

*The*  
ONE-MINUTE  
COUNSELOR™  
*for Women*

TERESA WRIGHT



HARVEST HOUSE PUBLISHERS  
EUGENE, OREGON

Unless otherwise indicated, Scripture quotations are taken from the Holy Bible, New International Version®, NIV®, Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

Verses marked AMP are taken from The Amplified Bible, Copyright © 1954, 1958, 1962, 1964, 1965, 1987 by The Lockman Foundation. All rights reserved. Used by permission. (www.Lockman.org)

Verses marked ESV are taken from The ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Verses marked TLB are taken from *The Living Bible*, Copyright © 1971. Used by permission of Tyndale House Publishers, Inc., Wheaton, IL 60189 USA. All rights reserved.

Verses marked NLT are taken from the Holy Bible, New Living Translation, copyright © 1996, 2004, 2007 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, IL 60188. All rights reserved.

Verses marked KJV are taken from the King James Version of the Bible.

*Cover by Dugan Design Group, Bloomington, Minnesota*

THE ONE-MINUTE COUNSELOR is a series trademark of The Hawkins Children's LLC. Harvest House Publishers, Inc., is the exclusive licensee of the trademark THE ONE-MINUTE COUNSELOR.

## **THE ONE-MINUTE COUNSELOR™ FOR WOMEN**

Copyright © 2015 by Teresa Wright

Published by Harvest House Publishers

Eugene, Oregon 97402

[www.harvesthousepublishers.com](http://www.harvesthousepublishers.com)

ISBN 978-0-7369-6108-0 (pbk.)

ISBN 978-0-7369-6109-7 (eBook)

**All rights reserved.** No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, digital, photocopy, recording, or any other—except for brief quotations in printed reviews, without the prior permission of the publisher.

**Printed in the United States of America**

15 16 17 18 19 20 21 22 23 / BP-JH / 10 9 8 7 6 5 4 3 2 1

*To Inge —  
32 years my mentor and dearest friend.  
Through your love I learned about God's love.  
I am eternally grateful.*

## Acknowledgments

Vivian—Thank you for the many years of friendship and love. Your life of service has greatly blessed so many. I am grateful.

Ginger—Your example of Christian womanhood has influenced more women for Christ than your sweet humility could ever acknowledge. I am among those women. I am grateful.

Cindy—Thank you for loving our Lord and His Word as much as I do. Our friendship is a treasure.

My mother—God taught me strength, perseverance, and unconditional love for others through you. I will love and miss you...till heaven.

H. Norman Wright, my brilliant husband—Thank you for all you've shared with me. I am consistently overwhelmed by all you are. I am blessed and grateful. "The path of the righteous is like the light of dawn, which shines brighter and brighter until full day" (Proverbs 4:18 ESV). So it is with our marriage.

## A Note from Tess

I'm an older woman. How old? Let's just say I won't see 50 again. All kidding aside, I feel blessed to be an older woman in Christ. The biblical call to teach younger women is one I take seriously. Through the years I've had the privilege of discussing many issues and concerns with women of all ages. I've listened to some who feel hopeless, purposeless, and unfulfilled in their lives. Others have shared that they want to improve their lives. We believers in Christ always want to grow spiritually, and we do that through God's Word, the people God puts in our lives, and the experiences He gives us. My prayer is that the insights I've learned will give you the information you need for your situation.

### **You Can Help Too**

You don't have to be a theologian or a professional counselor to help someone. Think back because I'm sure this has happened to you. Someone gave you a few words of wisdom, a warm greeting, or maybe just a smile, and it made your day. The advice taught you something and encouraged you.

One morning a friend and I were touching base.

There was a small issue on my mind, but I didn't know how to express it. After I rattled on for a bit, Ginger said, "Tess, I know your heart." My frustration immediately lifted. I felt cared for and understood.

At one time or another, every woman has felt frustrated, angry, unsure of herself, and lonely. When this happens, you can reach out with the love, compassion, mercy, and grace you've experienced through Jesus Christ.

*The One-Minute Counselor for Women* addresses the questions that you—and women like you—ask. You'll find helpful suggestions, new perspectives, and, perhaps, better alternatives to consider. I pray this book will be a source of hope for you. There *are* answers, and there *can be* new beginnings regardless of what has taken place.

