



Hope Center of Tulsa

A Biblical Counseling Ministry
Founded August 1989

OFFICE HOURS Noon to 4:00pm,
Monday – Thursday. Messages are
always returned. Closed Friday.
Counseling hours: Mon. – Thurs.
2:00 to 9:00 pm

4010 W. New Orleans
Broken Arrow, OK 74011
918-294-8470
Volume 4 - August 2024

Trustees: Tim Breedlove, Steve Perryman, Cherrie Stunkard
Counselors: Nancy Adams, Kathy Dennis, Doyle Fry, Emily
Massey, Cyndi Rigney, Mary Stagg, Becky Winstead
Office Assistant: Judy Ray **Director:** Lois Breedlove
Office Volunteer: Terri Sagely

2024 Financial Review

MONTH	DONATIONS	EXPENSES
January	\$3,036.25	\$1,524.04
February	\$2,370.00	\$3,124.95
March	\$1,775.00	\$2,199.85
April	\$1,465.00	\$2,936.68
May	\$1,325.00	\$3,784.54
June	\$1,435.00	\$2,912.05
July	\$2,560.00	\$2,127.47
August	\$1,676.65	\$4,132.79
TOTALS	\$15,642.90	\$22,742.37

In Memory of	Given by
Eddie & Doris Long	David & Teri Long
Kim Logan	Bobbie Needham
Shirley McGlothlin	M/M Tim Breedlove Hope Staff & Trustees Charlotte Bentley Family T.D. & Sharon Tommey

Joshua Breedlove	
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Tony Wyatt Jr.	M/M Tim Breedlove
Ray & Patty Volentine	M/M Tom Tucker
Carol Powell	M/M Tim Breedlove Mary Wyatt
Velva Jo Johnson	Orpha Callahan
Arista Lagunez	Hope Staff & Trustees

CLASSES: You will find enclosed with this
newsletter a registration sheet for upcoming
opportunities. If you are interested in joining
us, please call us and we can help you register:

918-294-8470 or email:

lbreedlove@hopecentercounseling.com

35 YEARS ANNIVERSARY

*This fall Hope Center will be celebrating 35 years
of service. If you are one who has been blessed
by this ministry, we invite you to drop us a note.
Share your testimony, encouragement, and
perhaps the Scripture truth that stood out when
you were counseled. We want to hear from you!*



Mental Health & the Church

In June, five of us attended this conference in Plano, Texas. Hope for the Heart sponsored this one-day event to educate and enlist Christ's followers and church ministries to become more involved with helping people struggling with life.

I asked our counselors who attended to share what stood out to them and I want you to hear from them:

From Emily Massey: The ministry of Hope for the Heart is an example of how God can take the broken pieces of our lives and work all things for good as Romans 8:28 states. Two of the speakers June Hunt and Greg Stier, talked about the brokenness they experienced in childhood and how God has transformed their lives. Both are inspiring. However, they weren't just transformed they are involved in ministry to help others find wholeness in Christ.

Some of my takeaways from the meeting are:
Our model for counseling should be centered on Christ. He is why we counsel. He is our model, and it is His likeness we seek for ourselves and others.
Jesus is the why.
Jesus is our model.
Jesus' Image is our goal.

There is a mental health crisis in America. We need to change our mindset and view the pain around us—the ripening of the harvest. There is hope for everyone. We need to reposition ourselves and go on the offense instead of playing defense. We were encouraged to not overextend ourselves so that we are overcomers and not overcome. For me this means not taking on more responsibilities that I can handle.

Greg Stier's message was on the three things all teens are asking:

Who am I? - Identity

Where do I fit? - Belonging

Why am I here? - Purpose

You could easily say this is what every individual wants to know. The answer to these questions is only found in Christ. The scripture reference he used was Luke 3:21-22. He pointed out that it's okay to wrestle. Jacob did. David did. Job did. Jesus did. We need to encourage people to bring their struggles to God.

From Nancy Adams: My biggest take away was June Hunt speaking on *Worry, the Joy Stealer*.

1 Peter 5:7 cast the care of our life & don't reel them back in. Worrying is useless and worthless. Worry is not an emotion; it is mental distress over a negative possibility in the future. Worry is a thief that steals our joy and strangles our faith. Worry is a destroyer when it chokes Joy.

Worry is the state of mind, a way of thinking, a mental habit. Worry is a preoccupation with something bad that may happen, or may not happen, or even cannot happen.

We need to know God's word. In Psalm 55:2 God tells us that we can ask him to pay attention to us, and

to answer us. Tell him that we are restless, and in turmoil with our complaint, we must be honest with God to change our mental distress from worry to joy. I like the questions that were asked:

How has worrying helped me in the past?
How will worrying help me in the future?

Also worry is a whirlwind of “what ifs”. “What ifs” is past pain. There are positive “what ifs” in God’s word.

