

LIFE ABUNDANTLY NEWS & PRAYER LETTER

Certified Academic Institute and Training Center

International Representative, Dr. Rickey A. Nation, Ph.D.

Sponsoring Churches:

- Boswell Chapel
- Mt Calvary Baptist Church
- Trinity Baptist Knoxville
- First Baptist Kingston
- Riverside Baptist Church

Dear Praying Family:

The Spirit of God continues to move and change lives. John 14:1 states “Let not your heart be troubled: ye believe in God, believe also in me.” “Troubled hearts” are around us everywhere. However, God states not to “let...” our hearts be troubled. Easier said than done! Right? We are about helping each person’s troubled heart. Jesus cares deeply about all troubled hearts, including yours. The Lord further states in verse 27 “Peace I leave with you, my peace I give unto you. Let not your heart be troubled, neither let it be afraid.”

Dr. and Mrs. Nation went to Augusta, GA on March 7-10, 2012 to help lay the proper foundation for a new counseling ministry. Dr. Joyner, pastor of Broadway Baptist Church is beginning Mt. Olivet Biblical Counseling Center. It is the first of its kind in the Augusta area. Praise God!

On our first day of arrival (Wednesday, March 7), Dr. Joyner and Dr. Nation and Mrs. Nation met to discuss the direction and focus of Mt. Olivet Biblical Counseling Center as given by God. There was much discussion in that meeting and discerning of God’s will.

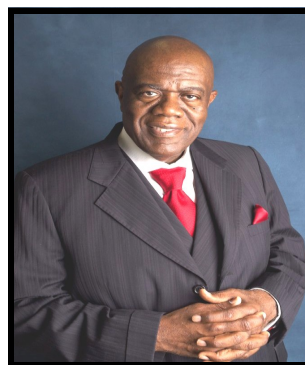
On Thursday, March 8, 2012, Mrs. Nation met with 11 ladies to discuss forms and the importance of those forms in a counseling ministry. Dr. Nation met with Dr. Joyner for prayer and devotion and to lay the proper foundation for Mt. Olivet Biblical Counseling Center.

On Friday, March 9, 2012, Mrs. Nation taught four ladies in proper office procedures, while Dr. Nation trained several counselors. On the final day, Saturday, March 10, 2012, Dr. Nation taught counselors on “How to Find God in the Counseling Session” while Mrs. Nation counseled a young lady.

We continue to hear good reports of fruit, for the Lord, from that meeting. Please continue to pray for Abundant Life and Dr. Joyner and Mt. Olivet Biblical Counseling Center.



Sincerely,
Dr. & Mrs. Nation



Dr. Joyner
Mt. Olivet Biblical
Counseling Center

ALCCS Certified Academic Institute



Reaching the World with the Gospel through the Ministry of Counseling

Pictured below is Dr. Nation with Dr. and Mrs. Travis.

Rev. Dr. Brett Travis is a retired US Army Chaplain, Lieutenant Colonel who spent over twenty years on active duty serving in many assignments overseas. He is a clinical pastoral member of the National Christian Counselors Association (NCCA) and Sarasota Academy of Christian Counselors (SACC) and is



getting more training at Abundant Life Christian Counseling Services. He is married to Pamela K. Travis and she is also a skilled counselor in her own right. She is completing her Masters in Counseling through the National Christian Counselors Association and will be aiding Dr. Travis in his ministry of counseling. We feel that the

NCCA has provided for us a ministry that extends beyond the doors of the local church. Many people have come in support of their problems seeking spiritual help by way of Creation Therapy. We both left secular counseling two years ago to pursue Christian Counseling because it has proven to change lives from where they are at, to where God wants

them to be. People no longer leave with diagnoses or a psychological label and drug therapy, but rather freedom from their issues of bondage to sin understanding how to live responsively and take control of their lives.

PRAISES AND PRAYER REQUESTS

Dr. Nation: I am praising God for being Elshim. This name of God means Creator, Gen. 1:1. Since God is our Creator, He alone can meet our deepest needs. I am praying and seeking to go deeper with God. Please pray for more healing and strength as I grow deeper with God.

Mrs. Nation: I praise God for being a Father who encourages us and lifts us up. Joshua 1:8-9. I request prayer for our son SGT Rickey A. Nation, Jr. serving in the Tennessee National Guard deployed to Afghanistan. For myself that I work worthy of the calling God has placed on my life.

