

Opinion



BY DR. BRIAN L. BANKS

Studies have shown that the mental and emotional needs of Americans have dramatically increased since the cultural revolution of the 60s. Millions of Americans will suffer from depression each year. Doctor visits in which patients are receiving prescriptions for mental health issues on increasing tremendously. People diagnosed with depression has doubled, and clearly we are experiencing an epidemic that needs answers. The number one diagnosed mental health problem in America is anxiety disorders; with chemical addictions ranking third. This provides a lack of

mental and emotional stability creating and feeding the struggles surrounding interpersonal relationships. An interpersonal relationship is your attitude, behavior, and speech as it pertains to relating to others. Life's pressures, traumatic occurrences, damaging actions along with the uncertainty and struggles many people face day to day has created an open door for darkness to attack the minds and emotions of many. Once the mind and emotions are under attack, the relationships directly and indirectly connected to these individuals are under attack as well. For this reason, you see an increase in drug/alcohol abuse, divorce, incarceration, teen pregnancy, and school and business shootings in America. The lack of stability in the mind leads to the lack of security in all relationships. America is facing a severe problem and its citizens are paying the cost with their lives. I strongly believe the solution to America's present problem is the

Allow God to enter

Christian Therapist. Secular counseling alone isn't the answer, and more medication won't solve it. Medication only soothes and cover up outwardly what needs to be addressed inwardly. Medication causes symptoms and actions to cease temporarily, but the cause of the symptoms or actions remain. God eagerly desires to enter into America's present problem and bring a solution, but his entrance can only come through Biblical Counseling. The counsel of the Lord is the only true method to cure mankind as a whole. God can't operate effectively through medication and secular methods. Medication and secular methods alone shuts the door in God's face when He holds the solution to the problem. Prayer is communication through conversation with God; giving Him legal access to interact in earthly affairs according to His will. When we pray

for the issues and problems in America, God does hear us; but He's hindered by the methods we use after prayer. A holy God can not and will not operate effectively through medical and secular methods alone. There has to be a balance between the Christian Therapist and the Secular Psychologist. The Christian Therapist is the solution because unstable activity takes place in the mind and emotions. The Christian Therapist is familiar and skilled at dividing the mind and emotions from the true identity as stated in Hebrews 4:12 ("For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart."). To the Christian counselor, therapy is a ministry and not just a vocation. It isn't just a job

to the Christian therapist, but it's them allowing God to enter into the issues and problems in the lives of those suffering from the present problems that are plaguing America. Therapy is a power or practice that can relieve or cure. The Christian counselor focuses, addresses, and develops the patient on the subject of interpersonal therapy. Interpersonal therapy is a type of psychotherapy that focuses on the conflicts in one's personal relationships. In most cases, the damage of relationships is the result of perception and a destructive pattern of thinking. The word perception means how you view or see yourself. The word perspective means how you view or see everything else. If your perception change, how you view and see everything else will change. Perception is key. The Word of God is the only thing that has the power to transform your identity. Scripture says in 2 Corinthians 5:17, "Therefore if any

man is in Christ, he is a new creature: old things are past away; behold all things become new." The Christian Therapist stands on the Truth that if you begin to see yourself according to the new creature God made available for all those that believe; you will start to see everything else in a new light. America faces a serious problem that stems from identity crisis. You'll begin to think and operate from a new perspective when you begin to see yourself from a new perception. Your perception changes when you begin to see yourself according to God's design. The Christian Therapist holds the solution because they allow God to enter.





WE BUY OIL, GAS, & MINERAL RIGHTS

Both non-producing and producing including Non-Participating Royalty Interest (NPRI) Provide us your desired price for an offer evaluation.

CALL TODAY: 806.620.1422

LOBB MINERALS, LLC
PO Box 1000 • Lubbock, TX 79400-1000
LobMineralsLLC@gmail.com

HOW TO WRITE A LETTER TO THE EDITOR

Olney Enterprise welcomes your letters to the editor. You may mail or deliver the letters to:

Olney Enterprise
213 E. Main Street
P.O. Box 577
Olney, TX 76374

REQUIREMENTS

Letters to the editor must be signed by the writer. Olney Enterprise will not withhold names for any reason.

