



To Whom Do You Turn Too?

They say the average person only needs one good counseling session.

(If there is a huge or big problem then this really doesn't make any sense.)

There are times in our lives when things can get overwhelming or worrisome.
(Illness, death, problems at work, in the family, or just the lack of a relationship.)

You can bottle up the words, feelings, or emotions and keep them all inside of you.
You can sit down and pay any psychiatrist money to listen and get some medicine.
You can say several prayers to our Savior and God will listen then send His Spirit.
Or He can find you a friend who will be there everyday to listen and comfort you.

Alcohol, drugs, sex, or just staying at home is not what God has planned for you.
Evil knows how to get us to do the things we'll regret later on today and tomorrow.

When you are at your lowest point, please go and find a friend you can trust in.

To whom do you turn too? God gave us each other to be with and support.

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