I also hope you'll share the information with others. Mentoring is a biblical means of loving and caring for the people around you. The last section in this booklet looks at mentoring as a way to put your Christian faith into action and make a difference in the lives of those around you. Remember, when God is involved, even the little things can move mountains.

## Something Is Missing...

"I feel like something is missing from my life, but I'm not sure what it is..."

First, I need to ask you some questions. What does "abundant life" mean to you? What is "happiness"? Have you experienced a time in your life when you felt fulfilled and happy? What have you tried recently to gain contentment and peace? Now sift those answers through God's view by searching His Word.

If you want to experience peace and joy, it is possible for each one of us. To do this, we need to be Bible centered instead of society centered.

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will (Romans 12:2).

Abundant life comes when, no matter what our ages, stations in life, race, or socioeconomic class, our hearts and minds are focused on God and His principles as revealed in Scripture. We need to dwell on what He's given us rather than on what we have or don't have

in a worldly sense. Experiencing God's peace and joy comes as we embrace the Holy Spirit and harvest His fruit (Galatians 5:22).

Maybe you've just picked up this little book, and what you're reading seems foreign. You don't know God or the Bible in this personal way. Allow me to invite you to do just that—to know God personally through His Son, Jesus Christ. Go to Him in prayer and simply ask Him into your heart and life. In Him you will find your greatest life, your greatest love, and your greatest reason for being.

If I can personally help you further, I would count it a privilege. Write to me, look me up on Facebook, or contact me through my husband's website: [hnormanwright.com](http://hnormanwright.com).

I already love you.

## Anger

### My Partner Gets Upset a Lot

“How can I cope with my partner’s anger?”

Anger is a serious emotion that disrupts many relationships. Your question implies that your partner’s anger is something to tolerate and adjust to. The problem with anger is that it pushes people apart and then increases the distance between them. Your first step is to determine if your partner is actually mad. Sometimes people speak loudly or with great intensity, and if you come from a quiet, mellow background, you might interpret this as anger.

If he is angry, the next step is to determine what he’s really upset about and what the underlying emotions are. The roots of anger are often hurt or shame. Your partner’s anger isn’t the problem; it’s how he’s *handling* his anger. Depending on the extent of his outburst, you may be able to help him work through what’s bothering him. “Are you angry right now because you’re frustrated, afraid, or have been hurt?” Discussing what’s going on may dissipate the emotion so he can deal with it in a more satisfactory way.

During a calm time, approach your partner and ask if this is a good time to talk. Or you can write down

what you're feeling if that is safer for you. Ask when a good time to talk would be. When discussing the problem, express how *you* feel when he gets angry rather than talking about what you think he's doing wrong. Approach your husband and ask, "When you get upset, how do you want me to respond? Do you want me to just listen, to reflect back what I hear you saying, to hug you, to ask you about what's going on?"

Together, read Proverbs 15:1 aloud as a reminder to both of you to stay calm and open to discussions when emotions are high: "A soft answer turns away wrath, but a harsh word stirs up anger."

## How Do I Teach Good Values?

"I want my children to have good values. What advice can you give me?"

If your goal is to help your children establish good values and principles, remember, the best source is God's Word. How do you teach them? Here are several suggestions.

*Responsibility.* Teach your child to be responsible for what he does. If your son fails an exam because he didn't study, it's not the teacher's fault for asking difficult questions. Allow your child to experience the logical, natural consequences of his actions.

*Choices.* Let your child make choices. Set up situations or give instructions in which she is able to make a choice between two or three alternatives.

*Give reasons.* Give your child reasons for the rules and standards when he is old enough to comprehend them. Don't get involved in an argument over your reasoning. You're simply sharing why he is to do what you've asked. Teach him that even though he may not accept all of the reasons given to him, it is best for him to obey. He'll see the value later on.

And love your child when you discipline him or her. Proverbs 13:24 says, "Whoever spares the rod hates their

children, but the one who loves their children is careful to discipline them.” Colossians 3:21 says, “Fathers, do not embitter your children, or they will become discouraged.” We moms should follow that wisdom too.