



Michael McSellers

Virginia State Trooper



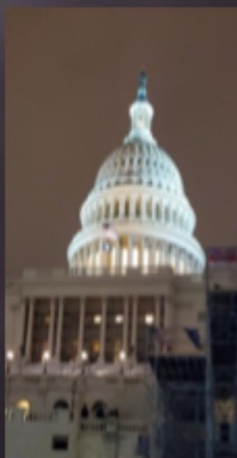


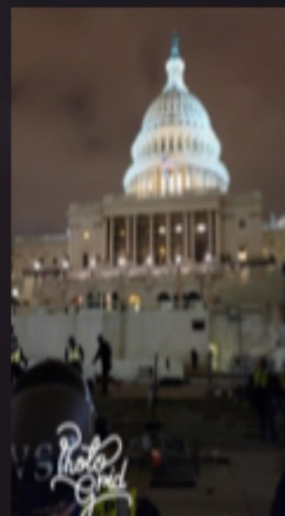


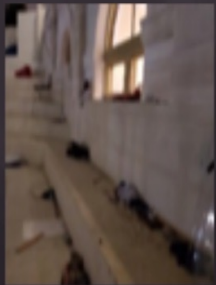
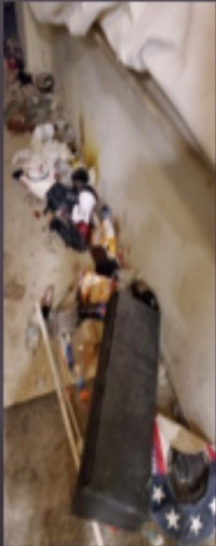
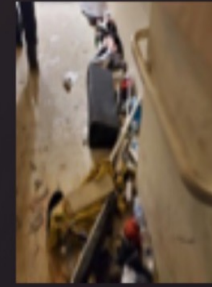
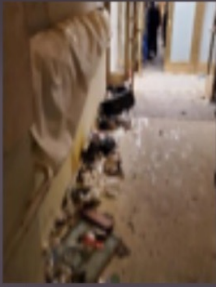
Michael McSellers

Law Enforcement/Blue Help
Board Member









HOW DO YOU COME OUT OF THE DARKNESS INTO THE LIGHT?

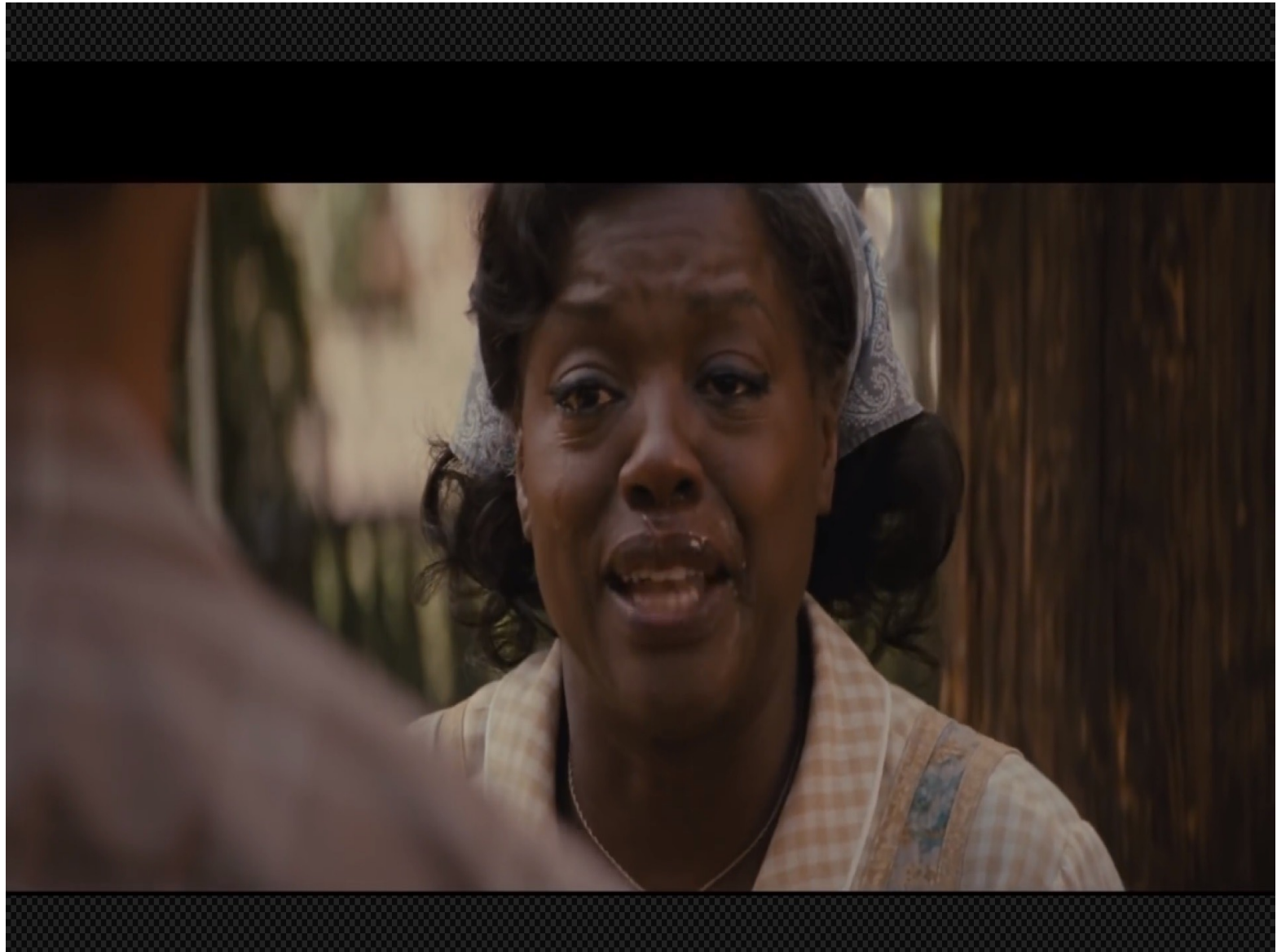
Understand that PTS is REAL!!

