

Victory Temple

Christian Counseling to Encourage

Newsletter

Senior Pastor Elder Louis C Polk

A Publication of Victory Temple Church of God in Christ

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Bringing Hope Through Biblical Counseling Using The Word of God

This article will touch on the subject of depression and anxiety. The following scriptures will show you how to examine yourself to move forward.

“A merry heart doeth good *like* a medicine: but a broken spirit drieth the bones.”—Proverbs 17:22

“For there is a **shame that bringeth sin**; and there is a shame which is glory and grace.”—Ecclesiasticus 4:21

“Give not over thy mind to heaviness, and **afflict not thyself in thine own counsel**.”—Ecclesiasticus 30:21

“Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, and **shall not come into condemnation**; but is passed from death unto life.”—John 5:24

“There is therefore now **no condemnation to them** which are in Christ Jesus, who walk not after the flesh, but after the Spirit.”—Romans 8:1

“For godly sorrow worketh repentance to salvation not to be repented of: but the **sorrow of the world worketh death**.”—II Corinthians 7:10

“Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an **evil conscience**, and our bodies washed with pure water.”—Hebrews 10:22

“If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and **upbraideth not**; and it shall be given him.”—James 1:5



God requires counseling through His Word.

2 Timothy 3:16-17

All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work.

Proverbs 11:14

Where there is no guidance the people fall, But in abundance of counselors there is victory



Pastor Louis C. Polk & First Lady Tanza C. Polk



From the Pastor's Desk

Greetings

Our Vision Mission is to reach out and influence our congregants, the community, and the world by building a Christ-Centered, Bible-based Church.... Changing the mindset (state of mind/way of thinking) of men and women.

Our focus is to assimilate (integrate) all the people from various walks of life and denominational backgrounds that God brings to us. We want to position ourselves, with the help of the Lord God, to offer people something that they cannot get anywhere else. I am not speaking concerning other church congregations, but other outlets that offer false peace, hope, and assurance.

For us to create healthy and lasting discipleship growth, we will minister in five areas:

1. To grow **Warmer**...it is through **Fellowship** (Heb.10:24-25; Eph.5:30; Prov.27:17)
2. To grow **Stronger**...it is through **Worship** (Ps.29:1-2; John 4:23-24; Acts 17:28)
3. To Grow **Broader**...it is through **Ministry** (Eph. 4:11-13)
4. To grow **Deeper**...it is through **Discipleship** (1Peter 3:15; 2 Tim. 2:1-2)
5. To grow **Larger**....it is through **Evangelism/Outreach** (Matthew 28:19-20: Acts 1:8; Rom. 1:16)

I solicit your prayers that God will, through the Holy Spirit, challenge me to preach the positive, life-changing Gospel of Jesus Christ, because we are disciple of greater **Perspective**. We are not limited to the shallow perception that is presented by the enemy of our souls.

In His Grace

Pastor Louis C. Polk

Victory Temple “Counseling to Encourage” does not provide medical, mental illness, or psychological advice, diagnosis or any medical treatment. We are a biblical base program designed to provide encouragement through God's Word only.

The following are a few of my favorite scriptures that I pray will give you encouragement as you trust God for healing of the mind. As I study I am personally encouraged to trust God more and more. Take 15 minutes in the morning and in the evening along with your prayer time.

1. Life isn't about waiting for the storm to pass it's about learning how to dance in the rain.

~ Author Unknown

a. Take a moment with a nice cup of tea or coffee and study the following text: **What to do When Life Gets Stormy (Luke 8:22-25)**

b. “We do not have a high priest who cannot sympathize with our weaknesses, but one who has been tempted in all things as we are, yet without sin” ([Heb. 4:15](#))

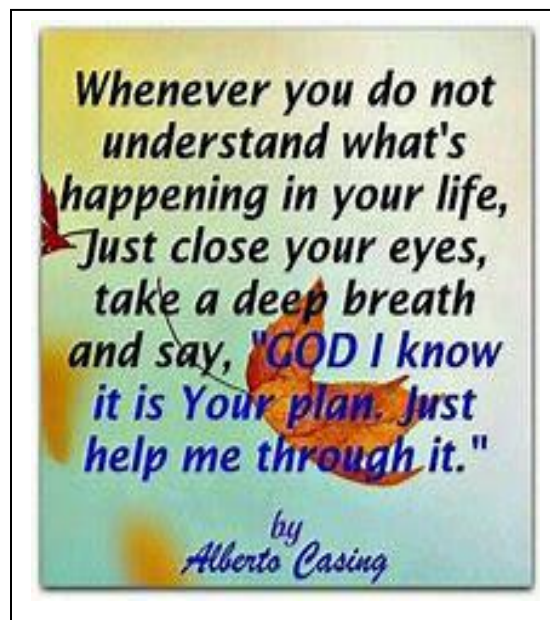
c. [Psalm 55:8](#) "I would hasten to my place of refuge from the stormy wind and tempest."

