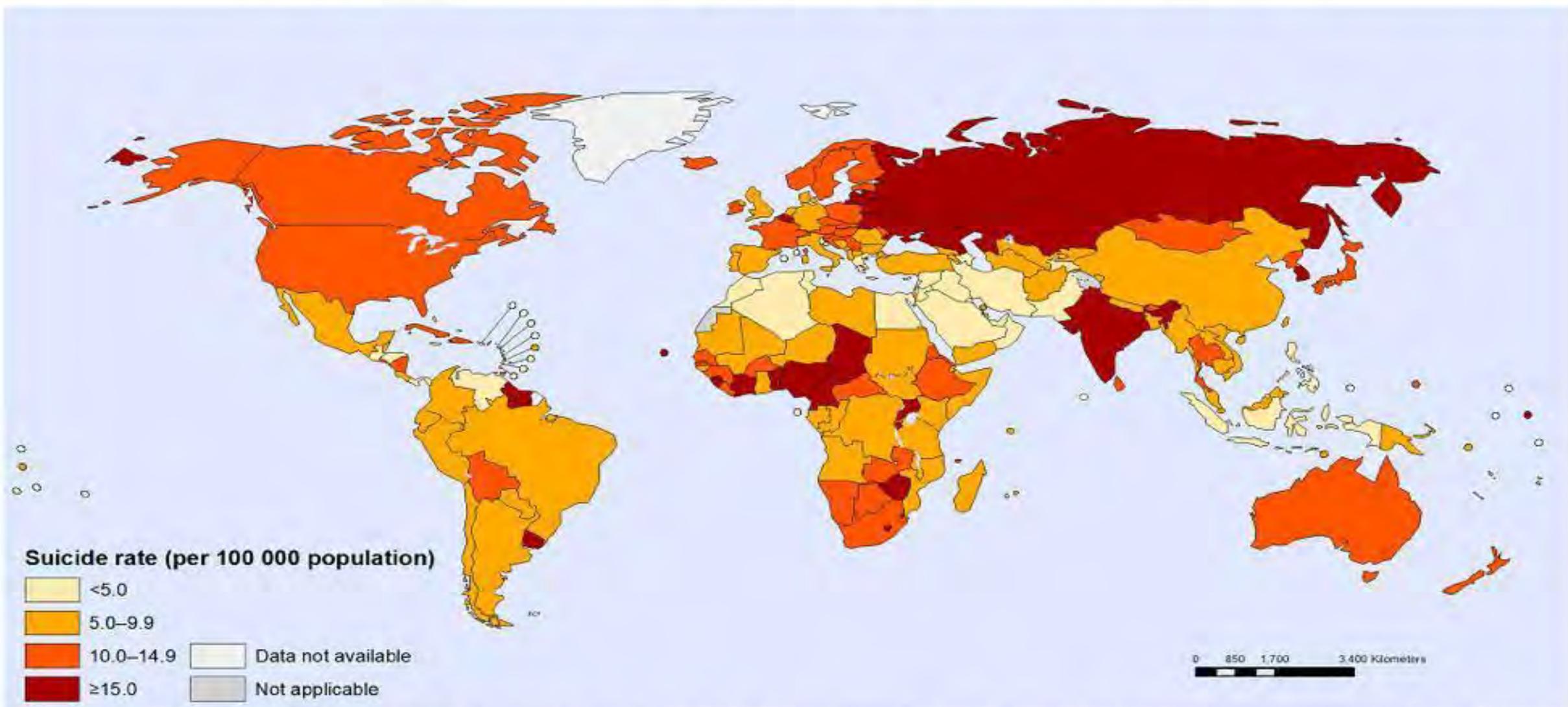


Task: In pairs

Please share with the person sitting next to you a story (that's close to home) of a teenage boy or girl you know who had thought of committing suicide OR had actually committed suicide.



Age-standardized suicide rates (per 100 000 population), both sexes, 2016 WHO 2018



The boundaries and names shown and the designations used on this map do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted and dashed lines on maps represent approximate border lines for which there may not yet be full agreement.

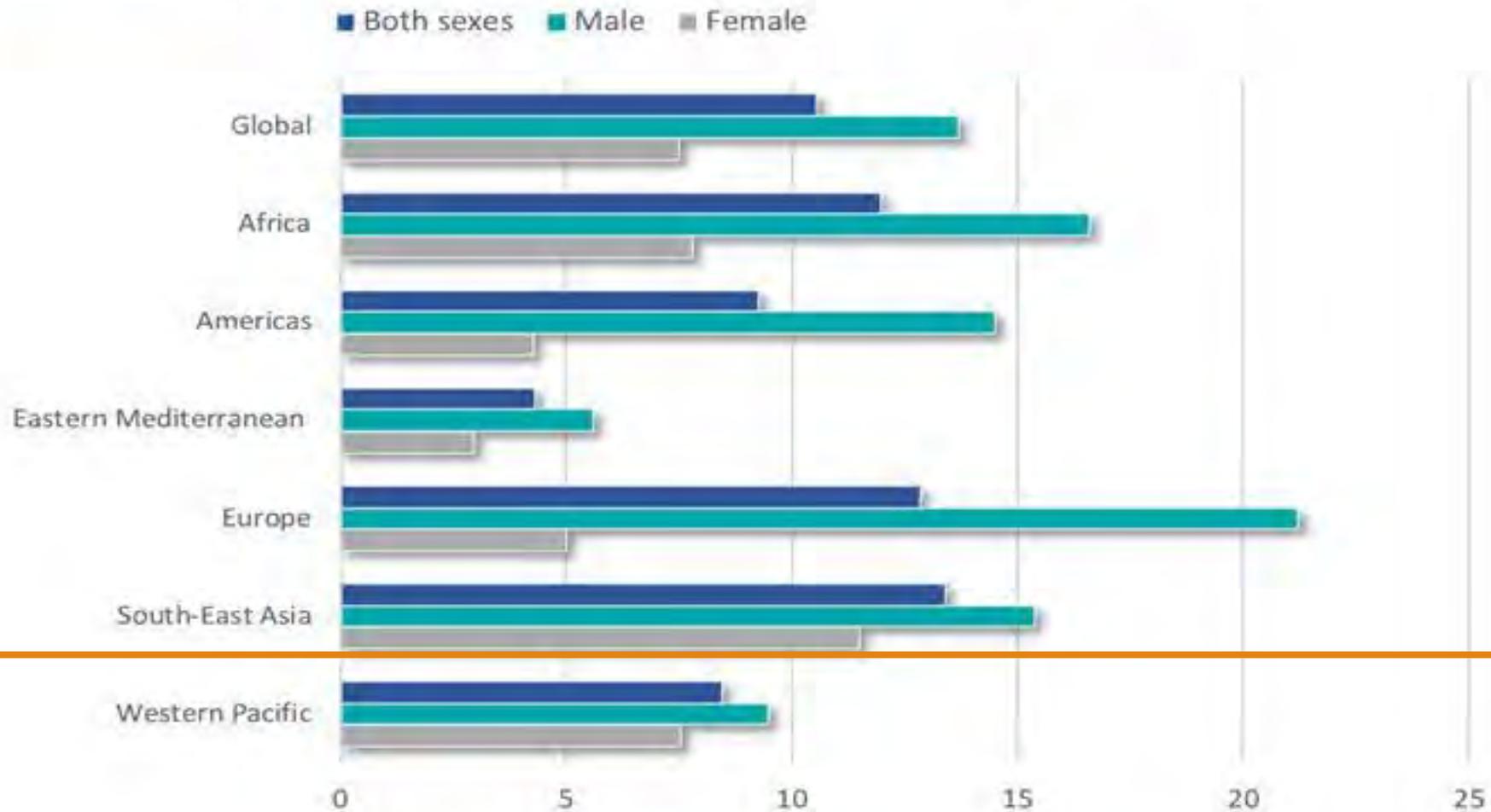
Data Source: World Health Organization
Map Production: Information Evidence and Research (IER)
World Health Organization



