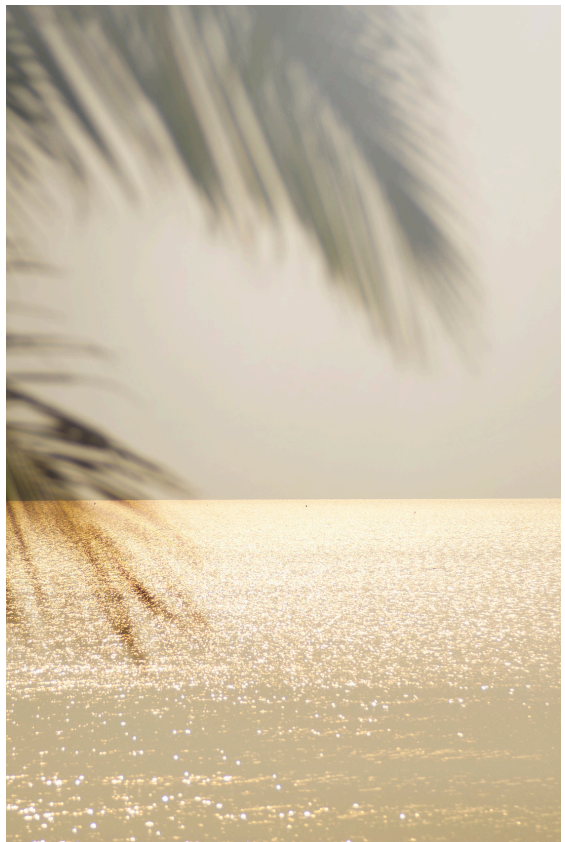


Peace Of Mind



ABOUT US

Inspired by her own journey, Harriet was called to help bring the same level of healing and freedom to as many as possible. As a Pastor, with a doctorate degree in Christian Counselling and a woman of unwavering faith she has helped hundreds find a renewed mind, restored heart, and transformed life in Jesus Christ.

For individuals who are struggling and unfulfilled in life, we partner with you to help process through unresolved hurts, trauma, emotional pain, and limitations.

our services use an integrated method of prayer and counseling based on biblical truth and personal life experiences to help bring freedom, healing, resolution, and purpose, as well as the necessary skills to move forward in life.

By inviting Jesus into your counselling session, you can move from what appeared to be a lifelong struggle to fully walking in freedom.

Dr. Harriet

commonplace

1. Isaiah 26:3

"You will keep in perfect peace those whose minds are steadfast, because they trust in you."

Trust in God brings deep and steady peace.

Philippians 4:6-7

"Do not be anxious about anything, but in every situation, by prayer and petition... present your requests to God. And the peace of God... will guard your hearts and your minds in Christ Jesus."

Peace comes through prayer and surrender.

Psalms 46:10

"Be still, and know that I am God."

Stillness in God's presence brings calm to the soul.

4. John 14:27

"Peace I leave with you; my peace I give you... Do not let your hearts be troubled and do not be afraid."

Jesus offers peace the world cannot give.

5. 2 Timothy 1:7

"For God has not given us a spirit of fear, but of power and of love and of a sound mind."

God gifts clarity, not confusion.

6. Matthew 11:28-29

"Come to me, all who are weary and burdened, and I will give you rest."

Rest for the mind begins with coming to Christ.

7. Colossians 3:15

"Let the peace of Christ rule in your hearts..."

Let peace take the lead over panic.

8. Psalm 94:19

"When anxiety was great within me, your consolation brought me joy."

God's comfort lifts anxious thoughts.

9. Proverbs 3:24

"When you lie down, you will not be afraid; when you lie down, your sleep will be sweet."

God gives rest even in the night.

10. Romans 15:13

"May the God of hope fill you with all joy and peace as you trust in him..."

Hope and peace overflow from trust in God.