

Life Insights with Dr. Tim Clinton...

{ *on relationships* }

God created people to be in relationship with Him and in relationships with one another. Friendships among believers are precious, for they have the bond of Christ and of eternity. We should both find good friends and be good friends. "This is My commandment, that you love one another as I have loved you. Greater love has no one than this, than to lay down one's life for his friends."

{ *on forgiveness* }

Often, we don't forgive because we don't understand what forgiveness is. It's hard to let the person off the hook; but, you need to understand that forgiveness lets you off the hook and refuses to allow the perpetrator any more power in your life. Forgiveness sets you free to go on with life. Using scripture, learn that forgiveness is not about the offender or the offense—it's about you being free from the need to retaliate. Don't minimize that you have been wronged. Grieve the offense and the losses that have resulted from it.

{ *on loneliness* }

You must go out of your way to include others in your life. This can seem uncomfortable or awkward but it is necessary. You cannot sit and home and feel sorry for yourself or feel that others should come to you. The church is a great way to get involved with other people. It is a place that offers you the opportunity to minister to others as well as be ministered to. Ask your church how you might get involved.

{ *on anger* }

Being angry is not sinning. However, anger needs to be expressed and dealt with in constructive ways. It is important to deal with the anger, if nothing is done about anger, one may find himself or herself with a variety of personal and interpersonal problems. Those who repress their anger often are depressed, anxious, hostile, or have other psychological and biological problems. Those who express their anger in unhelpful ways will devastate their relationships with others. Anger leads to resentment (resentment is anger with a history), which then turns to bitterness or hostility.

MORE OPPORTUNITIES TO SEE DR. TIM CLINTON:

- Tuesday (10/23) and Thursday (10/25) Chapel
- Christian Counseling in Today's World - Wednesday (10/24) at 4:30 pm in ADR
- Stone's Throw Meeting Wednesday (10/24) at 9:15 in ADR