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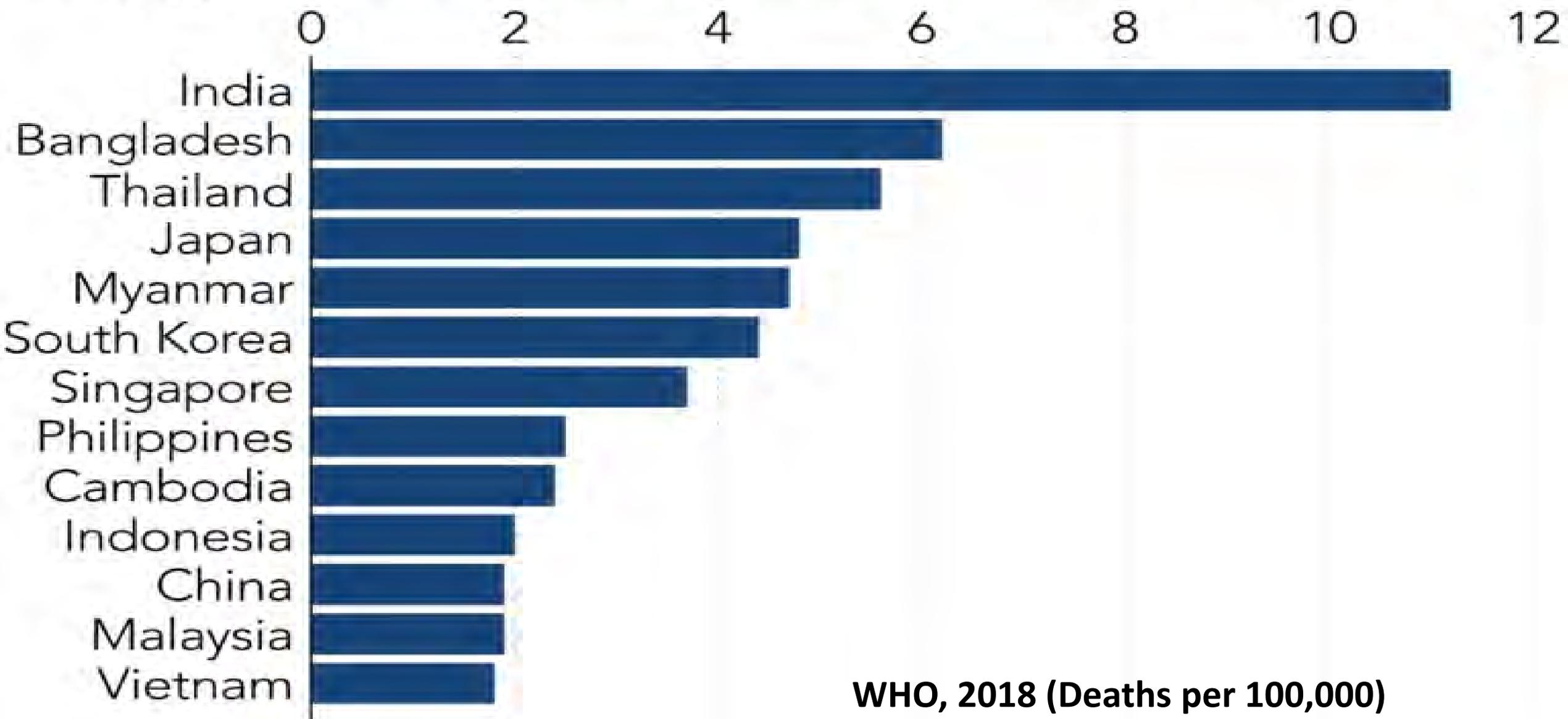
Suicide rate per 100,000 population by WHO region, 2016

WHO 2018



Source: WHO Global Health Estimates (http://www.who.int/healthinfo/global_burden_disease/estimates)
Regional data shown are age-standardized estimates.

Teenage suicide rates in Asia



WHO, 2018 (Deaths per 100,000)

Source: World Health Organization

INDIA AMONG COUNTRIES WORST HIT BY DEPRESSION

Based on
WHO, 2017

Country	Total cases of depression	% of population suffering from depression disorders (prevalence)	Total cases of anxiety	% of population suffering from anxiety disorders
India	5.7 crore	4.5	3.8 crore	3
China	5.5 crore	4.2	—	—
Bangladesh	63.9 lakh	4.1	69 lakh	4.4
Indonesia	91.6 lakh	3.7	81.1 lakh	3.3
Myanmar	19.1 lakh	3.7	17.2 lakh	3.3
Sri Lanka	8 lakh	4.1	6.7 lakh	3.4
Thailand	28.8 lakh	4.4	22.7 lakh	3.5
Australia	13.1 lakh	5.9	15.5 lakh	7
Japan	50.6 lakh	4.2	36.8 lakh	3.1
Malaysia	11.2 lakh	3.8	14.6 lakh	4.9
Philippines	32.9 lakh	3.3	30.7 lakh	3.1

More than

350 MILLION PEOPLE worldwide live with depression.

It not only affects the person living with it but their loved ones too.

Untreated depression is the number one cause of suicide - the third leading cause of death among teenagers.

Depression is responsible for **850,000 deaths** every year

In any given year **20%** of adolescents will experience a mental health problem, most commonly depression or anxiety





TEEN DEPRESSION IS...

Red Flags of Depression

- ⚠ Sad or irritable mood
- ⚠ Restlessness or agitation
- ⚠ Feelings of worthlessness or guilt
- ⚠ Loss of energy
- ⚠ Trouble concentrating or making decisions
- ⚠ Loss of interest in favorite activities
- ⚠ Change in eating habits
- ⚠ Change in sleep
- ⚠ Self-injury
- ⚠ Thoughts of suicide

5 or more symptoms every day for **2** weeks or more

AN ILLNESS

Marked by a chemical imbalance that impacts moods, thoughts and behaviors.



COMMON

15-20%

of teens will develop depression before adulthood.

SERIOUS

Depression is the

#1

risk factor for suicide.

TREATABLE

Treatment for depression can include talk therapy or a combination of talk therapy and medication.



Everyone Can Practice Good Mental Health



Eat three nutritious meals per day.



Get 2½ hours of exercise per week.



Get 8 to 10 hours of sleep per night.



Avoid harmful substances.



Do the things and surround yourself with the people that bring you happiness.

Stanford University: Children's Health

Why do teenagers commit suicide? (etiologies)

- Depression
- Substance abuse
- Negative effects of social media/ cyberbullying
- Changes in their families, such as divorce, siblings moving out, or moving to a new place.
- Changes in friendships
- Problems in school/ grades, bullying, etc
- Other losses and trauma

Harvard Medical School

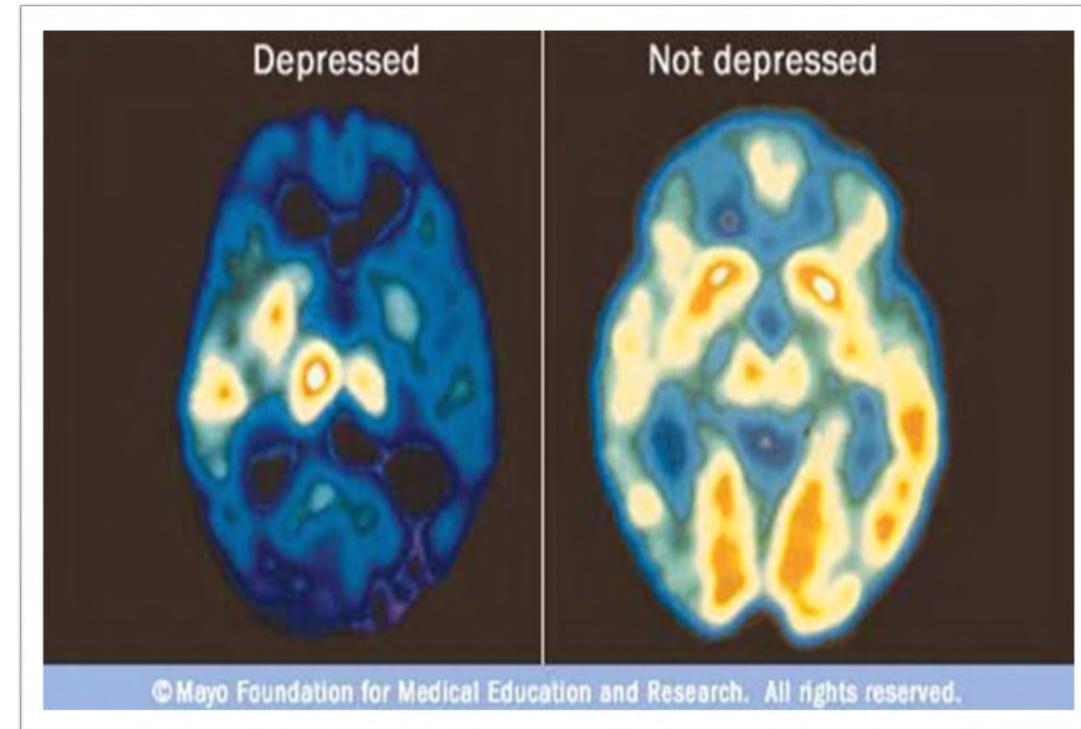
researchers shows that from 2000 to 2017, the

