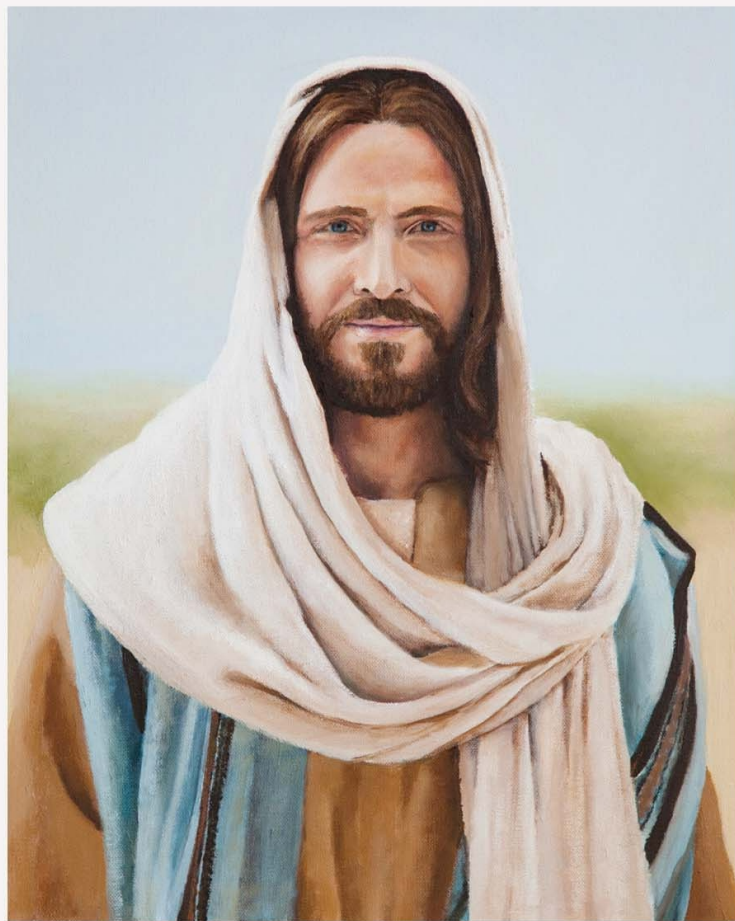


WONDERFUL COUNSELOR



A GOD WHO WILL HELP US
THROUGH OUR DARKEST TIMES

DREW YOUNG

Best-selling author of *The Meaning of Your Mission*,
and *Stand Guard at the Door of Your Mind*

© 2023 Author Drew Young
Cover Image *Kind and Loving Savior* © 2023 Sarah Hatch
All rights reserved.

No part of this book may be reproduced in any form whatsoever, whether by graphic, visual, electronic, film, microfilm, tape recording, or any other means, without prior written permission of the publisher, except in the case of brief passages embodied in critical reviews and articles.

This is not an official publication of The Church of Jesus Christ of Latter-day Saints. The opinions and views expressed herein belong solely to the author and do not necessarily represent the opinions or views of Cedar Fort, Inc. Permission for the use of sources, graphics, and photos is also solely the responsibility of the author.

Paperback ISBN 13: 978-1-4621-4501-0
Ebook ISBN: 978-1-4621-4651-2

Published by CFI, an imprint of Cedar Fort, Inc.
2373 W. 700 S., Suite 100, Springville, UT 84663
Distributed by Cedar Fort, Inc., www.cedarfort.com

Library of Congress Registration Number: 2023942339

Cover design by Shawnda Craig
Cover design © 2023 Cedar Fort, Inc.
Edited and typeset by Valene Wood

Printed in the United States of America

10 9 8 7 6 5 4 3 2 1

Printed on acid-free paper

Contents

[Introduction](#)

[Chapter 1: Why We All Need a Counselor](#)

[Chapter 2: Jesus Counsels Those with Anxiety about the Future](#)

[Chapter 3: Jesus Counsels Those Who Are Overwhelmed](#)