Ms. Allen: I would like to thank God for answered prayers throughout my life. I tend to take for granted the grace God shows me, and I would like to praise His name for all that He has done for me in my life and the lives of people around me. God is so good!

Mrs. Small: I praise God for being alive! "Because He lives I can face tomorrow; Because He lives all fear is gone; Because I know who holds the future. And life is worth the living just because He Lives". I have been asked to speak at a women's event in April and I pray for God to use me as His spokesperson and encourage ladies in their faith.

January-March Quarterly Review

1. 58% of all Counseling was given at the lowest sliding scale, below sliding scale, or free this quarter.

2. 120 student hours were given free to training and equipping Christian counselors in January to March.

3. God is working through Abundant Life to reach lost people all over Tennessee and the surrounding areas. If you would like to get involved, please call the office at 865-435-5706

4. We have sold many courses this quarter, and hope to continue that! Abundant Life has sent courses to Texas and South Carolina last month alone! Praise God!



A Key Ingredient in Overcoming Fear

Fear is an emotion that entered humanity as Adam and Eve disobeyed God in the Garden of Eden, Gen. 3:10. Since that time, fear has been a persistent emotion that must be dealt with and defeated; But how?

While struggling with 16 years of depression, fear was an unwanted, but persistent companion.

I woke up in fear and experienced intense fear most of the day. However, I discovered one Key Ingredient that always works in conquering fear that will help you, also.

According to a survey entitled "Life and Fears Survey" found at survelum.com, 70% of respondents stated that freedom is the absence of fear. The Bible states in John 8:32 "And ye shall know the truth, and the truth shall make you free." Therefore, most people believe, and God's Word teaches, there is freedom from fear.

Fear is the only emotion mentioned in the Bible that contains torment, 1 John 4:18. Stated differently, a person with on-going fear has much torment. While depressed, my life contained much torment. As fear strikes the heart, its sting can be felt all the way to the center of one's being. The torment of fear touches all five senses and cripples the faith and belief system of the one struggling.



I have witnessed people lose contact with life, reality, relationships, etc. as fear dominated their thinking. Fear is a curse placed upon humanity that must be dealt with and overcome.

In this same survey, respondents were asked what they would do if they had no fear. The following are some of the answers:

"I would be very-very happy."

"If I had no fear, then my soul will experience a profound sense of liberation and will feel happiness."

"I'd probably do something stupid and dangerous."

"I would receive greater peace of mind."

This last answer is very correct. Peace-of-mind is available to everyone whom conquers fear. How do we conquer fear? There is only one way. It is found in "love."

First John 4:18 gives God's Key Ingredient to overcoming fear, it states "There is no fear in love, but perfect love casteth out fear."

The Key is God's love, believed and experienced in heart that removes all fear. The following steps are encouraged to begin to overcome fear:

1. Confront your fear by doing what you fear most. If you are afraid of public speaking, give a speech.
2. Look up verses in God's word on love asking and believing God to help you overcome fear through love.
3. Talk to a Bible-based, Christian Counselor if the fear is disrupting your life.
4. Read "Freedom From Fear" by Neil Anderson.

Friends, fear can be removed through God's power. As I have conquered fear so can you.



Abundant Life Christian Counseling Services & Training Center

520 W. Tri-County Blvd
Oliver Springs, TN 37840

Phone: 865-435-5706

Fax: 865-435-4796

Email: abundantlife3@comast.net

WEBSITES:

Abundantlife4me.org

Beginmycounselingministrynow.org

Helping you live life the way God intends—
ABUNDANTLY

Strike Out Heartache, Spare Yourself– Bowling Fundraiser

The Bowling Fundraiser is this month! We have some great prizes donated to us by Dollywood, Wonder Works, Ripley's Aquarium, The Titanic Museum, and so much more! We would love it if you could join us, and help us to raise our goal of \$10,000 for the ministry's expenses this year. The event will be held at the Oak Ridge Bowling Alley on April 21st, from 10am-12pm. All proceeds go to help the counseling center give free and reduced counseling to people. Bring yourself and some friends! The Youth Group that raises the most money, the Youth Pastor will receive the grand prize! For more information please call the office at 865-435-5706. Hope to see you there!