suicide rate rose by **47 %** among teens age 15 to 19

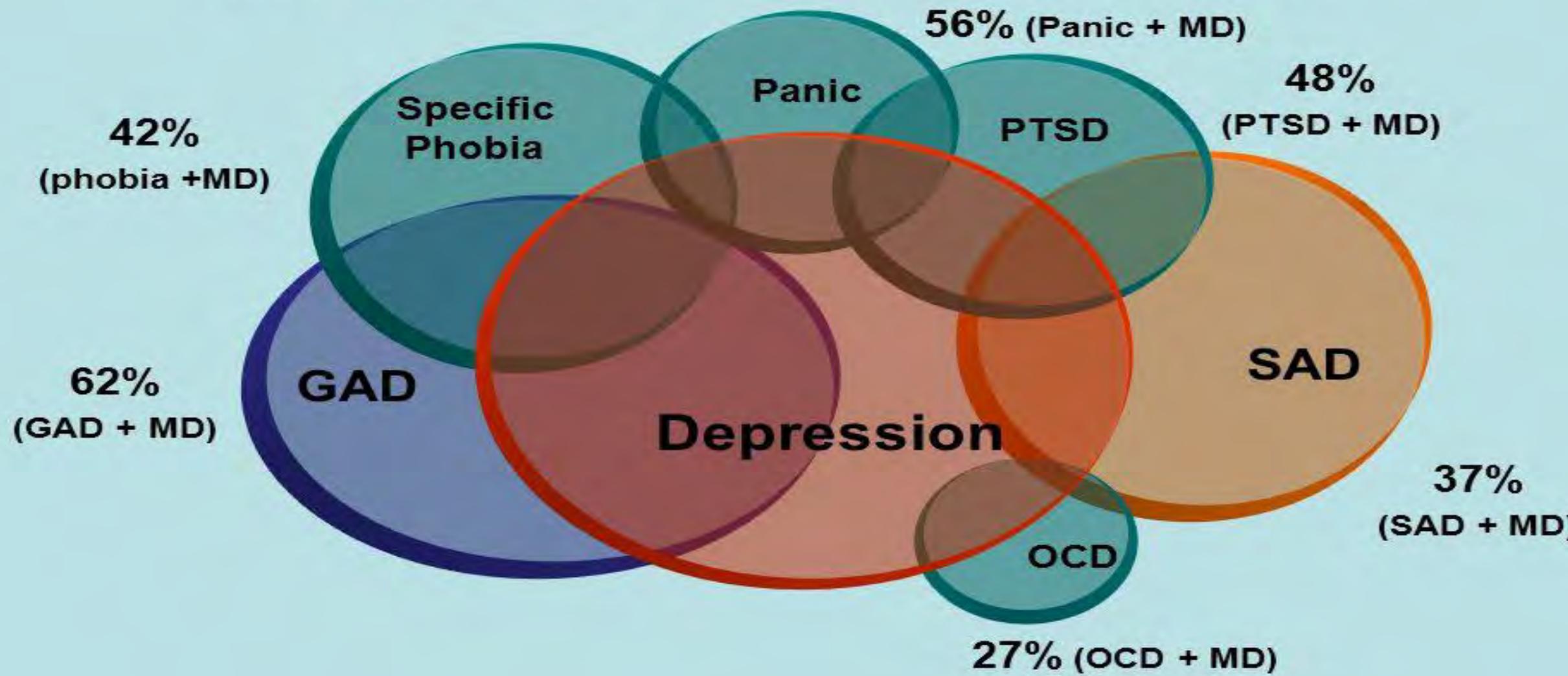


Harvard Medical School (2019): Etiologies of Depression

- **Brain chemicals:** neurotransmitters such as serotonin, ACH, dopamine, norepinephrine, glutamate, etc.
- **Brain regions:** hippocampus, thalamus, amygdala, frontal lobe, etc
- **Genes:** 5 HTT (short allele)
- **Stressful life events** (including early losses and trauma)
- **Medical conditions:**
 - Cancer, certain immune system disease
 - Hepatitis, HIV
 - Infections, chronic illness, etc