We can have a legitimate concern, we can have a constructive concern, but many worries have a trouble of trust and woundedness that can destroy our image of who God is.

To rid ourselves of worry we must know God is our provider, we must submit our will to His will and give God control. Worrying doesn’t empty tomorrow of its troubles; it empties today of its strength.

From Becky Winstead: The Hope for the Heart seminar began with our speaker saying, "COVID was the earthquake and mental health issues following are the Tsunami." We learned that the church needs to be aware and intentional regarding the mental health of its members. We need to not be overcome by the crisis but give Hope and empowerment to the hurting. Jesus is *always* the answer. There is power in the word of God when applied.

The speaker that impacted me the most was George Barna founder of the Barna Group, a research company dealing in statistics and assessments. I thought I would be listening to static recited for an hour. However, I learned that "The numbers tell the story" regarding mental health and overlooked problems in America. He stated that "Worldview Development" is the most overlooked challenge in America today. Why does your Worldview matter? "Because every decision you make stems from your worldview, because you do what you believe, and your behavior is driven by your beliefs." This is especially important when raising children. And, he has all the statistical proof to back up what he says. I would highly recommend his book, *Raising Spiritual Champions*. This book gives the Biblical approach to raising children with a Biblical Worldview. He also had the statistics for the mindset of the young adult today which is to let feelings trump facts. God's truth will not only help people who suffer from anxiety, fear, and depression, **God's truth can transform a culture!**

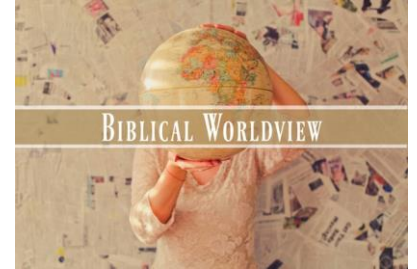
7 Cornerstones of the Biblical Worldview

- Orthodox, biblical view of God
- Humans are sinful by nature, and every choice we make has consequences
- Jesus Christ is the sole means to salvation, through confession of sin and reliance on His forgiveness
- The Bible is true, reliable and relevant: the best moral guide
- Absolute moral truth exists, defined by God in scripture
- Success is consistent obedience to God
- Life's purpose is to know, love and serve God with all your heart, mind, strength and soul

From Kathy Dennis: Biblical Christian World View I also was most impacted by George Barna’s research on Christian World View and Mental Health research

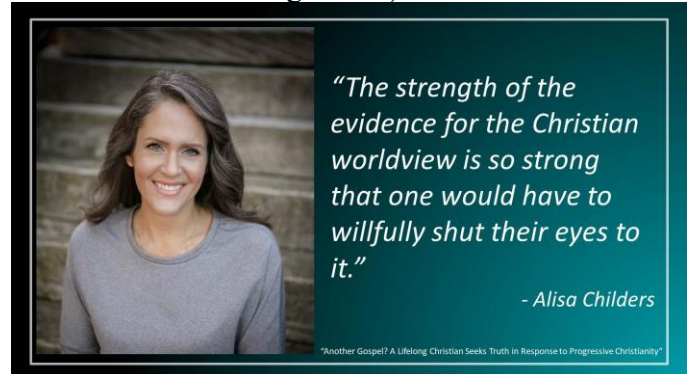
in the younger generations. I had already felt the nudge of the Holy Spirit to spend more time pouring into my grandchildren and the younger generation, but the fact that World view is started at age 15-18 months and nearly set by age 13 years really put an urgency to this call.

George had shared that there is a link to the mental health crisis we find ourselves in and the world view of people. Today the Millennials and Gen Z have higher rates of mental disorders in every area than the previous generations. Fewer than ever have a Christian World View compared to Boomers & Gen X. Previous generations got their World View from families and following Christian views, but the



younger generations are much more influenced by social media, entertainment, and society which is less and less Biblically informed. What my and previous generations took for granted as basics for our Biblical World View are now not accepted as truth.

Becky has already mentioned the 7 cornerstones of Biblical Worldview, so I won’t repeat them. The stakes are high, and the path is clear. We need to be discipling our young people, especially our children and grandchildren, passing on the Worldview that has kept many of us from the enemy’s destructive traps of depression, anxiety and unsafe behaviors (addiction, self-harm and harming others).



The task seems daunting, and I know we are all busy, but when George Barna said he gave up two of his large clients to make sure he had time to disciple his grandchildren it really hit home. Now is the time parents, grandparents, friends & church to pour into the youth and children and introduce them to Jesus and the path to following Him out of the strong tide of today’s society of dangerous Worldviews.

Thank you, Hope Center, for sending us to this wakeup call and giving us wind in our sails to do the important work of healing and discipling those who the Lord puts in our path.



Welcome to our staff,
Doyle Fry
Doyle comes to Oklahoma from California where he served Christ through several ministries of his church. He will begin counseling soon. We praise God for answering our prayers!