

# Julie Armstrong

## Biblical Counselor

*"I will instruct you and teach you in the way you should go; I will counsel you with My eye upon you."  
Psalm 32:8*

This journey started with a prayer. I had been serving in women's ministry at a local church for eighteen years, yet as I entered a new decade of life, I sensed that God wanted me to be open to new opportunities He was going to bring. Even though I was very comfortable where I was, I prayed that He would interrupt my plans and let this be the most fruitful season of my life so far. Little did I know where that prayer would lead me!

Soon after, I had the opportunity to lead an Embrace Grace group at our church, ministering to single moms who were seeking help and resources through [Daybreak](#). Through this program, I was able to see firsthand the impact Daybreak makes in the lives of women in difficult circumstances. I also realized God was giving me a passion to work with women who have experienced trauma. My pastor encouraged me to begin the process of being certified as a Biblical counselor. While I was finishing the second year of that process, I was asked to volunteer at Toby's Place, a local residential recovery program for women and children who are homeless. After my certification was complete, I was asked to come on staff and serve as an on-site Biblical counselor.

I remember well my conversation with the Lord when He opened that door. Like Moses, I protested, "Lord, I have never been homeless. Will I be able to walk with these women when our lives have been so different?" Immediately I 'heard' these words in my mind... "You haven't been homeless, but I have, and I live in you. Let me use your voice and I will speak to these women." And so, a journey began!

For the past six years, I have served as an on-site counselor at Toby's Place. I continued my training and received certification in Adverse Childhood Experiences, Coercive Control and Intimate

Partner Violence, and Addictive/Compulsive Behaviors. While at Toby's Place, we offered classes in abortion recovery and again, I worked with Daybreak to receive resources and training in this important work.

Now God has opened another door, and I am excited about this new season at Daybreak! I will be serving as an on-site counselor, offering confidential Biblical counseling to any of our clients who are looking for a safe place to process and heal from trauma. My prayer is that they will come to know and trust the Wonderful Counselor who heals the broken hearted and binds up their wounds. While at Daybreak, I hope to offer classes on Boundaries and Relationships, partnering with churches and other faith-based ministries as well.

I am an active member at Christ Covenant Church in Columbia where I serve in Women's Ministry. I enjoy travel, theatre, music and most of all, time with my family. I have three married children, all of whom live in the Columbia/Lexington area and seven, soon to be eight, grandchildren.

God has truly answered the prayer He put on my heart almost ten years ago and given me a passion for women to find healing and hope through a relationship with Jesus Christ after trauma. I am honored to be serving at Daybreak and look forward to all that God has planned for this season. It is never too late to step out in faith and trust Him for a new adventure!



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