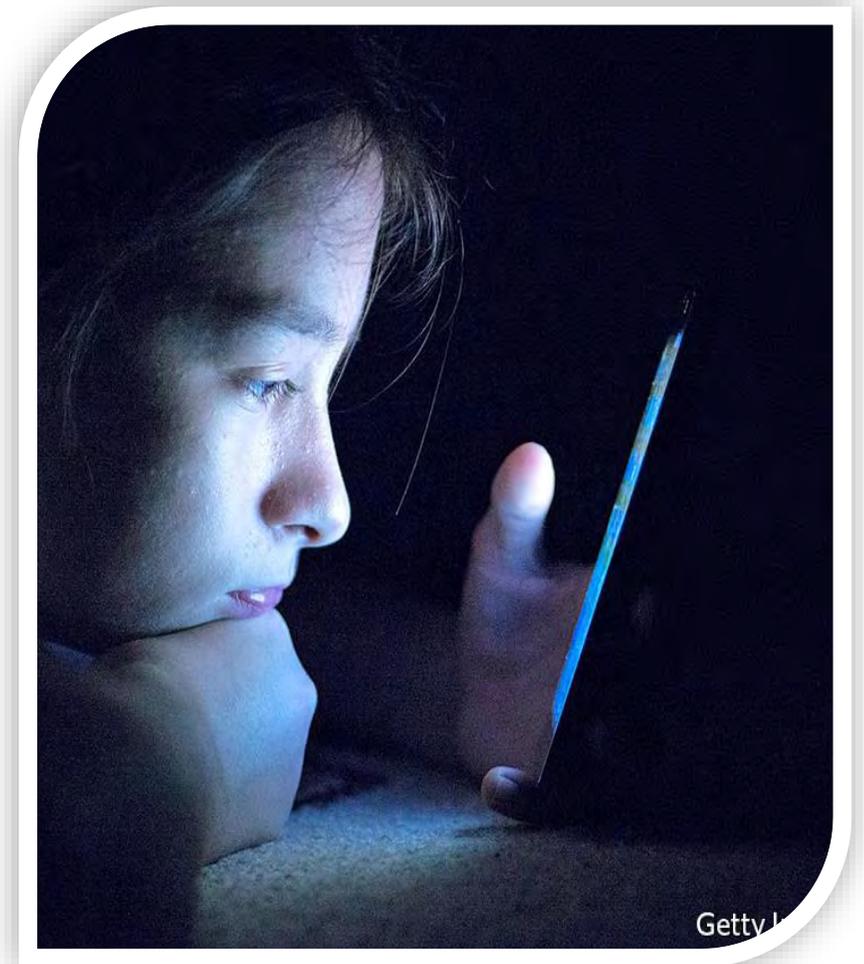


PREVALENCE OF MAJOR DEPRESSION IN PATIENTS WITH ANXIETY



Harvard Medical School: Symptoms of Depression

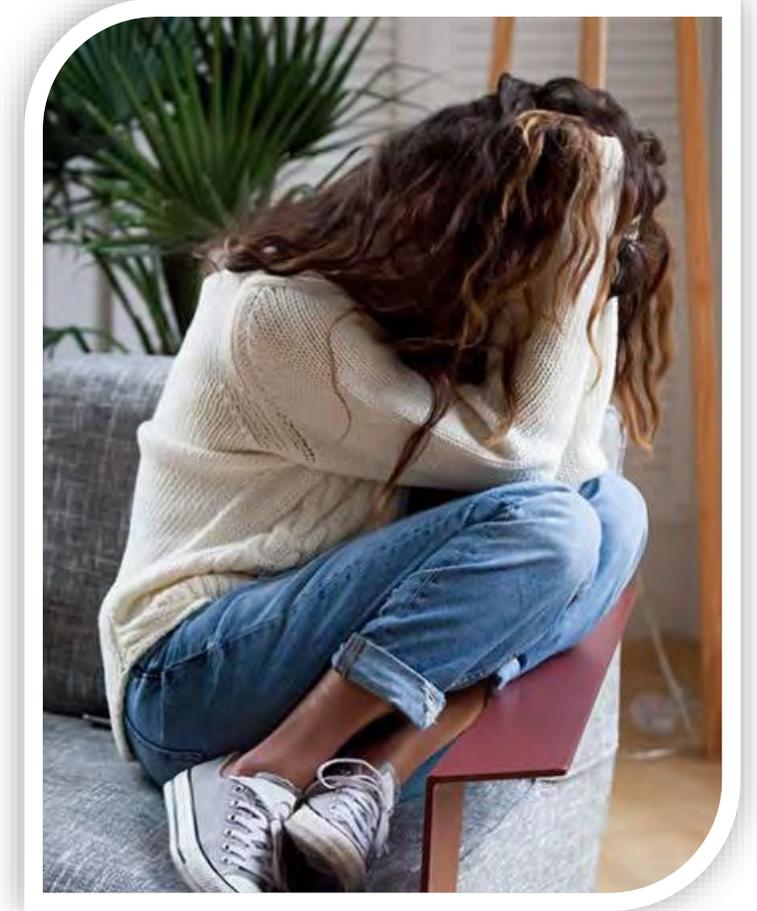
- **Sad or irritable for most of the day, for most days in the last 2 weeks**
- **Loss of interest in things that are usually enjoyed**
- **Change in eating or sleeping habits**
- **Unexplained aches and pains**
- **Little energy or motivation to do anything**
- **Feelings of being hopeless about the future or worthlessness or guilty about things that are not their fault**
- **Changes in grades and academics**
- **Smartphone addiction (chronic smartphone use that can distract from participating in daily activities)**
- **Any thoughts of suicide (any comments about 'wanting to die' can be an indication of depression)**



Getty

Harvard Medical School: Symptoms of Anxiety

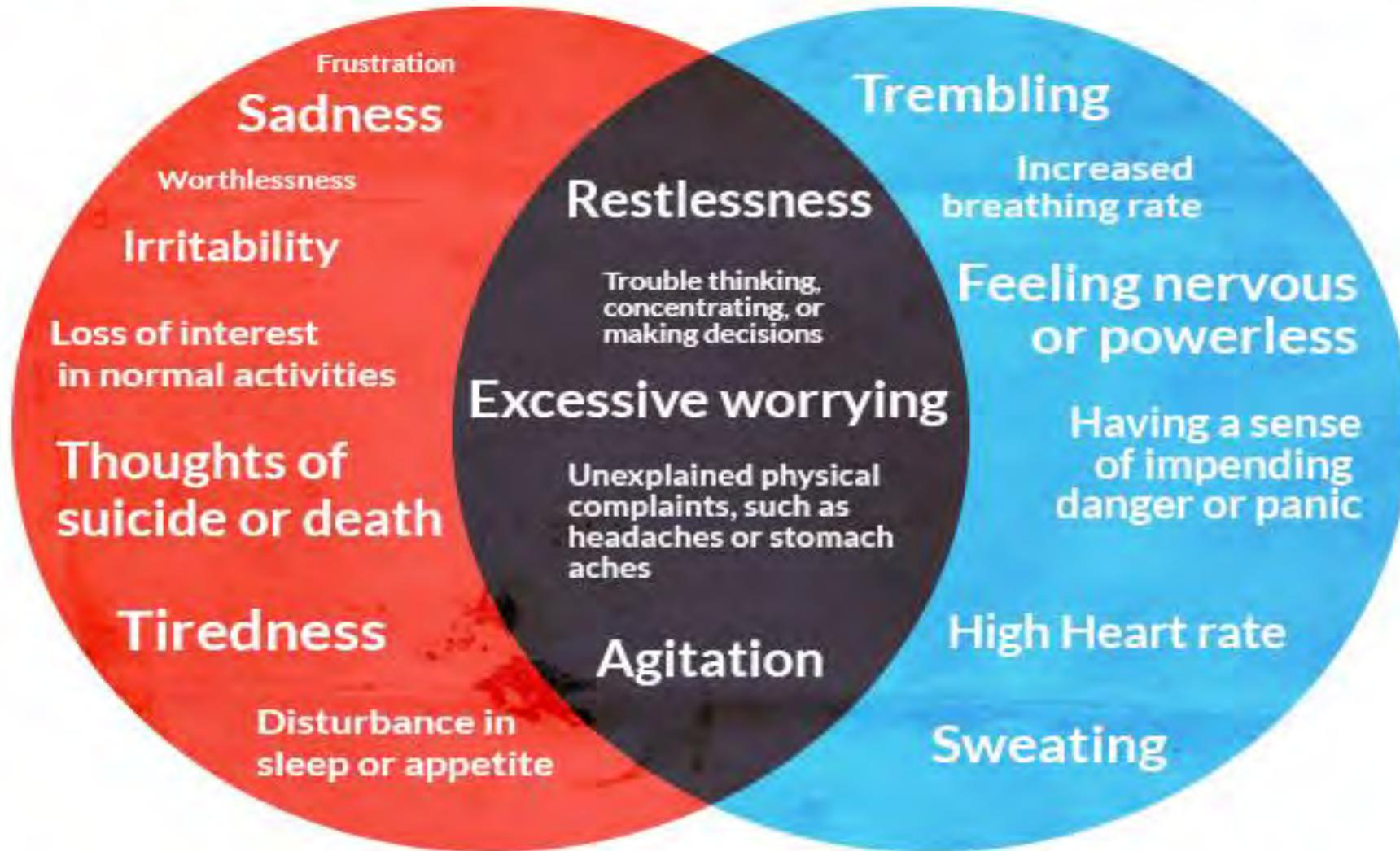
- **Feeling restless**
- **Having tense muscles**
- **Having difficulty concentrating or remembering (your mind goes blank)**
- **Having trouble falling asleep or staying asleep, or not feeling rested after sleep**
- **Avoiding activities that could turn out badly (avoiding even small risks)**
- **Spending excessive effort preparing for events that could have a negative outcome**
- **Procrastinating or having trouble making decisions**
- **Worrying that leads to repeatedly asking for reassurance**



