

GACCS

TEEN EDITION | MID-WINTER ISSUE

February 2016

MANAGING ANXIETY

God's warning, the body's reaction & solutions that work!

Fearless is the new pretty!

Worship leader Jennifer Harris encourages young boys and girls how you are fearfully and wonderfully made.

PLUS



An inspirational message from GACCS's Men on a Mission contributing how Discipline is the Key to Freedom.

Editor's Note

What a blessing it is to have made it through 2015. For the good times and bad, we are still blessed. If he had any trying times, it was only to make us stronger and wiser and the good time were moments of little miracle rays of sunshine.



This month, there are many holiday's and traditions celebrated from Black History Month activities, to Valentine's Day, Superbowl and even Lead Day this year, but before we can focus on any celebrations, we first have to make sure that we are whole ourselves in order to give our best selves in any given situation, if not you, maybe someone you know.

This issue we want your love to grow, love for you, your family, your community. So we have a few great articles and stories of encouragement that strikes a chord in everyone from encouraging yourself and reminding yourself who you are in Christ to recognizing triggers and how to seek God to overcome.

We strive to speak to the issues that you are facing today. If you would like to see a topic discussed or have any future topic ideas, please send them to ?????@gmail.com. Also, if you would like your headshot featured in an upcoming issue, send us an email with a digital picture attached (jpeg, png, bmp or gif), and include in your email your permission to use.

Be a blessing and pass this along or email us with contact information and we'll send your friends copies as well and feel free to send a donation to continue to support this publication if it's placed on your heart to GACCS 47448 Pontiac Trail, Ste 337, Wixom, MI 48393

MELVA ALLEN
Editor

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We are aware of the limitations of traditional treatment modalities and we view the Word of God as a necessary component for the resolution of personal problems. Part of our counseling process here at GACCS is using prayer as a channel to effect much needed change. We are committed to healing the "whole person" and helping you work towards lifestyle changes that will lead to continued recovery. Our services are based on the belief that regular Christian fellowship is vital for spiritual growth that will result in lasting outward change.

We heal emotional wounds with Biblical Counseling from GACCS in Farmington, Michigan. We are a 501C3 organization providing low-to-no-cost spiritual, psychological, and emotional Christian services to the Detroit Metro Area.

A hand is shown in silhouette, reaching upwards from the bottom left towards the top center. The background is a warm, golden-brown color with a subtle, textured pattern, possibly resembling a wall or a fabric. The lighting is soft and directional, creating a sense of depth and focus on the hand.

FEARLESS IS THE NEW PRETTY

By Jennifer Harris

What is worship? Is it the songs we sing on Sunday morning? Is it how we respond to our teachers, or how we respond to our peers? Worship isn't something we do on Sundays in church service or Sunday school. It is our lifestyle. It is who we are. It's hard to worship Gods fully (with everything) if we don't know who we are and who's we are.

How do you think God views you? When you do something right, how do you think He views you now? Do you think His view changes when you do something wrong?

You are little princess's and prince's in the kingdom. You all have different characteristics, gifts, and talents but all are made in the image and likeness of God. The more you tell yourself how God sees you the more you become like him. He imagined us, and we came into being. Because we are made in His image, our imaginations can create too. The way you imagine yourself in your mind greatly affects what you grow into. You are fearfully and wonderfully made.

The more you imagine yourself as He sees you, the more you will step into greatness. "You become what you think the most important person in your life thinks you are." If God is the most important person in your life, you will become what you think God thinks of you.

The name God gives us is very significant. Ask your parents what your name means? If there isn't any biblical meaning let God determine and shape what it means. Although, some names may not be in the bible, that doesn't remove the value God has placed on you. You are still a child of God, He calls you his own. Let no one tell you differently. Be fearless and enjoy who God has created you to be.

When we know who we are in Christ it helps us make decisions regarding who we hang out with and who we connect ourselves to.

Prayer: Lord, I thank you for creating me in your image. Thank you for allowing me to be the person you've created, fearfully and wonderfully made. Help me to be acceptable of myself as well as others. Let me not talk about people but build them up as you are building me up.....in Jesus name Amen

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Life Skills for Success towards Anger Management

1

Self-Discipline = the ability of the individual to adhere to actions, thoughts, and behaviors that result in personal improvement instead of instant gratification.

