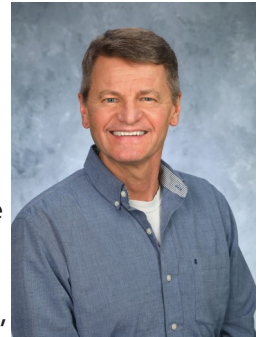




## The Gospel of Grace

While at church the other day, I was struck with some thoughts: **The gospel of grace entices us to move in a direction contrary to our "flesh."** It says, "your sanctification is not going to end on this side of the grave. You will be a 'mess' and full of contradictory motives throughout your life." Desire for a whole heart of love for God and man is good, but that desire should not lead to legalistic efforts. These efforts, clearly seen in the attitude and actions of humans, will eventually yield a harvest of guilt, shame, phariseeism, etc...

The profound acceptance that I may want (and deeply desire) to be "perfectly sanctified" and that I can achieve this through some religious/spiritual discipline denies Scripture. "Not that I've already attained..." (Phil. 3:12). To become clearly aware of the "mess" or "bankruptcy" of our mixed and imperfect motives and, as an act of faith, **relax into His work on the cross**, affirms the Biblical truth across the pages of Scripture. He is the point. I am not the point. The only thing that remains is, "...But do not use your freedom to indulge the flesh..." (Gal. 5:13a).



Sincerely,  
**Stephen Seay**

LPCC Executive Director

## Concerning COVID-19

As you receive this newsletter, things are changing from moment to moment. During these times, when we are in the middle of a pandemic, we may ask ourselves, "Is God still in control?" The answer is a resounding **YES!**

"The Earth is the Lord's, and everything in it, the world, and all who live in it" (Psalm 24:1).

We do not make light of our current pandemic, but remind ourselves that this world has been full of destruction, disease and death ever since sin entered it.

"Therefore, just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned" (Romans 5:12).

Then, what consolation do we have, what hope?

"For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord" (Romans 6:23).

Believers in Jesus have the free gift of eternal life and the hope of heaven!

**This year Giving Hearts  
Day donors gave  
\$15,816 to Northland.**

All funds donated are used for the NCCC Client Assistance Fund. This fund is used for people who have financial burdens due to unexpected events in their lives. At Northland they find a safe place to come without feeling the pressure of needing help, but not be able to pay for it.

"To have you see the work you had such a huge part in (helping me become the person God made me) would give me great joy and thankfulness." - A Grateful Client

Please consider going paperless in 2020. Email [lanifayb@northlandccc.com](mailto:lanifayb@northlandccc.com) to be added to the electronic newsletter

**“I lift up my eyes to the mountains-where does my help come from? <sup>2</sup>My help comes from the LORD, the Maker of heaven and earth... <sup>7</sup>The LORD will keep you from all harm-he will watch over your life; <sup>8</sup>the LORD will watch over your coming and going both now and forevermore.” (Psalm 121: 1-2; 7-8).**

## **ADHD Must be Diagnosed Accurately to Prevent Life-long Struggles with Failures, Anxiety and Depression; Part 1**

**Jean Gullicks, Ph.D., ARNP**

It is true that people with ADHD (attention deficit hyperactivity disorder) nervous system know from an early age that they might as well have been born on a different planet. They are told to assimilate into the dominant culture and become like others. No one told them how and no one told them that, no matter how hard they tried, the outcome would be frustration, failure and being accused of not trying hard enough or long enough. Yet, they tend to be very bright and have many gifts and talents that the world needs.

Adults with ADHD tend to be easily bored, sensitive to distractions, creative and intense. They describe always feeling different than others. If you have ADHD, you may feel defeated and confused. You would like to feel in control of your own mind, just for a day. Your mind is racing, yet you are running late. You may zone out during conversations, which can make others feel ignored and devalued. You may miss important details or mindlessly agree to something you don't remember later, which is frustrating. You are rushed, disorganized, and often have little hope. You may think, If life is tough, is it worth living? **Where is God when you need Him?**

**Sometimes a prayer is answered in the form of a referral** made to health care providers and counselors who have hope and know, that in all things, Christ can help. At NCCC, we are in the amazing role of being able to help people heal mind, body and spirit. Some clients, feeling alone, have struggled for years and feel better having someone really listen, help them recognize their God-given strengths and set goals with them. They may have been diagnosed or treated for anxiety disorders, mood disorders, chronic depression, suicidal intentions, drug and alcohol addiction, school failure, divorce and even jail or prison terms. A commonly missed diagnosis is ADHD/predominantly inattention or ADHD/combined hyperactive-impulsive and inattention.

Clients are usually referred to a nurse practitioner or physician for medication management because the benefit to side effects ratio is high. A friend or family member, of any age may say they: Can't think; hate reading; had a miserable time in school; can't remember; can't finish things; are always late; can't get a promotion; struggle financially; gamble; have children who struggle in school; can't keep friends; can't sleep; have panic attacks; are always depressed; have been arrested; have been in multiple car accidents; have headaches and almost everything and everyone irritates them. They are angry and frustrated and just want their brains to be in sync with others. It's time to evaluate if ADHD is present or not.

**ADHD is the most common mental health childhood diagnosis and, since it is genetic, it is also common in adulthood.** Many people believe that at age 18 ADHD magically disappears, as the child crosses the stage and accepts his diploma. About 30% of those who had ADHD in childhood, find their symptoms are better as adults. However, greater than 60% of adults continue with symptoms and may be misdiagnosed. The Fall newsletter will discuss the benefits of assessment, diagnosis and treatment.