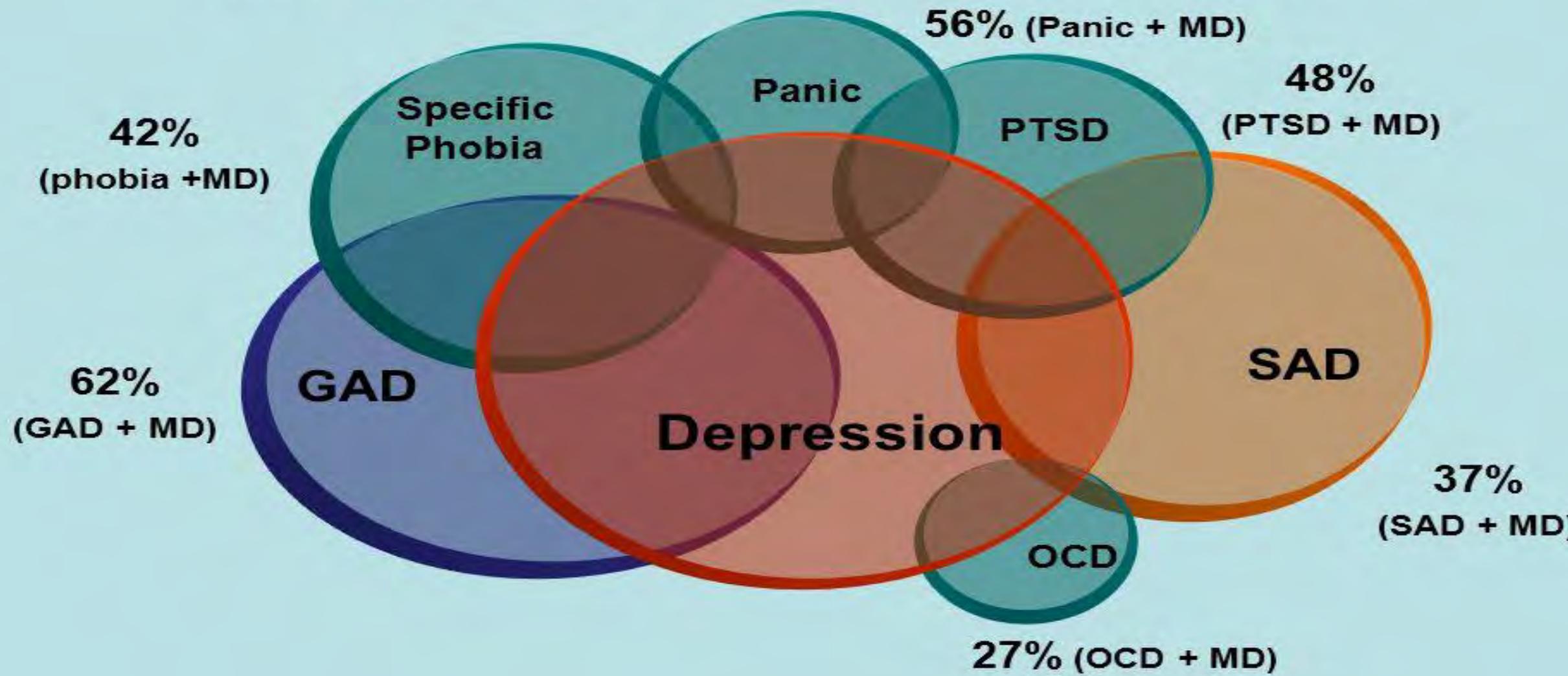
Depression

Anxiety

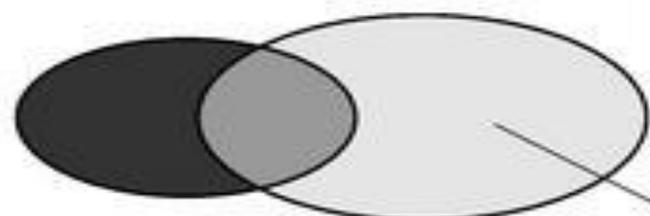
Symptoms



PREVALENCE OF MAJOR DEPRESSION IN PATIENTS WITH ANXIETY



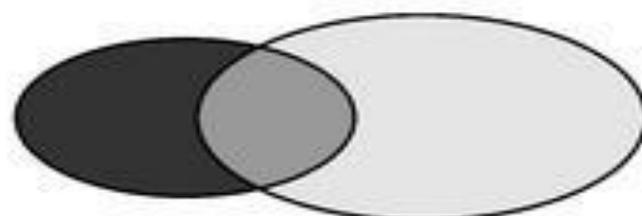
A. Anxiety Disorder With Depressive Symptoms



Depressive Symptoms Anxiety Disorder

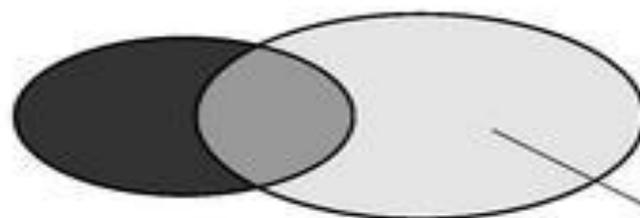
Social phobia
Panic disorder
Generalized anxiety disorder
Posttraumatic stress disorder
Obsessive-compulsive disorder

B. Major Depressive Disorder With Anxiety Symptoms



Major Depression Anxiety Symptoms

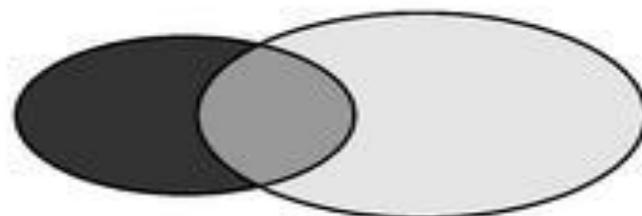
C. Coexisting Anxiety Disorder and Major Depressive Disorder



Major Depression Anxiety Disorder

Social phobia
Panic disorder
Generalized anxiety disorder
Posttraumatic stress disorder
Obsessive-compulsive disorder

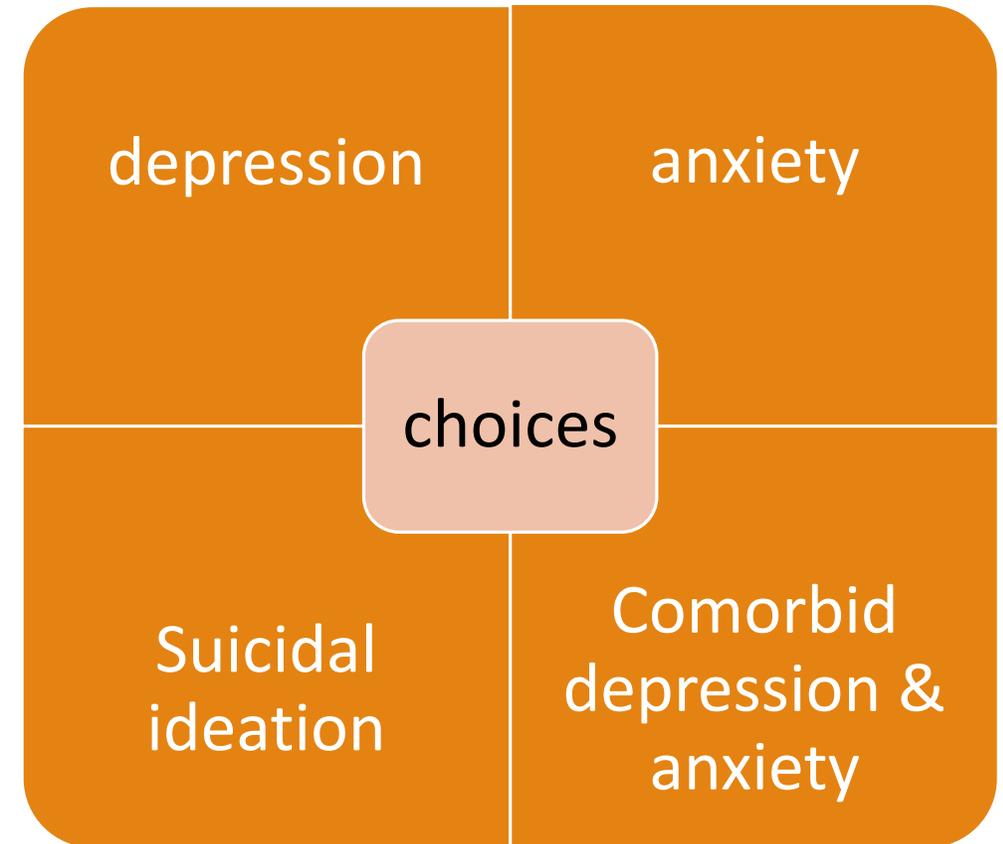
D. Anxiety Symptoms and Depressive Symptoms (subsyndromic)



Depressive Symptoms Anxiety Symptoms

Task: In pairs (5 minutes)

1. Please read through the symptoms of **DEPRESSION AND ANXIETY** carefully.
2. Afterwards, one person in your group will assume the role of a patient (teenage counselee) and the other person, the role of a therapist (counselor).
3. When a word is flashed on the screen, the counselee **will act/say/simulate** 😊 the symptoms of that particular disorder. Please do your best to be subtle (implicit).
4. The counselor will try to figure out which symptoms you have for which disorder.



