

Stressed?



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

Stressed?

1. Psalm 55:22

"Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken."

Prayer:

Lord, I cast every worry and weight at Your feet. Sustain me today and hold me steady in Your strength.

2. Philippians 4:6-7

"Do not be anxious about anything... and the peace of God... will guard your hearts and your minds in Christ Jesus."

Prayer:

God, I bring You my stress. Replace it with Your peace. Calm my heart and clear my mind with Your presence.

3. Isaiah 41:10

"Do not fear, for I am with you... I will strengthen you and help you."

Prayer:

Father, I feel overwhelmed. Help me remember I'm not alone—You are with me, strengthening me right now.

4. Matthew 11:28-30

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

Prayer:

Jesus, I come to You tired and heavy. Let Your rest refresh my soul and Your grace lift the weight I carry.

5. 2 Corinthians 12:9

"My grace is sufficient for you, for my power is made perfect in weakness."

Prayer:

Lord, I don't feel strong, but I know Your grace is enough. Be my strength in this moment and my calm in the storm.