[Chapter 4: Jesus Counsels Those Who Have a Hard Time Trusting](#)

[Chapter 5: Jesus Counsels Those Who Are Discouraged](#)

[Chapter 6: Jesus Counsels Those Who Have a Hard Time Letting Go of Control](#)

[Chapter 7: Jesus Counsels Those Who Are Lonely](#)

[Chapter 8: Jesus Counsels Those Who Have a Hard Time Forgiving](#)

[Chapter 9: Jesus Counsels Those Who Are Impatient](#)

[Chapter 10: Jesus Counsels Those Who Are Proud](#)

[Chapter 11: Jesus Counsels Those Who Struggle with Self-Esteem](#)

[Chapter 12: Jesus Counsels Those Who Feel Isolated](#)

[Chapter 13: Jesus Counsels Those Who Don't Know Their Life's Purpose](#)

[Chapter 14: Jesus Counsels Those Who Feel Crushed](#)

[Chapter 15: Jesus Counsels Those Who Are Tempted](#)

[Chapter 16: Jesus Counsels Those Who Feel It's Too Late](#)

[Chapter 17: Jesus Counsels Those Who Need to Repent](#)

[Chapter 18: Jesus Counsels Those Who Desire Peace](#)

[Chapter 19: Jesus Counsels Those Who Need a Miracle](#)

[Chapter 20: Jesus Counsels Those Who Feel Like Failures](#)

[Chapter 21: Who Shall Separate Us from the Love of Christ?](#)

[Bible Translation Guide](#)

[About the Author](#)

Chapter 1

Why We All Need a Counselor

For those of you who are friends with me on Facebook, or follow me on Instagram, you are aware that I post personal stories, quotes, and pictures that are vulnerable. I do this because I believe there is a lot of “fluff” out there on social media with people only sharing flawless content, whether that be an ideal vacation to southern Italy, a sculpted body at the gym, or the fifth perfect keto dinner they’ve made for themselves and their six kids this week. Though definitely fun, and no doubt well-deserved, for the vast majority of us who are simply trying to survive the day-to-day grind of life, these posts can leave us with a feeling of, “Gosh, I wish my life were like that. I don’t go to the gym, have enough money to take vacations, or feed my kids perfect dinners (if we even gather around the table for dinner at all). I’ll never be good enough.”

Amongst pictures of my family, or announcements of a new book I’m working on or have just come out with, I make it a goal to post content that people can relate with on a personal level in the hopes of inspiring those around me and helping them believe that they’re not alone as they face their own personal life battles. Because if one thing is a constant in life, that all human beings have in common, it’s this—we all struggle, and we are all looking for someone to empathize with our pain.

One day I posted a caption that read, “Today, I’m going to counseling. It’s been a rough few weeks, to be honest. Anxiety has been high, I’ve had a few serious breakdowns/panic attacks, and I may need a change in my medication soon. There’s a lot of uncertainty about the future. But you know what? I’m going to counseling! I’m going to talk, to learn, and to heal. Needing counseling isn’t a personal failure. Seeing a counselor isn’t a sign of weakness. Considering counseling doesn’t mean you’re crazy. If you’re struggling, reach up, reach out, and get the help you *deserve*—for we all deserve to feel heard, loved, and understood.”

I received many positive comments from friends and strangers that read,

“Shout it from the rooftops!”

“It’s a great reminder we can all do hard things!”

“You’re brave. You’re enough and you matter.”

“Thank you, just thank you.”

But, about two hours after I posted, there was a lady who sent me a private message. I noticed that we had been Facebook friends for a few months, so it must have been clear to her where I stood on counseling, mental health, and their legitimacy and fragility having read personal stories

of my own life journey involving being bullied, going through anxiety and depression, experiencing suicide ideation, and the like. She said,

*Why do you allow yourself to believe counseling will help you through your darkest times?
Shrinks are for crazy people.*

The question both horrified me and made me chuckle at the same time.

I couldn't fathom the possibility of someone in 2022 still having the paradigm of "counseling is for crazy people who simply *think themselves* into soul-tormenting experiences."