d. [Isaiah 25:4](#) For You have been a defense for the helpless, A defense for the needy in his distress, A refuge from the storm, a shade from the heat; For the breath of the ruthless Is like a rain storm against a wall.

e. [Exodus 15:26](#) There the LORD presented to them a statute and an ordinance, and there he tested them. He said, "If you will carefully obey the LORD your God, do what he sees to be right, listen to his commandments, and keep all his statutes; then I won't inflict on you all the diseases that I inflicted on the Egyptians, because I am the LORD your **healer**."

f. [Psalm 30:10](#) Hear, O LORD, and have mercy upon me: LORD, be thou my **helper**.

Please remember the faces below are not just the faces of adults but children also.



A Bible Study on Depression and Anxiety

According to the National Alliance for the Mentally Ill (www.nami.org), depression is a very serious and widespread disease. It states: "Major depression is a serious medical illness affecting 9.9 million American adults, or approximately 5 percent of the adult population in a given year...More than twice as many women (6.7 million) as men (3.2 million) suffer from major depressive disorders each year."

This is not talking about being depressed because your car broke down on your way to work or being anxious because you are up until midnight waiting for your daughter to come home from her first date. Serious depression results from a chemical imbalance in the brain that is often brought on by...you guessed it. Stress. And don't we live more stressful lives than ever before?

Two questions to consider:

1. How did we get this way?
2. How can we get beyond it?

The Bible doesn't necessarily describe how we got this way. But throughout the Bible, God acknowledges us as anxious, worrying, depressed people. In some cases, God allows things to happen that might cause anxiety or depression, but He expects us to remember His Word and all that it says as a remedy for fighting off these illnesses.

Proverbs 12:25 "An Anxious Heart Weighs A Man Down, But A Kind Word Cheers Him Up."

When you have simply had a bad day, or are in a bad mood, your heart can feel heavy within your chest. The Lord knows this. He sees all that we do and wants to assure us that we are loved and have no need to be anxious or depressed. He will often send a friend or family member at just the right time to cheer us up in these instances.

However, there are other times in which we will go through serious trials that can truly weigh us down. Building within us anxiety and depressive thoughts. We may lose a family member. We might be diagnosed with a serious disease. Divorce, moving, job losses (or gains), even marriage and having children can cause us to be more anxious and lead to resultant depressive actions.

Anxiety is simply our way of handling these potentially stressful situations when we have little or no control over what is going on around us.

The Lord reminds us that he is the one in control, and that we have nothing to fear or cause for worry:

Isaiah 43:1-4 "...Fear not, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not wash over nor sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the Lord, your God, the Holy One of Israel, your Savior; I give Egypt for your ransom, Cush and Seba in your stead. Since you are precious and honored in my sight, and because I love you, I will give men in exchange for you, and people in exchange for your life. Do not be afraid, for I am with you..."

God has redeemed us. He has called us and promises that He will be with us through all the different storms we endure. He promises to be our Lord, our God, and our Holy Savior. He gives all that He has to care for us.

More than that, God loves us. He will give people in exchange for our very lives. He acknowledges that we will face difficult times. We will face times when the waters seem to overtake us. We will walk through fiery situations. The Lord guarantees that we will face difficult and painful situations. But He loves us and will not leave us in the middle of the trials.

Philippians 4:5-7 "Let your gentleness be evident to all. The Lord is near. Do not be

anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

God tells us to not be anxious about anything. Why? Because "The Lord is near". God loves us. He tells us to come to Him with everything. We are to pray and petition God with all that weighs on our hearts. 1 Peter 5:7 says that we are to "Cast all our anxiety on Him, for He cares for (us)". All of our anxiety is to be "cast" upon God.

He cares. He loves. He listens. He protects. He guides. He destroys on our behalf. He gives peace. He guards. He loves Us.

