

A close-up photograph of a hand, likely a woman's, with a white bandage wrapped around the thumb. The hand is positioned palm-up, with fingers slightly spread. The background is a soft, warm, golden light, possibly from a sunset or sunrise, creating a gentle and comforting atmosphere. The lighting highlights the texture of the skin and the fabric of the bandage.

Christ's Care
For Those
Stressed Out

There was a man all alone; he had neither son nor brother. There was no end to his toil, yet his eyes were not content with his wealth. “For whom am I toiling,” he asked, “and why am I depriving myself of enjoyment?” This too is meaningless— a miserable business! Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

Ecclesiastes 4:7-12

Adult Attachment and Marriage Counseling

Attachment theory understands a person's well-being to be significantly influenced by secure, bonded relationships throughout one's lifetime.

Secure attachment relationship:

Proximity Seeking

Safe Place

Secure Base

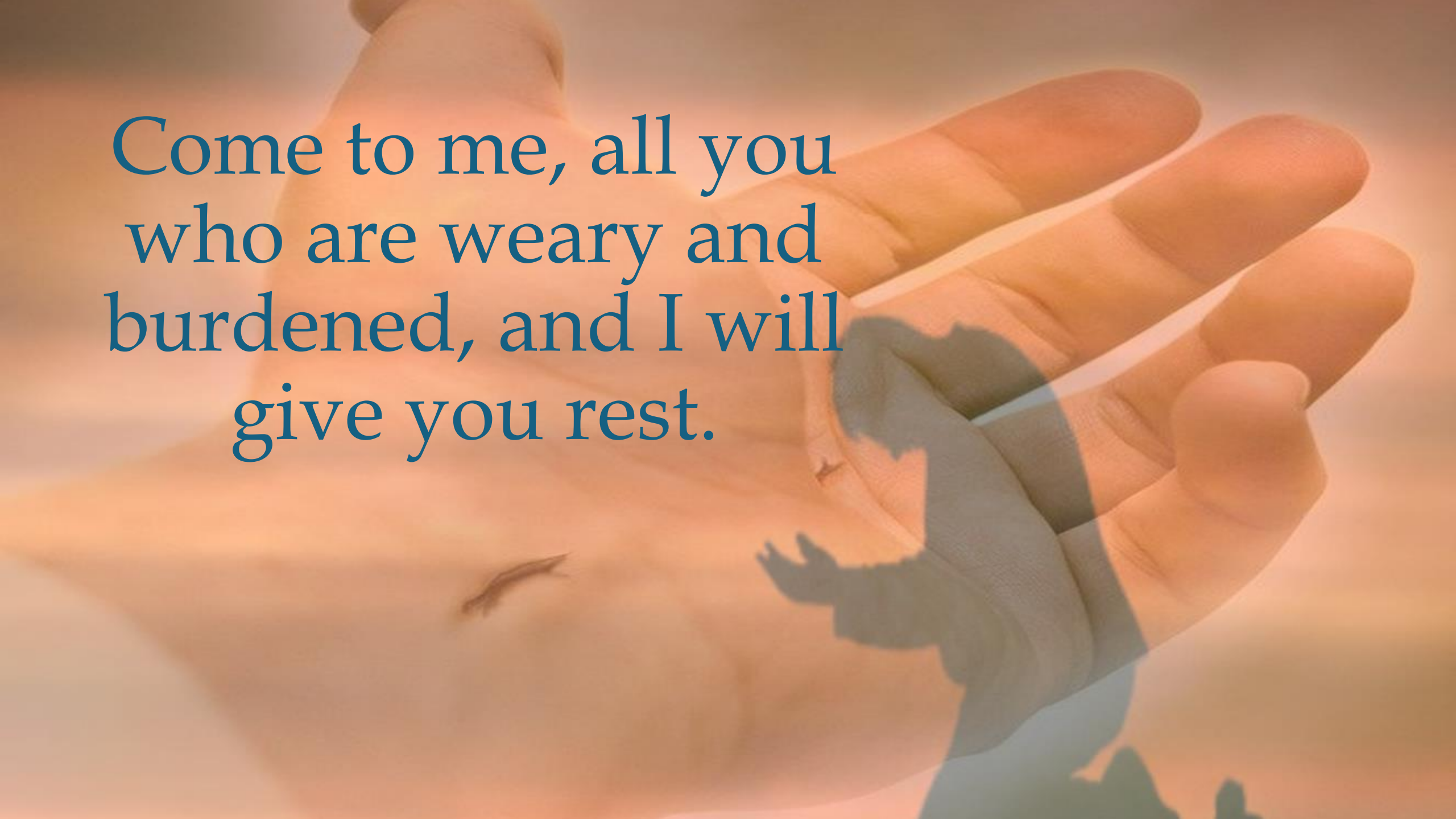
*Look at the
they do not
store away*



*birds of the air;
sow or reap or
in barns, and*

*yet your heavenly Father feeds them. Are you not much
more valuable than they? Who of you by worrying can add a
single hour to his life? Matthew 6:26-27*

*But seek first his kingdom and his righteousness, and all
these things will be given to you as well. Therefore do not
worry about tomorrow, for tomorrow will worry about itself.
Each day has enough trouble of its own. Matthew 6:33-34*

A close-up photograph of a person's hand, with the wrist wrapped in a light-colored bandage. The hand is positioned palm-up, with fingers slightly spread. The background is a soft, warm, golden light, suggesting a sunset or sunrise. The overall mood is one of care and healing.

Come to me, all you
who are weary and
burdened, and I will
give you rest.

- *Jesus recognizes that life is stressful*
- *Christ gives us people and a purpose to help us overcome stress and flourish*
- *Jesus gives us wisdom as to how to handle the stresses of life*
 - Jesus reminds us of how valuable we are to God*
 - Jesus tells us that worrying is not healthy or necessary*
 - Jesus calls us to keep focused on the greater work/purpose in the Kingdom of God*
 - Jesus tells us not to focus on our concerns about the future, but focus on what God is calling us to do today*
- *Christ calls us to come to Him with His scarred hands*