

# The secrets we keep

support options throughout this series for you and the people you love

The four suggestions on this sheet can be done in any order at any time, and they will help bring light into your dark situation. There are plenty of other things we could recommend, but if you are struggling in secret today, these things will set you on a path to freedom.

You can go back and listen to any of the messages in this series at [www.thelakes.church](http://www.thelakes.church)

## TELL SOMEONE

The most important thing you can do, no matter what your struggle, is **tell someone you trust about what is happening**. Your struggle can grow in secret, but it can be dealt with if you bring it into the light.

If you're not sure who else to tell, you can tell one of our pastors or anyone on our team. You can contact us through office to arrange a confidential chat, [office@thelakes.org.au](mailto:office@thelakes.org.au) or 07 4032 4411.

## USE HELPFUL RESOURCES

### ANGER

- For some great tips and insight into managing anger, try this website (it's written for men, but applies to everyone): [mensline.org.au/how-to-deal-with-anger/managing-anger/](http://mensline.org.au/how-to-deal-with-anger/managing-anger/)
- You can read *Anger: Taming a Powerful Emotion* by Gary Chapman (available by searching online)
- You can call the police if someone is in immediate danger (000), or if violence is ongoing (131 444)

### PORNOGRAPHY

- Check out Covenant Eyes ([www.covenanteyes.com](http://www.covenanteyes.com)) for stories, information, software and an app for accountability.
- The books *Every Man's Battle*, *Every Woman's Battle*, *Every Single Woman's Battle* and *Every Single Man's Battle* are excellent resources (available by searching online).

### ALCOHOL

- The Right Mix website is a really helpful starting point ([www.therightmix.gov.au](http://www.therightmix.gov.au)) for resources and a test to figure out if you need more help
- Alcoholics Anonymous has also proven extremely helpful for people all over the world ([aa.org.au](http://aa.org.au))
- The associated Al-Anon is helpful for families of alcoholics ([www.al-anon.org.au](http://www.al-anon.org.au))
- For urgent medical assistance call 000, otherwise book in to see your doctor (GP)

### FEAR

- This website is a good resource when you're afraid: [lifehopeandtruth.com/life/christian-living/fear-not/](http://lifehopeandtruth.com/life/christian-living/fear-not/)
- You can read *Fearless: Imagine Your Life Without Fear* by Max Lucado (available by searching online)
- If you think your fear might be connected to some larger mental health struggles, your doctor (GP) can help. If your life is in danger, you can also call 000 for immediate medical assistance.

### DRUG ADDICTION

- This government website is full of support, information and a self-assessment to figure out if you need more help: [adis.health.qld.gov.au](http://adis.health.qld.gov.au)
- The Alcohol and Drug Foundation has some great resources on supporting a loved one with drug dependence: [adf.org.au/alcohol-drug-use/supporting-a-loved-one/](http://adf.org.au/alcohol-drug-use/supporting-a-loved-one/)
- For urgent medical assistance call 000. Otherwise book in to see your doctor (GP).

## GET PROFESSIONAL COUNSELLING

Counselling can help you find your way out of the struggle you're in. We can recommend a few different counsellors.

We don't want the cost of professional counselling to be a barrier to you. If you're worried about the cost, we have subsidies available. Just contact us and ask about a counselling subsidy on 07 4032 4411 or [office@thelakes.org.au](mailto:office@thelakes.org.au).

### **Liz Jenkins - Life Speak Counselling**

Liz counsels from our rooms at the church. Liz uses the Living Wisdom counselling model as well as other models where appropriate. 0403 505 777 or [lifespeakcounselling@gmail.com](mailto:lifespeakcounselling@gmail.com)

### **Jo Koskela - Living Wisdom**

Jo is a highly experienced counsellor based in Brisbane who has worked with our church many times. Jo is available for counselling by phone or Skype. [www.livingwisdom.com.au](http://www.livingwisdom.com.au)

### **Peter Funke - Living Wisdom**

Peter is based in South East QLD, and is available for counselling by phone or Skype. [libertycounsellingandtraining.com](http://libertycounsellingandtraining.com)

## ASK FOR PRAYER SUPPORT

It always helps to have someone pray specifically with you about what is happening.

### **The Lakes Church team**

Members of our staff team at The Lakes Church are experienced in prayer, dealing with difficult things that might be going on. There is no cost for this. Contact the office to make an appointment, [office@thelakes.org.au](mailto:office@thelakes.org.au) or 07 4032 4411.

### **Pastoral Leaders**

The Pastoral Leaders are our elders and are available to pray for anyone in the church. There is no cost for this. Contact the office to make an appointment, [office@thelakes.org.au](mailto:office@thelakes.org.au) or 07 4032 4411.

### **Cairns Healing Rooms**

The Healing Rooms are a great, neutral place to go when you are seeking healing or a spiritual breakthrough in your life. You will be prayed for in a non-denominational setting by Christians with healing, prophetic or discernment gifts, who have been trained in safe and responsible prayer and healing. Hours & Cairns location at [healingrooms.com](http://healingrooms.com). There is no cost, but donations are accepted.



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