

EDMONDS BEACON

YOUR HOMETOWN NEWSPAPER.
ANYWHERE IN THE WORLD.

806 5TH ST
MUKILTEO WA 98275

JULY 10, 2008

Truest Lessons are Delivered From the Heart

BY RITA BENNETT, WORSHIP COLUMNIST

We've been studying the eight beatitudes in my previous eight columns. As we conclude,



I'll give my concise list here: spiritually-reborn, repentant, fruitful, Spirit-filled, merciful, pure-hearted, peacemaker, and witness.

The key Scripture is, "The Kingdom of Heaven is at hand" (Matthew 3:2). God is available. We can have all these beatitudes in our lives because the Kingdom came to earth when Christ was born.

Now let's segue from the beatitudes to a dimension of counseling not often practiced. A friend of mine with a PhD in Clinical Psychology tells about this dimension in his new book, *"A Far Better Life."*

Dr. Jim Friesen after years of counseling from what he says was more from his head than from his heart, realized that his clients were not making enough progress. He decided to add on to his field of psychological training a spiritual dimension.

Jim asked some of his colleagues who used prayer in counseling to meet with him two hours once a week to pray for individual

clients. This prayer experiment lasted two years.

To his delight he found that people got better faster when he added healing prayer to his counseling practice. Great breakthroughs began to happen for people with wounded hearts and souls.

Dr. Friesen says, "Now that I am a few years down the road since my initial spiritual training, I have met people of all sorts who are involved in the psychological-spiritual counseling field ... I have come to value the leaders in this field who never lose their quest for learning from both psychological and the spiritual realms. What I have found is that most of my work seems to center around Jesus' concerns, namely, that hearts need to receive healing for the wounds that produce hopelessness, contempt, lust, dishonesty, retaliation and false righteousness" (*Friesen, 2008, p. 29*).

I too have found that the beatitudes in Matthew chapter five are only the beginning of Jesus' "Sermon on the Mount." Another main theme is when He elaborates on the "Ten Commandments" and warns us not to break them nor teach others to do so.

The next primary section chapter six is what we call "The Lord's Prayer," which we find is more an in-depth outline of prayer

rather than a form to be prayed without thought. (*See Edmonds Beacon: 3/29/07-1/10/08*)

In Chapter seven, Jesus speaks against judging others, to ask God for what we need, and bear good fruit. He ends His Sermon on the Mount with: "Therefore whosoever hears these sayings of mine, and does them, I will liken him to a wise man, who built his house upon a rock" (Matthew 7:24).

If we want a full and complete kind of life He tells us to not only read but act upon His words.

Dr. Friesen's book gives inspiring teachings on Jesus' entire Sermon on the Mount, beginning to end. He also incorporates these teachings in his counseling and in his life-style.

I hope you will follow his example. This is also my goal.

Local author Rita Bennett is CEO of the Edmonds-based Christian Renewal Association. She can be reached at (425) 775-2965 or at www.EmotionallyFree.org, or by writing her at P.O. Box 576, Edmonds, WA 98020. Reprint ©2008 by Rita Bennett.