Suicidal Ideation

Stanford University Business School (2011) made the following claims about how people can alter the state of their emotions:

1. Emotions can be measured objectively and over time.
2. There is a strong correlation between one's emotional state and how s/he interprets a circumstance/ an experience.
3. There are things we can do *to reconfigure* our emotions - voluntary and intentional activities

Emotional experience = S + C/E + CA

S = Genetic Set point (35%)

C/E = Circumstance/Experience (30%);

CA = Cognitive Appraisal (Intentional & Voluntary) (35%)

God "In the beginning God..." Genesis 1:1	Fall "You shall die." Genesis 3:4	Flood "The LORD was sorry he had ever made them." Genesis 6:6	Babel "Come, let's build a great city for ourselves." Genesis 11:4	Abraham "All families on earth will be blessed through you." Genesis 12:3	Egypt "God remembered his covenant promise to Abraham." Exodus 2:24	Judges "And the people were in great distress." Judges 2:15	Jesus "Jesus the Messiah, a descendant of David and of Abraham." Matthew 1:1	Ascension "He was taken up before their eyes, and a cloud hid him from their sight." Acts 1:9	The Cosmos "God reconciled all things in earth and things in heaven." Colossians 1:19-21
Creation "God created the heavens and the earth." Genesis 1:1	Fight "The woman's seed will crush your head and you will strike his heel." Genesis 3:15	Noah "God blessed Noah and his sons, 'Be fruitful and multiply, fill the earth.'" Genesis 9:1	Confusion "The LORD scattered them over the face of the whole earth." Genesis 11:9	Patriarchs "I will give all these lands to you just as I promised Abraham." Genesis 26:3	Moses "You must lead my people Israel out of Egypt." Exodus 3:10	Samuel / Kings "Give us a king to judge us like all the other nations have." 1 Samuel 8:5	Death "This is my body, which is given for you." Luke 22:19	Pentecost "This promise is to you, and to your children, and even to the Gentiles." Acts 2:39	Second Coming "The kingdom of the world has become the kingdom of our Lord and Messiah." Revelation 11:15
Man "Let us make Man in our image, according to our likeness." Genesis 1:26	Futility "Cursed is the ground, for dust you are and to dust you will return." Genesis 3:17; 19	Nations "From Noah's sons the nations spread out over the earth after the flood." Genesis 9:18	Calling "Send Abram, Lot and Sarai together and let them go to Gerar." Genesis 11:31	Joseph "You intended to harm me but God meant it for good." Genesis 50:20	Exodus "Sing to the LORD, for he has triumphed gloriously." Exodus 15:21	David / Solomon "Your house and kingdom will continue before me for all time." 2 Samuel 7:16	Resurrection "God raised Jesus from the dead." Acts 2:32	The Church "Each day the Lord added to their fellowship those who were being saved." Acts 2:47	New Heavens and Earth "No longer will there be a curse upon anything." Revelation 22:3

The Biblical Christian Worldview is a vision of God,

"In a sinful and disordered cosmos, establishing His kingdom and exalting His Son, by creating a people to worship and serve Him, and ultimately by defeating and rooting sin out of His world entirely and restoring Eden to earth."

J. I. Packer: The Plan of God

THE STORY OF GOD

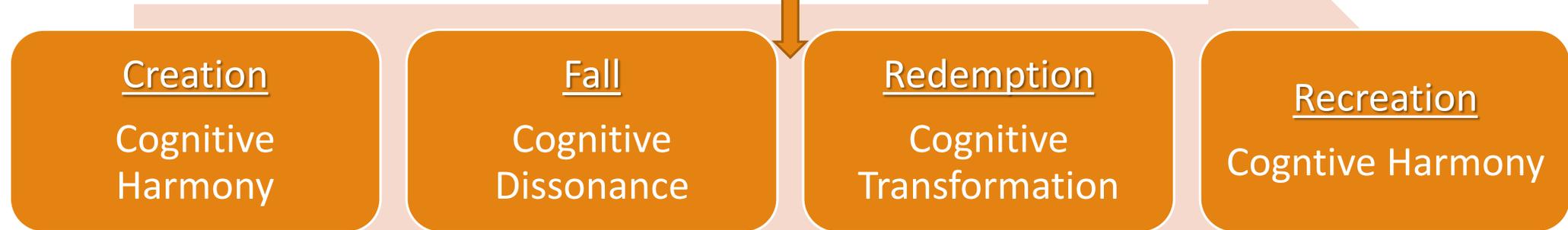
Then I saw "a new heaven and a new earth"
He who was seated on the throne said,
"I am making everything new!"
Revelation 21:1-5

The last book of the Bible ends,
not with the saved going up to heaven,
but with the New Jerusalem coming down to earth.

Heaven is important, but it's not the end of the world.
God will make new heavens and new earth,
and give us new bodies to live and work
and take delight in his new creation.

N. T Wright

Cognitive Appraisal



Including all kinds of mental disorders (INEVITABLE)

Depression, suicidal ideation, and suicidal behavior (Chen, Kang, & Lin, 2017)

- 1,150 university freshmen
- Moderation of knowledge of suicidal behavior in the relationship between depression and suicidal ideation was considered.
- Results showed that knowledge of suicidal behavior had a significant negative relationship at $p < .05$.

Two findings

- Depression plays a very important role in the genesis of suicidal ideation.
- Adults who are in the supervisory role **MUST** be careful about exposing materials to teenagers in regard to suicidal ideation and behavior

