

Life

In John 10:10 Jesus stated that the reason He had come to earth was so that we could experience life to the fullest. Abuse, depression, addiction, conflict, negative thinking, poor self image and a myriad of other things can become obstacles to that experience of life.

LifeNow Counseling offers a listening ear and grace centered counsel that will help you discover the root of these obstacles. You will then learn to engage your will to make choices that lead to a greater experience of life.



Location and Contact Information

LifeNow Counseling
is located in the

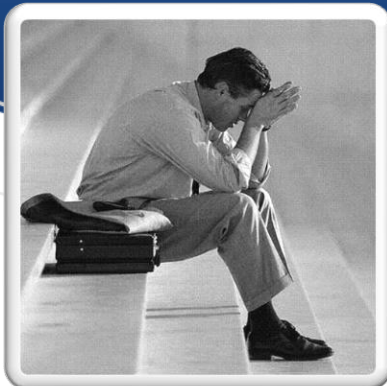
Golden Realtors LLC Office
8715 Plantation Lane Suite 302
Manassas, VA 20110

To schedule an appointment
e-mail bob.perdue@verizon.net
or call 703-915-0383

For resources go to
www.lifenowministries.com

LifeNow Ministries is an IRS approved
501c3 non-profit organization so all
donations are tax deductible.

LifeNow Counseling



**Discovering the life God
always intended you to live!**



About Bob and Terri

Pastor Bob Perdue, the director, is a Pastoral Counselor and Life Coach with over 30 years of experience. Bob is not licensed as a counselor but has received training from various counseling organizations. Bob has a Bachelors and a Masters degree in Bible and all counseling is given from a Christian perspective. Bob and his wife Terri have experienced:

- abuse
- addiction
- depression
- infertility
- adoption
- chronic illness
- marital conflict

Bob's book Ten Life Choices chronicles his story and encourages people to make choices that lead to the life God always intended.

About LifeNow Counseling

Life Now Counseling is a ministry of LifeNow Ministries. It is Christian based Pastoral counseling for those dealing with:

- Difficult relationships
- Past Abuse
- Depression
- Addiction
- Spiritual growth
- Negative thinking

The goal of counseling is “to experience abundantly the life God created us to live” John 10:10.

Sessions are 50 minutes in length and will be scheduled as needed. After 6 sessions we will decide whether to continue, refer or end the sessions. LifeNow asks that a \$60 donation to LifeNow Ministries be made for each session.

Support groups and weekend retreats are offered periodically.



About LifeNow Ministries

LifeNow Ministries was established in 2008 as a resource to help guide people toward choices that lead them to a greater experience of life by dealing with their past, their addictions, their self-talk and their relationships. LifeNow offers articles, books, audio messages and videos as a resource for those who are struggling with life issues. All of these are available at www.lifenowministries.com. Bob's book, “Ten Life Choices”, is the core curriculum for LifeNow and “365 Days of Life” is a daily devotional encouraging the reader to choose life everyday.

LifeNow also offers an 11-lesson correspondence course that guides inmates in the federal prison system through Ten Life Choices and provides them with a mentor to help them overcome their past.