WHAT IS COUNSELING?

Counseling, like therapy, allows people to speak out what is in their mind without having a feeling of being judged or commented on. It also provides a way to self-discovery, self-acceptance, and brings mental peace. Counseling can lead you to a path where you can express what you feel and bring about clarification and validation in your life.

BENEFITS OF COUNSELING

1. Leads to Self-discovery

One of the main advantages of individual counseling is that counseling helps you in self-discovery. Knowing yourself is one of the hardest and most important things to attain to lead a peaceful and successful life.

2. Develop Confidence, Hope, and Encouragement

Another important counseling benefit is the development of confidence, hope, encouragement, and motivation. Motivation and hope will give you the strength to encounter problems in life and take a step further in achieving the goal. Confidence will make your character strong and charms your personality.

3. Helps in The Management of Emotions

Expressing emotions and feelings can be very difficult to handle and manage. There are times when you may have confused feelings. Talking to a counselor can help you in managing your emotions.

4. Contribute to Self-acceptance

You may encounter situations when you may feel worthless and undeserving. This is where counseling will help you in realizing your worth and help you take steps toward self-acceptance.

5. Give Your Point of View a Direction

Another advantage of individual counseling is that it will give your point of view a direction. It presents before you the different aspects of a situation, analyze it, and think of it accurately.

6. Provides Mental Peace

Mental peace is something that everyone wishes to claim these days. We think of making our lives peaceful, but it can't truly be a life of peace until you have mental peace. Counseling can help clear out unnecessary stuff from your mind and help you to relax.

7. Improve Your Skill

Counseling can also help you with improving your abilities. Skills like decision-making, communication, time management, and problem-solving are all needed at various times throughout life, and who better to help you master those than a counselor.

8. Helps in Improving Lifestyle

With advancements in everything from technology to food to education, our lifestyle has also changed a lot. With lifestyle change, a lot of other changes are brought as well. Consulting a counselor gives you the power to resolve positively many changes in your life.

9. Give Insight to Problems

Another benefit of counseling is that it provides you with insight into problems. It helps you understand others' points and think over them. Many times, we are unable to think of both aspects of problems and thus unable to tackle them. A counselor helps you see the other side of problems and helps you handle them.

10. Contributing to Overcoming Addictions

Addiction to drugs, alcohol, or pornography is very harmful, and coming over from it is also not easy at all. Counseling can aid you in turning from negative habits and addictions towards more effective solutions to life's challenges.

11. Eradicate Negative Emotions

Another benefit of counseling is that it wipes out all the negativity within you and gives you the strength to fight the problem. It helps you have a positive approach to life and see things from a very different perspective.³

Remember, dark times in life are no respecter of persons. Simply put, anyone can find themselves struggling with them at any point in their lives—regardless of how they've behaved in the past. An event, experience, circumstance, or relationship can cause such trauma to the brain that it changes an individual's future forever.

They can happen to any of us at any time. So please, let's be kind. Let's lend a listening ear. Let's treat everyone with love and respect. Let's get rid of the biases and stigmas surrounding counseling, therapy, or any circumstance that would place an individual therein. Seeking out a counselor or going to counseling does not equate to being weak in any facet; in fact, I would argue that those who exude the most strength, willingly accept their need for a little extra help.

Now that we've covered the *why* behind needing a counselor, we are going to get into the nitty-gritty of *how* our Wonderful Counselor will help us individually and specifically to cope with and eventually overcome each and every one of our dark days, whether they last weeks, months, or years. We are going to do that by taking an in-depth look into scriptures, stories, and experiences shared by those who dealt with these difficult moments personally. Let's get started!

-
3. Miller, Kelly, "27 Scientifically Proven Benefits of Counseling," *Positive Psychology.com*, 14 Jan. 2020, <https://positivepsychology.com/benefits-of-counseling/>.

You've Just Finished your Free Sample

Enjoyed the preview?

Buy: <http://www.ebooks2go.com>