2

Social Skills = Learning how to share and use words that

3

4

5

6



MANAGING ANXIETY

God's Warning, the Body's Reaction and Solutions That Work

BY BEATRICE SMITH

Anxiety is that natural normal care that gets out of balance. When our caring gets out of balance, it gets us out of balance as it creates tension and stress. Anxiety has been a long standing problem and affects all of us at one time or another.

Teenage years can be hard enough without the constant pestering of anxious thoughts. Anxiety can impact your ability to build healthy friendships, participate in class and try new activities. Children, Teens and Adults all struggle with anxiety, but there is the ability to know what to do when it appears and to send it on its way and manage it every time it appears.

Not everyone has the same signs of anxiety, but there are ways to take a look at how much anxiety is affecting you, and whether it may be a problem. God was well aware that we would have times of anxiousness and it is for that reason that he had Paul to talk about it openly!

Anxiety can affect our physical health and can lead to sweating, heart pounding, nausea, racing thoughts, poor sleep, stomachaches, headaches, scary thoughts, just to name a few. When you have anxiety, your body prepares for "fight or flight."

This means that your body believes there is something to fear, and releases adrenalin (causing you to feel jumpy causing your heart to work harder to pump blood) and stress hormones into your bloodstream. It also directs blood flow from your digestive system (because you probably won't feel hungry) to your arms and legs (to allow you to run).

Often our fearful thoughts trigger this response when it is not needed. This is why anxiety symptoms can feel exactly like how you would feel if someone broke into your home, or attacked you in an alley.



We have a requirement that we must exercise if we are going to experience peace – we must take action and do something about this feeling. The worse thing to do is to do nothing!

We are to bring our cares to God – How you say? Before you put this article down – take a minute and let's analyze what is being said in Philippians 4:6-7: Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

* Prayer is not referring to a few statements you make to God that you do not mean, but it means worship and expressing our devotion to God as the center of your attention. Prayer in this sense refers to thinking about God; all His love for you, all He is and all He is capable of doing. That is you are actually worshipping God – your mind, heart and soul are focused on Him. Don't start off focusing on your problem. Focus on God for starters. Let His abilities feel your mind.

* Supplication is your cry expressing your need and total dependence on God in the light of all He is capable of doing for us. We need to go to God as our first choice. Be specific and share your true feelings, if you are scared – say it! If you have absolutely no idea about what this feeling is about – say it. Just clearly say, I know I shouldn't be worrying about this, but I am. Don't bother trying to play with God and being fake; He already knows. Just be honest in your coming to Him.

* Thanksgiving is our next line of action. Thanksgiving?#! – in the midst of all that is happening in my life you say? Note what you are thanking Him about considering you know who He is in your life:

o Are we to give thanks for sin, anxiety and temptation? We are giving thanks that God is taking what is going on with us as a tool to instruct us and to build us.

o We are thanking God for his deliverance, his instruction, people that he is providing and will provide that

* Peace is what He provides in the midst of this we come honestly before Him. Not that the situation has changed, but peace in knowing that He is there for us, with us and has a plan through this for us. Peace will guard your heart – that means that peace stands as a signal before your emotions to warn you and

remind you that you don't have to accept fear, that false sense of guilt, bitterness and resentment, doubt, stress, and on and on. Just because someone sends you a letter, you do not have to open it and if you open it, you do not have to accept it as your own. We all must train ourselves to flip the switch to understand what Christ has done for us and allow it to rise within in us refusing to accept that anxiety is something we must remain in.

STEPS TO START THE HEALING PROCESS

You may realize that you are struggling with anxiety and need to learn how to manage it with professional help. All is well, God provides all we need; even someone to assist us through this journey with a professional who loves God as you do. If you are in need of professional assistance, contact GACCS or any other Christian Services available to you.

In addition to professional help, such as seeing a licensed therapist, you can also take action yourself. If you notice you are struggling with anxiety, think about ways to begin healing yourself.

For example:

- o Take the steps above regarding worship, crying out to God, and thanksgiving
- o Keep a journal. Write out your thoughts and feelings.
- o Call a supportive trusted adult/friend when anxious.
- o Become involved in Bible Study
- o Go for a walk. Spend time in nature.
- o Get regular exercise and eat healthy.
- o Do not take drugs or drink alcohol.

*Based on the following materials:

Beacon Health Options – Anxiety and Health Problems; How Do I Know If I Am Too Anxious;

Charles Stanley: The Pathway to Peace

What Is An Anxiety Disorder and How Can Christian Counseling Help?

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