



918-294-8470

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

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

Will you support Hope Center this year?

God can pour on the blessings in astonishing ways so that you're ready for anything and everything, more than just ready to do what needs to be done.... This most generous God who gives seed to the farmer that becomes bread for your meals is more than extravagant with you. He gives you something you can then give away, which grows into full-formed lives, robust in God, wealthy in every way, so that you can be generous in every way, producing with us great praise to God.

II Corinthians 9:8-11 The Message

2025 Financial Review

MONTH	DONATIONS	EXPENSES
January	\$2,264.00	\$5,685.86
February	\$2,075.00	\$2,935.94
March	\$2,819.25	\$5,500.07
April	\$2,840.00	\$4,927.99
May	\$2,320.00	\$1,806.34
TOTALS	\$12,318.25	\$20,856.20

Memorial donations are a wonderful way to remember loved ones. These gifts are used to help people understand and apply God's truth. Consider giving today.

In Memory of	Given by
Jack Kitchens.....	M/M Dick Edwards M/M Tony Holmes
Jeanie Casteel.....	Orpha Callahan M/M Tim Breedlove
Carol Reagor.....	M/M Wayne Lance Peter Corgiat & Family M/M Lee Orr Mrs. Katie Borovac M/M Tim Breedlove Hope Staff & Trustees
Nell Floyd.....	Karen Evans M/M Tim Breedlove

It's Music Camp at Ridge Christian



Hope Center is blessed to have office space provided for us at Ridge Christian Church. So, when it is Music Camp time, we are blessed to hear young voices in the building all morning. This year the theme is "Faith in the Furnace." The story of Shadrach, Meshach, and Abednego and the fiery furnace.

If you remember the story in Daniel 3, King Nebuchadnezzar had built a golden statue of himself and ordered everyone to bow down and worship him. The king soon found out that these three men had refused to worship anyone other than the one true God. The king gave Shadrach, Meshach, & Abednego one more chance saying, "Who is the god who can rescue you from my power?"

They answered the King, "Your threat means nothing to us. If you throw us in the fire, the God we serve can rescue us from your roaring furnace and anything else you might cook up, O king. But even if he doesn't, it wouldn't make a bit of difference, O king. We still wouldn't serve your gods or worship the gold statue you set up."

King Nebuchadnezzar ordered the furnace to be heated seven times hotter. Their feet and hands were bound, and they were thrown into the fiery furnace by strong men who were quickly devoured by the fire.

But when the King looked into the flames he said, "I see four men, walking around freely in the fire, completely unharmed! And the fourth man looks like a son of the gods!"

The King ordered Shadrach, Meshach, & Abednego to come out. When they did, they were untouched by the fire, no scorched hair or clothing, not even the smell of smoke!

This account of real events is recorded in God's Word, the Bible. I have known this story since I was a child. I have heard it over and over throughout my 75 years. It is not a fairy tale. It is a true account of actual events where God miraculously saved three men completely committed to worshiping and serving Him and Him alone.

Their reply to the king should be our battle cry whenever we face danger because we serve the one true living God and His Son, Jesus. We do not need to defend ourselves. If we are faced with harm, the God we serve is able to deliver us. But even if he does not, we will NOT serve any other God!

I pray our faith will be as strong as Shadrach, Meshach, & Abednego's. Tell your children and your grandchildren about the faith of these men. Teach them to have the same faith. Make sure they know this true story from their Bibles! Deuteronomy 6:7

Mental Health & the Church: Called to Care



Front row: Nancy Adams, Sherry Hilliard, Mary Stagg, Karen Evans, Emily Massey; Middle row: Cyndi Rigney, Sylvia Aguilar, Becky Winstead, Carolyn Davis, Tim Breedlove
Back row: Jeff Falgien, Carol Mabon, Terri Lewis, Jane Casteel, Danny Bowles, Daniel Littman, David & Terri Long, Doyle Fry
Not pictured: Kathy Dennis, Cherrie Stunkard and Lois Breedlove

Last Saturday, these people took time from busy schedules to spend a day learning how to better meet the needs of hurting people as we took part in the Livestream of the Called to Care conference put on by Hope for the Heart Ministries.

Our Mission: Making disciples and helping people get closer to God by allowing the Holy Spirit to work IN and THROUGH us...connecting a life in crisis with a life in Christ. 2 Timothy 1:9

The “Church” is the answer. “There are no hopeless situations, only people who have become hopeless...A changed mind produces a changed heart, and a changed heart produces a changed life.” -June Hunt

We have a mental health crisis in America. Believers are called to walk along side hurting people, showing them that God never leaves them alone. There is always hope in Christ! Sometimes we are blinded by the hurts, grief, injustices, troubles of this world. God calls on each of us to guide the blind and to bear one another’s burdens.

Our young people are especially vulnerable. I’m going to share some of the information that we received during our day.

Teens who spend more than five Hours a day on social media were ...

- 2.5x more likely to express suicidal thoughts or harm themselves**
- 2.4x more likely to hold a negative view of their body**
- 40% more likely to report a lot of sadness**

From a 2023 study from Gallup and the Institute for Family Studies

We learned the top five goals of Gen Z (people born between 1997-2012). When thinking about your life, are any of the following - goals you have for yourself:

- Being happy – 65%
- Being financially stable – 53%
- Having a successful career – 49%
- Having good mental and emotional health – 49%
- Having good physical health – 48%

Having a close walk with their Lord is not on the list.

They are looking for love and acceptance in all the wrong places. They struggle with who they are.

This is what Gen Z is experiencing:

- 29% know someone who has changed their gender identity;
- 12% describe their own sexuality as something other than heterosexual;
- 39% regularly interact with people who are different from themselves.

They are looking inward for their identity and value. The church can show them how to look upward to their Creator and all He has planned for their lives.

One of the quotes I remember: “God’s goodness does not depend on our level of faith.”

God is faithful and He will work through any of us who are called by His name. We must be willing! We don’t need all the answers; we just point them to the ONE who does.

Our help can only begin with our own personal relationships with our God and His Son, Jesus.

“You are the only person who determines how well you know Jesus.”

Our counselors shared what they learned...

“...realizing who I am in Christ empowers me to pour into others from what he has blessed me with.”

“...different generations process information differently. The Gen Z generation is mostly feeling oriented. They tend to go to the internet for diagnosis. We need to teach them to use scripture for decision making. They have access to knowledge but lack access to wisdom.”

“... helping others is our responsibility but the responsibility for change is God’s...Fearfulness is not designed by God...The gospel came to you and me on the way to another...The shepherd knows where to find you.”

Let “The Church” – God’s called out ones – rise to service. Notice people who are hurting. Stop and interact with them. Pray with them. Meet them for coffee or lunch. Then tell them the truth of God’s Word. Be the hands, feet, mouth & ears of Jesus. Pay special attention to the younger generations. We do not want to lose them! Start praying right now for God to bring someone across your path that you can lead to Jesus! HE WILL DO IT! Be ready to act!

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Welcome to our new Office Assistant, Kayla Janes

Kayla and her husband, Alexander, live in Broken Arrow with their three daughters. They moved to Oklahoma a few years ago from Colorado. They attend the Broken Arrow campus of Ridge Christian. When you call Hope you will hear Kayla’s warm welcome on the phone. We are blessed she has joined us.