

Sound Christian Counseling, Inc.

**Sound
Counsel**

Diagnosing a Heart Condition.

In our physical body, the heart is the source of life. If it is not functioning properly, our quality of life is adversely affected and without intervention by a medical professional, we could die. The heart of the spirit man is the soul. When it is inhabited by bitterness, hardness of heart and denial, it effects not only our emotional health and relationships, but it can result in physical illness. Hebrews 12:15 says “ See to it that no one falls short of the grace of God and that no root of bitterness springs up causing trouble and by it, defiling many”.

**Thank you for
keeping us in
mind.**

**For an
Appointment:
(206)
762-3007**

What is the condition of your heart?

Hardness of Heart-Are you resistant to correction and unwilling to change or accept constructive criticism? Do you lack compassion for others or feel that people get what they deserve?

Bitterness- Do you find yourself dwelling on negative thoughts about yourself and others . Do you rehash the same old hurts again and again?

Denial- Are you in denial about the seriousness of your situation? Do you find yourself choosing not to deal with things because its easier?

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10825 East Marginal Way S.

Tukwila, WA 98168

Office Phone: 206-762-3007

(Continued from page 1)

Our soul is the storehouse for our emotions and the place where we lodge our hurts and disappointments. Those feelings left to fester, can manifest themselves in the above “heart conditions”. If you answered yes to one or more of the above questions, seek out a trusted friend, pastor or counselor who can pray with you to discern the “root” hurt causing the problem. Next apply the cleansing blood of Jesus and the power of forgiveness to restore your heart to health. God Bless,

Veronica Rasmussen MSW LICSW