



# Cutting: A Healing Response (Gospel for Real Life)

*By Jeremy Lelek*

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## **Cutting: A Healing Response (Gospel for Real Life)** By Jeremy Lelek

When feelings of guilt, worthlessness, or self-condemnation set in, some people seek painful release in their own flesh and blood. While cutting can bring temporary relief, it falls far short of the genuine change that is essential to true healing of the heart.

Through the direct and honest example of one young woman's story, Jeremy Lelek points those in such pain to the sufferings of Jesus Christ and the finished work of the cross as their means of hope, security, and healing. He helps them to turn from trusting in their own body and blood to trusting in the body and blood of Jesus, which alone has the power to bring true freedom.

The Gospel for Real Life booklet series by the Association of Biblical Counselors (ABC) applies the timeless hope of Christ to the unique struggles of modern believers.

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## **Editorial Review**

### **Review**

"Demonstrates that even in the most complex of situations, we have a profound message of hope in Christ." -  
-**Mike Wilkerson**, Mars Hill Church; Author of *Redemption: Freed by Jesus from the Idols We Worship and the Wounds We Carry*

"Skillfully shows how the resources of the gospel can resolve the underlying dynamics that lead to self-mutilation." --**Eric Johnson**, Southern Baptist Theological Seminary; Society for Christian Psychology

"Easy to read, theologically sound, and easy to understand. I highly recommend it." --**Joshua Straub**, Woodland Hills Family Church; Center for Counseling, Liberty University

### **About the Author**

**Jeremy Lelek** is president of the Association of Biblical Counselors and of Metroplex Counseling in Dallas, Texas; adjunct professor at Redeemer Seminary in Dallas; and council member of the Biblical Counseling Coalition.

## **Users Review**

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**Wesley Mansour:**

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