

## Yesterday's Hurts....Today's Emotions

I have met people who feel that life has not treated them fairly. Be it parents or a boss, a fellow employee or a pastor. They come laden with false information and ideas.

Now, because of this baggage they are unable to be a wife or a husband who can live without fear, guilt and shame.

**Their emotions are badly damaged...** and the prevailing question becomes, *Can God fix this?* The answer is **"YES"** most assuredly He can. God can do ALL things! It is the work of the... "Spirit who helps our infirmities," I believe however that you and I have a real vital part in this "healing process." Here are some general biblical principals that will help to bring healing to damaged emotions:



1.) Face Your Problem Head On.

Acknowledge it to yourself and another human being. "Confess your faults one to another, and pray for one to another, that you may be healed." James 5:16.

2.) Accept Your Responsibility In the Matter.

Even though you were a victim what was your response? Did you learn to resent or hate, or escape into some fantasy?

3.) Ask Yourself If You Want To Be Healed

Do you really want to be healed, or just talk about your problem?

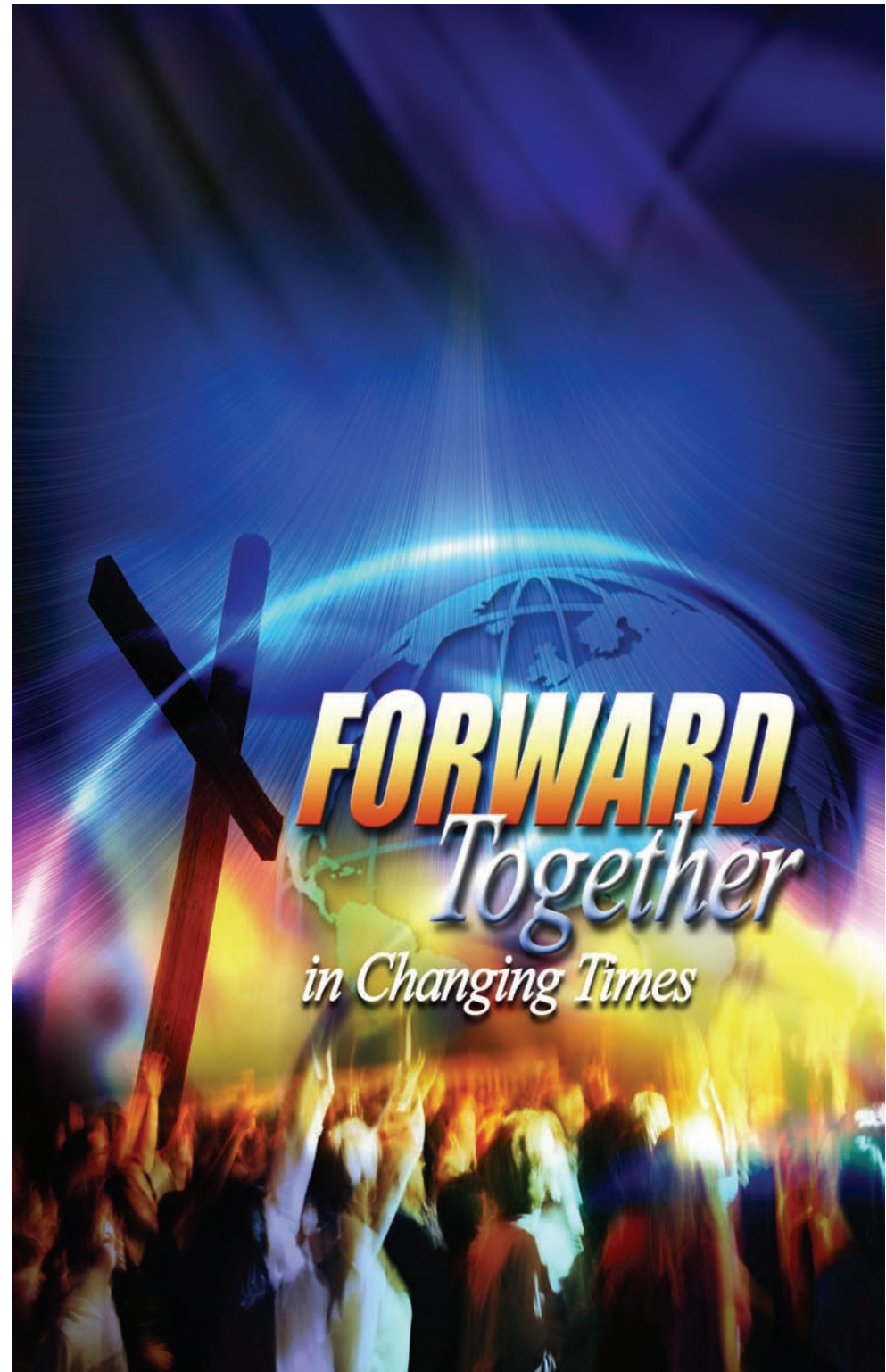
4.) Forgive Everyone Who Is/Was Involved In Your Problem.

5.) Forgive Yourself

6.) Ask The Holy Spirit To Show You How You Need To Pray.

If we yield to the gentle pressure of His leading I dare to believe that healing will be the ultimate result.

~ Pastor Kuschel



# Welcome Home to Westwood Hills!

## Today is January 4, 2009.

### We are located at:

1520 NW 34<sup>th</sup> Street Gainesville, Fl. 32605

Office: (352) 378-5190 Fax: (352) 371-6782

Or visit us on the Web at: [www.westwoodhillsministries.org](http://www.westwoodhillsministries.org)

Prayer Requests and Praise Testimonies may be sent by phone, in person,

Or e-mailed to: [prayerrequests@westwoodhillsministries.org](mailto:prayerrequests@westwoodhillsministries.org)

Pastor's Blog Page: <http://ebobkuschel.wordpress.com>

## Welcome to the Westwood Hills Church of God!

God is moving in our Church and changing lives through the power of the Word and the Holy Spirit and my desire is for you to experience it for yourself. At Westwood Hills, you can always count on being loved and having the opportunity to worship and praise the Lord, because at Westwood Hills, it's always ALL ABOUT HIM!

E . Bob Kuschel, Ph.D.

Senior Pastor

Benevolence Contributions .....	15.00
Missions Williams.....	10.00
Children's Ministry.....	3.00
Life Builders.....	20.00
Debt Reduction.....	30.00
Youth Ranch.....	10.00
Guatemala 2009 .....	6.00
Missions Fund .....	27.00
General Fund.....	270.01
Tithes .....	1643.00
<b>Total.....</b>	<b>2034.01</b>

*12 families brought their tithes to  
Westwood Hills last week.*

## Church "Matters"

### Today, January 4, 2009

10:00 am - Baby Dedication Service

6:00 pm - Church Prayer Service

### Wednesday, January 7, 2009

Discipleship Service in the church sanctuary. This class is intended to help us in our journey and to assist us in our efforts to win the lost.



SING UNTO HIM A NEW SONG;  
play skillfully with a loud  
NOISE.

PSALM 33:3

### Please Keep In Prayer:

Pastor Kuschel & Family

Gloria Broglia

Aaron Haygood (U.S. Army)

Eddie Johnson (cancer)

Juanita Fillyaw

Shirley Moore

Lindsay Carnes

Jim Windham

Nathan Wachob

Sgt. Michael Mincey (U.S.A.F)

Louis Osteen



### Happy Birthday

Kenya Reid 1/5

Mike Lee 1/8

Kyle McCreath 1/13

Eula Baker 1/18