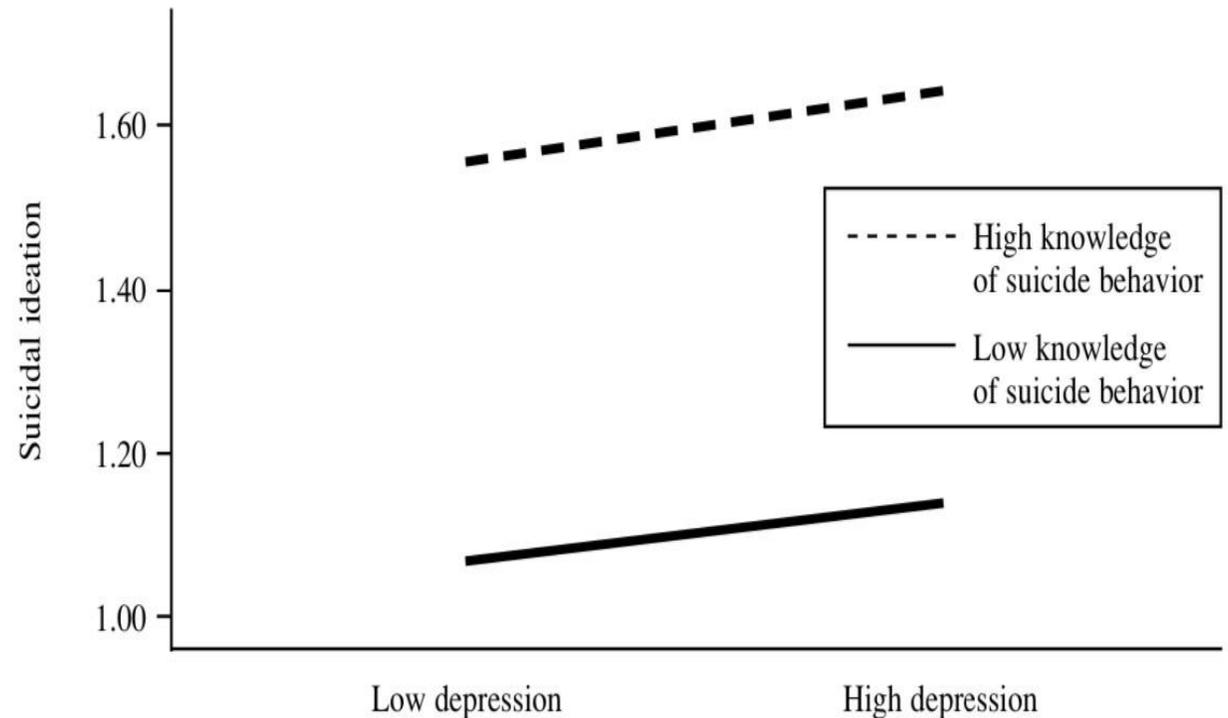


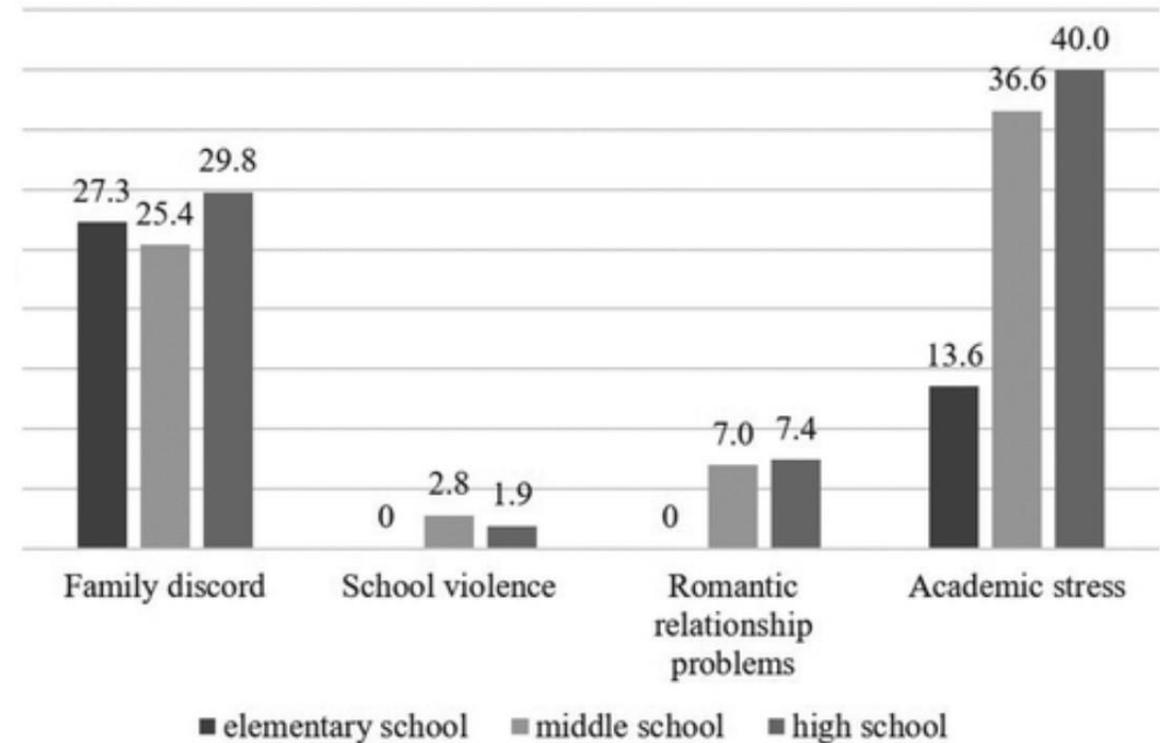
Figure 1. Knowledge of suicidal behavior as a moderator of the relationship between depression and suicidal ideation.

Youth Suicide in Korea Across the Educational Stages: A Postmortem Comparison of Psychosocial Characteristics of Elementary, Middle, and High School Students

Lee, Jung, Park, Lee, Kweon, Lee, Yoon, Cho, Jung, Kim, Shin, & Hong (Sept. 12, 2019)

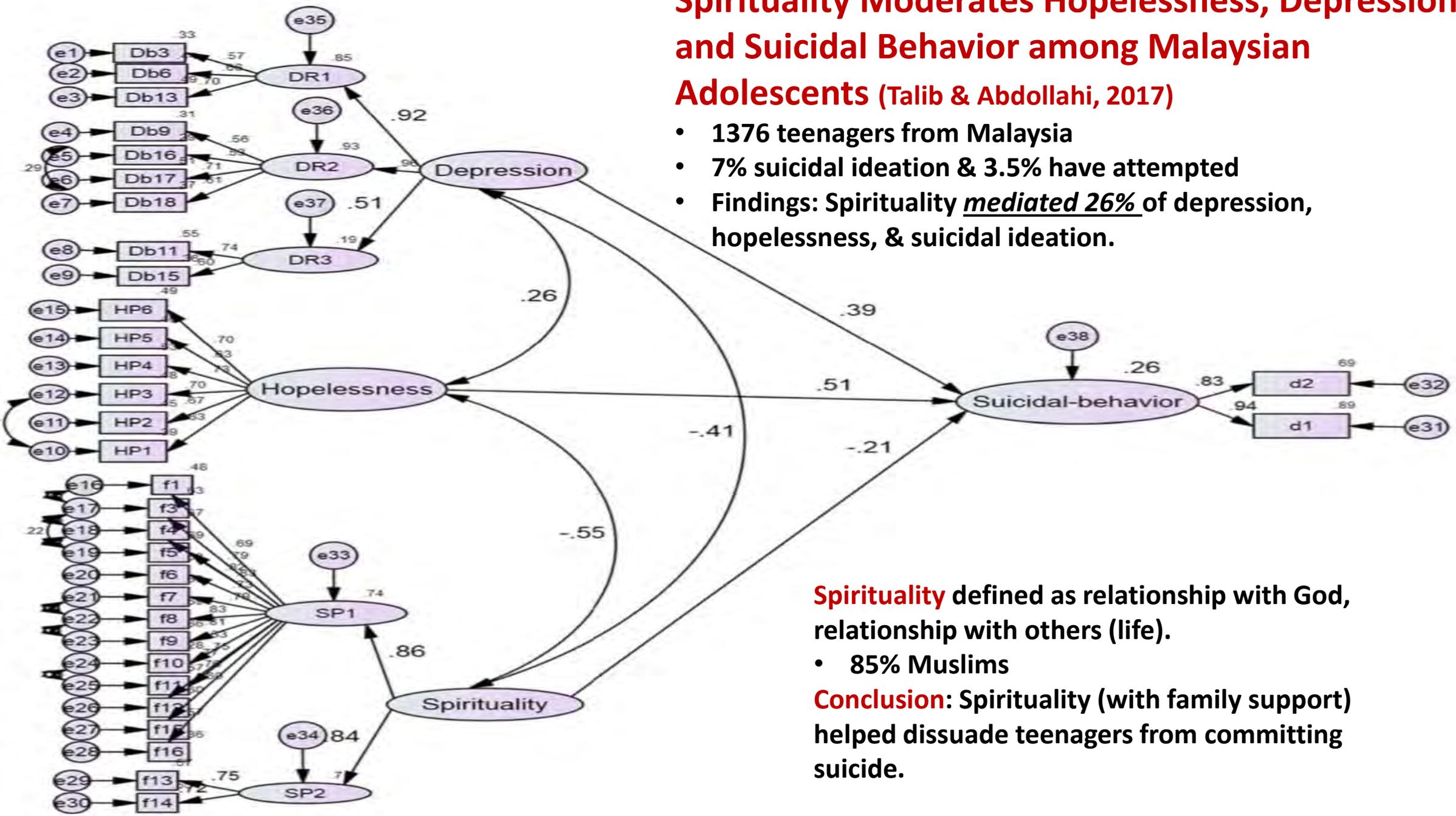
- Analyzed teachers' mandatory postmortem reports of suicides among 308 Korean students (215 high school students)
- 68.2% died by jumping from a height, 24.0% died by hanging, 4.6% died by poisoning or suffocation (i.e., carbon monoxide) and 3.2% students was

The leading methods of suicide for the 15- to 19-year age group in the US were suffocation (43%), discharge of firearms (42%), poisoning (6%), and falling (3%). CDCP, 2017



Spirituality Moderates Hopelessness, Depression and Suicidal Behavior among Malaysian Adolescents (Talib & Abdollahi, 2017)

- 1376 teenagers from Malaysia
- 7% suicidal ideation & 3.5% have attempted
- Findings: Spirituality mediated 26% of depression, hopelessness, & suicidal ideation.