He does all these things for us. In light of all of that, what right do we have to be anxious or depressed? Isn't it a matter of trust that we are so anxious that we can't see God in the middle of the raging river or the mightiest storm? Yet that is our shortsightedness, not God's. He told us we would face the trials--it is our job to trust that He will be there to carry us home.

If you have been diagnosed with a clinically depressive disorder, and are taking medication to treat depression or anxiety, do not discontinue medication. This Bible study is intended to help you see how much God loves you and does not want you to worry or be anxious. Consult your medical professional before discontinuing medication of any kind.



"Building sound families through the Word of God".



Signs of Depression

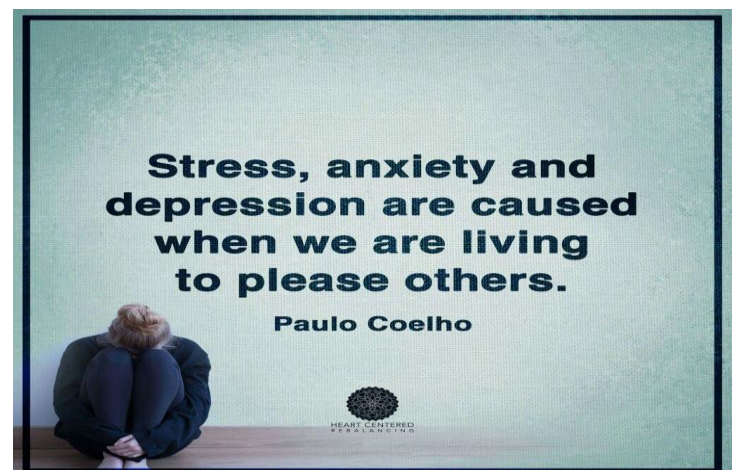
Please read the following list.
Put a check mark by each sign that sounds like you:

- ☐ I am sad most of the time.
- ☐ I don't enjoy doing things I've always enjoyed doing.
- ☐ I don't sleep well at night and am very restless.
- ☐ I am always tired. I find it hard to get out of bed.
- ☐ I don't feel like eating much.
- ☐ I feel like eating all the time.
- ☐ I have lost of aches and pains that don't go away.
- ☐ I have little to no sexual energy.
- ☐ I am mad at everybody and everything.
- ☐ I feel upset and fearful but can't figure out why.
- ☐ I don't feel like talking to people.
- ☐ I don't like myself very much. I feel bad most of the time.
- ☐ I think about death a lot. I even think about how I might kill myself.

If you checked several boxes, call your doctor. Take the list to show the doctor. Your doctor and you can discuss treatment options, including medication and /or counseling.

"Love yourself enough to follow God's plan."

One of my favorite quotes: "If you wish to know God, you must know his Word. If you wish to perceive His power, you must see how He works by his Word. If you wish to know His purpose before it comes to pass, you can only discover it by His Word." – Charles Spurgeon





Just a few people you may have heard of, that are suffering and have suffered with depression: The thing you must understand you're not by yourself many, many others suffer with this disorder. It is said globally, more than 300 million people of all ages suffer from depression. Over 15 million American adults, around 6.7 percent of the U.S. population who are age 18 and older, has suffer from depression and the number is raising each year. Depression has effected all walks of lives Christians and non-Christians alike. A list of just a few.

Edwin "Buzz" Aldrin, Astronaut. Depression.

Alexander the Great, Monarch. Depression.

Louie Anderson, Comedian, actor.

Depression.

Beatrice Arthur, Actress (The Golden Girls, Maude). Depression.

Roseanne Barr, Actress, writer, comedienne. Depression, Agoraphobia.

Mary Todd Lincoln Wife of Abraham Lincoln. Depression

Abraham Lincoln One-time US President.

Depression, nervous breakdown.

John Lennon Musician (The Beatles).

Depression.

Robert E. Lee U.S. General. Depression.

Ludwig van Beethoven Composer. Bipolar.

Napoleon Bonaparte Emperor of France.

Depression.

Job Biblical Leader. Depression.

Ozzy Osbourne Musician. Depression.

Marlon Brando Actor (The Godfather, Apocalypse Now). Depression

Jeremiah Biblical Leader, Depression

Barbara Bush Former First Lady. Depression.

Nicholas Cage Actor (Peggy Sue Got Married)

Anxiety Disorder.

Earl Campbell Football player. Panic disorder.

God Is Not Silent When We Suffer

2 Corinthians 4:16-18 (ESV):

So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

Another of my favorite verses states, and I pray it encourages your heart as you walk through some difficult moments in life, because God is there walking with you.

Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do and he will show you which path to take. – Proverbs 3:5-6 NLT

Note:_____

*I will no longer allow
the negative things in my life
to spoil all of the good things I have.
I choose to be happy.*

I choose peace.

I choose love.

I choose joy.

I choose God.

www.TodayIamBlessed.com

*“Now my head will be raised
above my enemies who surround me.
I will offer sacrifices with shouts of joy
in his tent. I will sing and make music
to praise the LORD.”*

Psalm 27:6 GOD'S WORD Translation



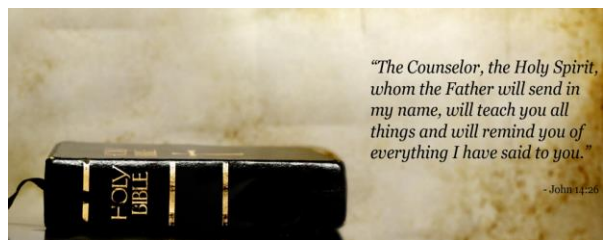
From the Team of: Victory Temple Counseling to Encourage

I want to take a moment to thank God for such a great opportunity to share with you through biblical counseling in the form of a newsletter. We truly thank our Pastor Elder Louis C Polk for such a vision. As we all face some trying times in our lives today wars and rumor wars, murder on our streets daily, COVID and many other viruses and the list grows daily. At Victory Temple Church of God in Christ we want to extend a word of encouragement through topics of helps to find relief as you study the Word of God.

Lead Biblical Christian Counselor Elder Carl E. Simpson Sr. M.A.Ed., M.C.C, D.C.C, CART, Board Certified Christian Counselor 100-10407, and the Victory Temple Counseling team that will encourage you through scripture the team serves under the direction of our Pastor Elder Louis C Polk and First Lady Tanza Polk. We encourage you to trust God in all that you do there you will find all peace and understanding. Philippians 4:7 ⁷ And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

God can. All we have, to do is trust Him. No! life isn't easy, by the sins of, one man we suffer but by the blood of one man (Jesus Christ) we have a way to go through. [Romans 5:3-5](#); 2 Corinthians 4:17, Joshua 1:9 Proverbs 3:5-6; 1 Peter 3:14, 1 Peter 4:1; Is. 43:2; 1 Peter 5:10; 2

Tim.3:12; Col. 1:24; Gal. 6:2; Heb. 2:10; Romans 8:28 Is. 12:2; IS. 26:3-4 Is. 44:10 Jeremiah 29:11 John 10:10; and John 14:1 are few study verses.



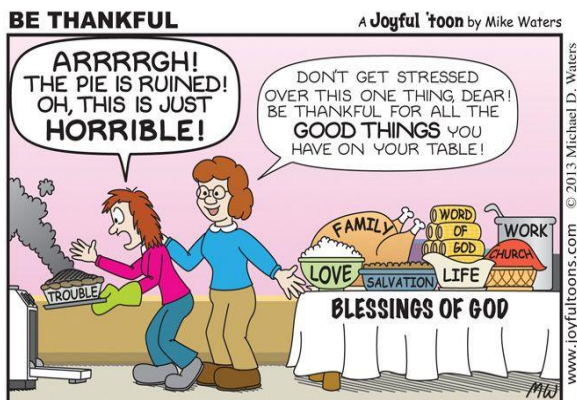
Study the Word of God daily



Enjoy building godly relationships



Learn to never water down the truth.



Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

- COLOSSIANS 3:15 NIV

Learn to be thankful

Personal Note:

I want to take the time to say thank you to former Pastor Emeritus and Superintendent Thompson and Mother Thompson who took the time, their heart, their labor and personal finances to start Victory Temple Church of

God in Christ. Now as they are passing the baton to their son-in-law Pastor Elder Louis C Polk and daughter First Lady Tanza Polk to encourage God's children to move forward no matter the issues we face in life. We are to function in love and kindness toward all regardless of the treatment that we may suffer. I also want to thank my present pastor and friend, Elder Louis C Polk it is with great privilege and prayers that we are moving forward with this program in the ministry of helps to encourage the hearts of others.

Special Thanks to you all.

Church Service Times:

Sunday School ----- 9:30am

Sunday Morning Worship --11:30am

Wednesday Night --- 6:00pm

Discipleship Class:

Every other Thursday night 6:30pm

Notes