Include your name, address and daytime telephone number for verification purposes. If we are unable to complete verification, we will not publish your letter.

Please limit your letter to approximately 250 words. However, we will consider longer letters for publication in another section if deemed relevant by the editor.

The editor reserves the right to edit letters for length, libel and good taste.

The deadline for submitting letters is 5 p.m. on Fridays for publication in the next issue.



OLNEY
HAMILTON HOSPITAL
Twice Recognized as a National Top Performing Hospital

901 W. Hamilton
940-564-5521
www.olneyhamiltonhospital.com

VETERANS

Apply for memorial wall
Young County
Call Reta: 940-549-1118

Earn more with Quality!

★★★ 30 YEARS OF SERVICE ★★★

Looking for CDL A or B drivers to deliver new trucks all over the US and Canada. Experience preferred. Must have DOT physical and be willing to keep logs. No DUIs in last 10 years, clean MVR.



Apply Online at
www.qualitydriveaway.com
or call 574-642-2023

Donate A Boat or Car Today!

BoatAngel

"2-Night Free Vacation!"
800-700-BOAT
(2628)

www.boatangel.com



Veterans

Continued from PAGE 1

some of them endured. We must take advantage of this opportunity to honor the men and women who sacrifice so much to protect our liberties," said Koontz. Koontz said it is also important for veterans to apply to have their name listed on the wall. "If any veteran needs assistance with this process, I am available by phone or email." He can be reached at 940-250-9988 or by email. R_C_Koontz@live.com. Committee Chair Reta McCallum confirmed that the variance committee—comprised of veterans—will review the applications. The application deadline has been extended until March 15. McCallum was emphatic about inclusiveness for veterans with an honorable discharge, peacetime veterans, and veterans who served but not deployed. "The first panel of the new wall will include veterans who are prewar on terror." Holly Bailey represents Olney on the NCVM committee. She describes the sacrifices soldiers make when leaving their families, like her husband, Jake Bailey. Holly says, "Even the small donations add up. Olney is an extremely giving community. I have no doubt we will reach our goal."

Here's what you can do to help:

- Donate money to be combined with a matching Perry grant up to \$25,000.00
- Sponsor plaques or bricks with a custom message to be included on the new memorial site.
- Submit names of active duty military or veterans who should be named on the wall.
- You may pick up applications from Olney Enterprise located at 213 E. Main Street

Eligibility Requirements:

- Veterans or Active Duty personnel
- DD214 or official personnel document listing Young County as his or her home address at the time of entry or Home of Record (HOR)

To get involved or to obtain additional information:

Olney residents should contact call 940-549-1118 or 817-300-3777

Mail Inquires or Donations to:


NCVM, P.O. Box 925, Graham, TX 76450

Download pledge and sponsorship forms from the New Century Veterans Memorial Project Facebook page: www.facebook.com/newcenturyveteransmemorial.

Sneezing, Itchy/Runny Nose, Nasal Blockage, Itchy/Watery eyes, Ear Pain, Sinus Infection, Cough, Dizziness, Headache, Fatigue, Sleep Problems, Wheezing

681

If you are experiencing any of these symptoms, you could be suffering from allergies. There are many treatment options available for people with allergies, so stop in today and let's find a treatment plan that is right for you.



OLNEY
HAMILTON HOSPITAL
Olney Rehab and Wellness Center

102 S Avenue M, Olney, TX 76374 -Visit: www.olneyhamiltonhospital.com

Call Today 940-564-3188

YETI BUNDLE RAFFLE

Sponsored by the Olney Chamber of Commerce
Proceeds benefitting the Chamber's David H. Penn Scholarship Fund

TICKETS WILL BE SOLD THROUGH FRI, MARCH 23

Purchase your tickets at:
Olney Chamber of Commerce - Stacy Wade
Air Tractor - Kathy McCorkin
Gina Anz
Crystal Simmons
Non Parker
Maria Politt
Lyndsey Miller
or call 940-564-5445

-TICKETS-

\$10 EACH OR 6 FOR \$50

Bundle Includes:
1 Tundra 45 Cooler
1 Yeti Ice 4lb
1 Rambler Lowball
1 Rambler 18oz Bottle
1 Rambler 36oz Bottle
1 Beverage Holder
1 Rambler 20oz
1 Rambler 30oz

