

Healed to Help  
Amy Bush, Licensed Professional Counselor



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**Being Known**

“Knowledge puffs up while love builds up. Those who think they know something do not yet know as they ought to know. But whoever loves God is *known by God.*” 1 Corinthians 8:1-3

**Understanding our Brain**

Neurons that fire together wire together

**Emotions**

Psalms 51:10, Isaiah 30:18, Zephaniah 3:17

**Attachment theory**

“The past isn’t dead. It isn’t even past.” William Faulkner

1) Secure-----2)Insecure/avoidant-----3)Insecure/anxious-----4)Insecure/disorganized

**The God Who Sees**

“She gave this name to the LORD who spoke to her: ‘You are the God who sees me,’ for she said, ‘I have now seen the One who sees me.’” Genesis 16:13