Spirituality defined as relationship with God, relationship with others (life).

- 85% Muslims

Conclusion: Spirituality (with family support) helped dissuade teenagers from committing suicide.

Task: In pairs (3 mins)

1. Please share one “*take-away*” from this session with your partner.
2. Pose one question to your partner.



ABC7 HD

NOW AT 5PM

CALIMESA

EYEWITNESS NEWS



#abc7eyewitness



A case study based on an actual story: Alexandra, a new Christian, attended school in the Jakarta area, and she began dating this boy from a nearby school. Their love, however, was cut short as the boy decided to dump Alexandra out of no where. There was no real reason or explanation to bring about closure to this heartbreaking end of Alexandra's relationship.

Alexandra experienced heart break. She felt miserable with her life. She stopped talking to her friends. She also began missing school. She slipped into painful depression, even though she tried her best to mask her depression.

Several weeks after the breakup, Alexandra reluctantly decided to attend a party at her friend's invitation. This party composed of students all over Jakarta including her ex boyfriend's friends. That night, she not only met her ex boyfriend, but also met him with another girl who made Alexandra jealous and heartbroken all over again.

Due to this unfortunate encounter, Alexandra and her friends decided to head home early from this party. All her friends decided to stay in a friend's apartment and sleepover to have fun and comfort Alexandra. They tried to talk to Alexandra to help her overcome the feeling of jealousy and depression. On a couple of occasions, Alexandra mentioned to her friends that she “just wants to die.” **(As a counselor here, what would you have done? If you were given some time to talk to her, what would you have said?)**

Nonetheless, in the middle of the night, as her friends drifted to sleep, Alexandra headed towards the balcony of the apartment. As she glided the glass door open and climbed over the railing, one of her friends decided to check on the noise and was horrified to see her friend, Alexandra, stepping off the edge of the building. The news spread like wildfire as many schools around the area were notified of this saddening suicide. All of Alexandra's family members, friends, and fellow students were utterly shocked to hear this news as Alexandra was thought of as a very bubbly, kind girl. The news of this unexpected suicide brought upon much grief to many people who never expected such an incident.

Task: In pairs

- One person can assume the role of a counselor. The other person can put him/herself in the shoe of Alexandra **(it's OK to make up additional narratives (story elements)).**
- As a counselor, how would you have handled this situation differently? what would you have done? If you were given some time to talk to her at the friend's apartment, what would you have said?)
- Please, kindly share for a few minutes.

Risk Factors: The SAD PERSONS scale is as follows (Juhnke, 1996)

- **S**ex (boys 4 times more likely to commit suicide)
- **A**ge
- **D**epression
- **P**revious suicide attempt or mental illness diagnosis
- **E**xcessive drinking or alcohol abuse
- **R**ational thinking lost
- **S**eparated from friends and family
- **O**rganized suicide plan
- **N**o – or little – social support
- **S**ickness or chronic medical illness



10 Helpful Ideas in Suicide

Counseling (Association for Natural Psychology, 2019)

1. Be a good listener
2. Do not be judgmental or offer too many solutions in times of crises.
3. Stay calm and do not overreact.
4. Be sympathetic, empathic, patient, calm, and accepting
5. Draw the person out by asking questions
6. The sufferer reassurance/ validation
7. Try to instill in the sufferer a feeling of hope
8. Get further support from other qualified counselors
9. Offer spiritual aid/ cognitive appraisal
10. Go for a long walk together



Commonly Used Treatment approaches with Adolescent Suicide Attempters

- ☒ Day Treatment (Rudd et al, 1994)
- ☒ Family (Harrington et al, 1998)
- ☒ MST (Huey et al, 2004)
- ☒ Individual CBT (Donaldson et al, 2005)
- ☒ Group Therapy (Green et al, 2011)
- ☒ TASA (Brent et al, 2009)
- ☒ Intensive Individual CBT and Parent Training (Spirito, et al, 2011)
- ETC



Seven Principles to Keep in Mind When Counseling a Suicidal Teenager

(Abraham Chung, 2019)

1. Make sure they are safe
2. Do not condemn them
3. Help them to redirect focus to a better future (HOPE is there)
4. Point to the abundance and everlasting life we have in Christ Jesus (Gospel message)
5. Continuously resort to the work and guidance of the Holy Spirit/ against the enemy attacks
6. Be willing to further disciple the teenager
7. Gather family and friends around the teenager to provide support



Biblical Principles Regarding Teen Suicide

[John 10:10](#)

The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

[Revelation 21:4](#)

He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away."

[Psalm 46:1](#)

God is our refuge and strength, a very present help in trouble.

[Psalm 27:1-8](#)

The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid? When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall. Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident. One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple. For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock. ...

[1 Corinthians 10:13](#)

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

[1 Corinthians 6:19-20](#)

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

[John 3:16](#)

“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

[1 Peter 5:7](#)

Casting all your anxieties on him, because he cares for you.

[2 Corinthians 5:17](#)

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

[Genesis 1:26-27](#)

Then God said, “Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.” So God created man in his own image, in the image of God he created him; male and female he created them.

8 Principles from Quick Scriptures for Counseling Youth

1. We belong to God; we are his. Therefore ending our life is not an option.

Psalm 139:13-16 (NIV)

¹³ For you created my inmost being; you knit me together in my mother's womb. ¹⁴ I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. ¹⁵ My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.

¹⁶ Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.

1 Corinthians 6:19-20 (NIV)

¹⁹ Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore honor God with your bodies.

2. God sending his Son to die for us shows how much he loves us

Romans 5:8 (NIV)

⁸ But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

Ephesians 2:4-5 (NIV)

⁴ But because of his great love for us, God, who is rich in mercy, ⁵ made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.

3. If someone is contemplating suicide because of some terrible sin committed, he or she needs to realize there is no sin too great for God to forgive.

Micah 7:18-19 (NIV)

¹⁸ Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy.

¹⁹ You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea.

4. God is with us even in the darkest of times.

Psalm 139:7-12 (NIV)

⁷ Where can I go from your Spirit? Where can I flee from your presence? ⁸ If I go up to the heavens, you are there; if I make my bed in the depths, you are there. ⁹ If I rise on the wings of the dawn, if I settle on the far side of the sea, ¹⁰ even there your hand will guide me, your right hand will hold me fast. ¹¹ If I say, “Surely the darkness will hide me and the light become night around me,” ¹² even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.

5. There is no problem too great for God to handle.

Jeremiah 32:17 (NIV)

¹⁷ “Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you.

Isaiah 43:18-19 (NIV)

¹⁸ “Forget the former things; do not dwell on the past. ¹⁹ See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.

6. Our future is secure with God on our side.

Jeremiah 29:11-13 (NIV)

¹¹ For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future. ¹² Then you will call on me and come and pray to me, and I will listen to you. ¹³ You will seek me and find me when you seek me with all your heart.

7. God will never leave us.

Deuteronomy 31:8 (NIV)

⁸ The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”

8. We must immerse ourselves in the Word of God, letting it saturate our very being.

Joshua 1:8 (NIV)

⁸ Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

This is our prayer!!!

Lord, we need you!

**Without you, we fall
apart. You're the One
who guides our soul**

**Lord, we need you,
everyday we need you.
Every hour we need
you!**



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