



Life Christian Counseling Network, LLC

Clinical Excellence from a Christian Foundation

WRING out the old; RING in the new!

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“Wring” means to extract every last bit; “RING” is a word that reminds us to celebrate new events – weddings, births. What’s the connection between these two words that sound alike but have completely different meanings? It’s one way to remember that process of *letting go of the old* so that we can *embrace the new*. Some of these steps can happen in your time with God. Some may require the help of a trusted friend. And, sometimes, there might be the need for a qualified counselor who is trained to journey with you through this process.

WRING

W: *Who* am I and *what* am I holding onto? (Jer. 17:9-10a; Psalm 139:23-24)

R: Regret may be one consequence of reflection and self-examination. But, being made in God’s image, we can experience regret AND hope for change and growth. (Gen. 1-3; 9:12-17)

I: Investigate the past. What are the patterns you see? (James 1:19-25)

N: Natural Tendency: It’s all about me! Babies are healthily self-centered but as we grow up we have to deal with childish residue like, unrealistic expectations, perfectionism, and skewed view of reality that puts us at the center of everyone’s world. (1 Cor. 13:11)

G: Grieve the loss of the way you think things “ought to be.” (1 Cor. 5:1-10)

RING

R: Release what needs to be released. (Phil. 3:13)

I: Inspiration is the ultimate self-care. Find what inspires you and make time for it every day. (Lam 3:19-24)

N: Commit to New or renewed healthier relationships. (2 Cor. 5:17)

G: Gratitude is the best attitude! (Romans 1:21)

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