



**Living Hope** Family Therapy & Counseling  
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## *Four Streams for Christian Healing*

John Eldredge has shared in his ministry *Four Streams* that God uses in our lives that bring about healing and character change. In order to experience transformation, we need to be developing all four streams.

The stream of ....

**Walking with God**, hearing his voice, developing wisdom in our daily lives, being about the work of his Kingdom.

Strategies:

1. Daily quiet time (a time each day for Bible reading & prayer).
2. Prayer partners (One or two other people we can meet with regularly for prayer and sharing).
3. Community faithfulness: get involved in a local church for fellowship & worship.

**Spiritual Warfare**. God has an enemy and we have an enemy, Satan, the prince of this world, who is bent on stealing, killing and destroying anything that is good, holy and life-giving.

Strategies

1. Know your "weak spots" and areas of vulnerability. Avoid settings of temptation.
2. Confess your sins and temptations daily; don't allow the Evil One an in-road to your heart.
3. Put on the "whole armor of God." (Ephesians 6)

**Counseling** in which God brings truth to our inmost parts where lies and false beliefs have formed.

Strategies

1. Avail yourself of the wisdom of good Christian writers, speakers, and teachers.
2. Be open to feedback from caring relatives and friends.
3. Be aware of the resources of licensed Christian mental health professionals in your area.

**Deep Restoration**, where God goes into wounded places inside and brings His healing power to set us free.

Strategies

1. Take time for spiritual retreats and "quiet days" for prayer and rest.
2. Build days for "fasting and prayer" into the rhythm of your spiritual life.
3. Seek help from therapists and spiritual guides who specialize in emotional and inner-healing.

**Jesus Said:** *From out of your inner-most being comes rivers of living water.*

**Don't fail to avail yourself of the healing streams of God's grace.**

*There Is Healing And Hope For Families Today!*