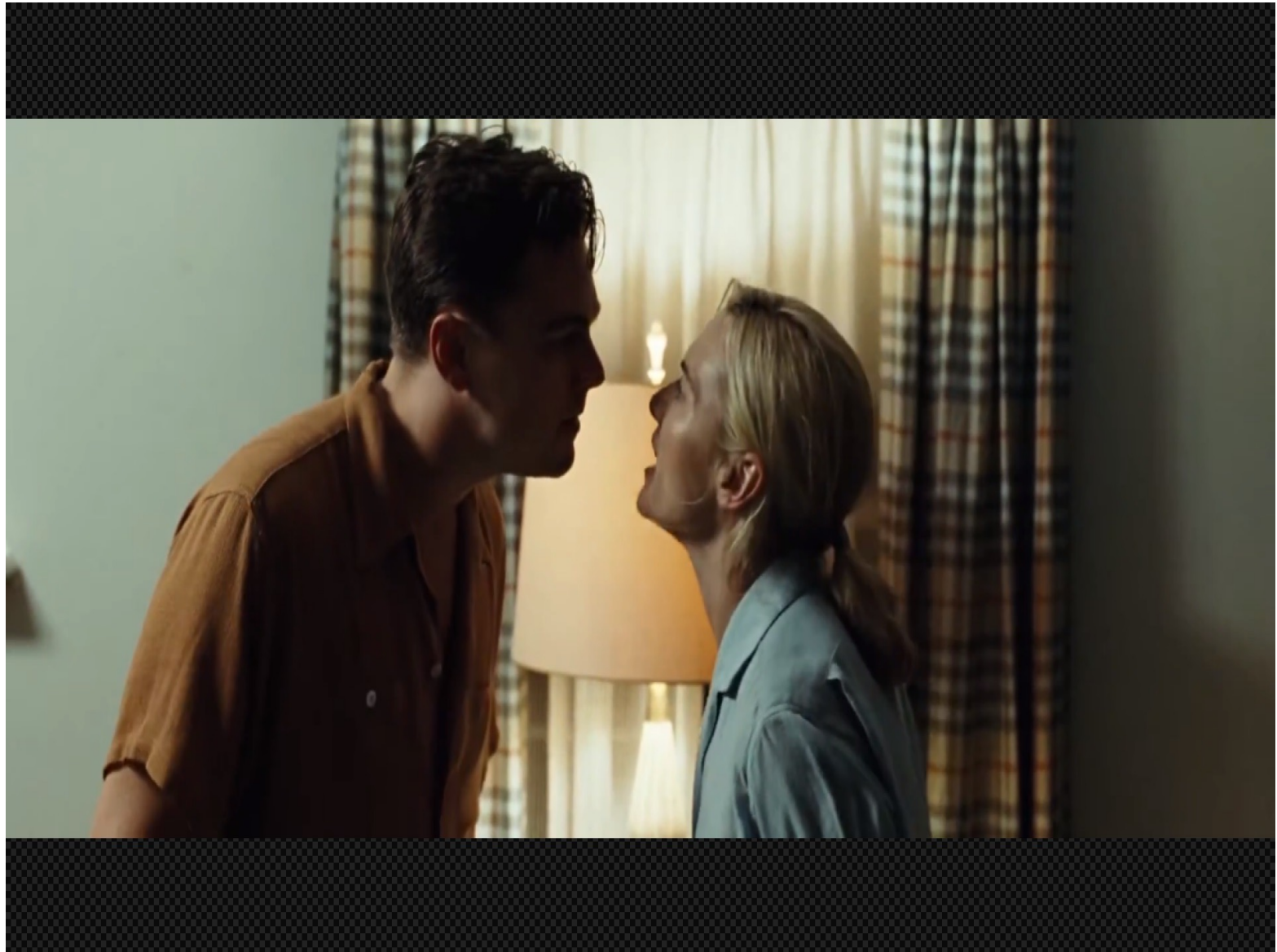
HOW DO YOU COME OUT OF THE DARKNESS INTO THE LIGHT?

Know the symptoms of PTS.

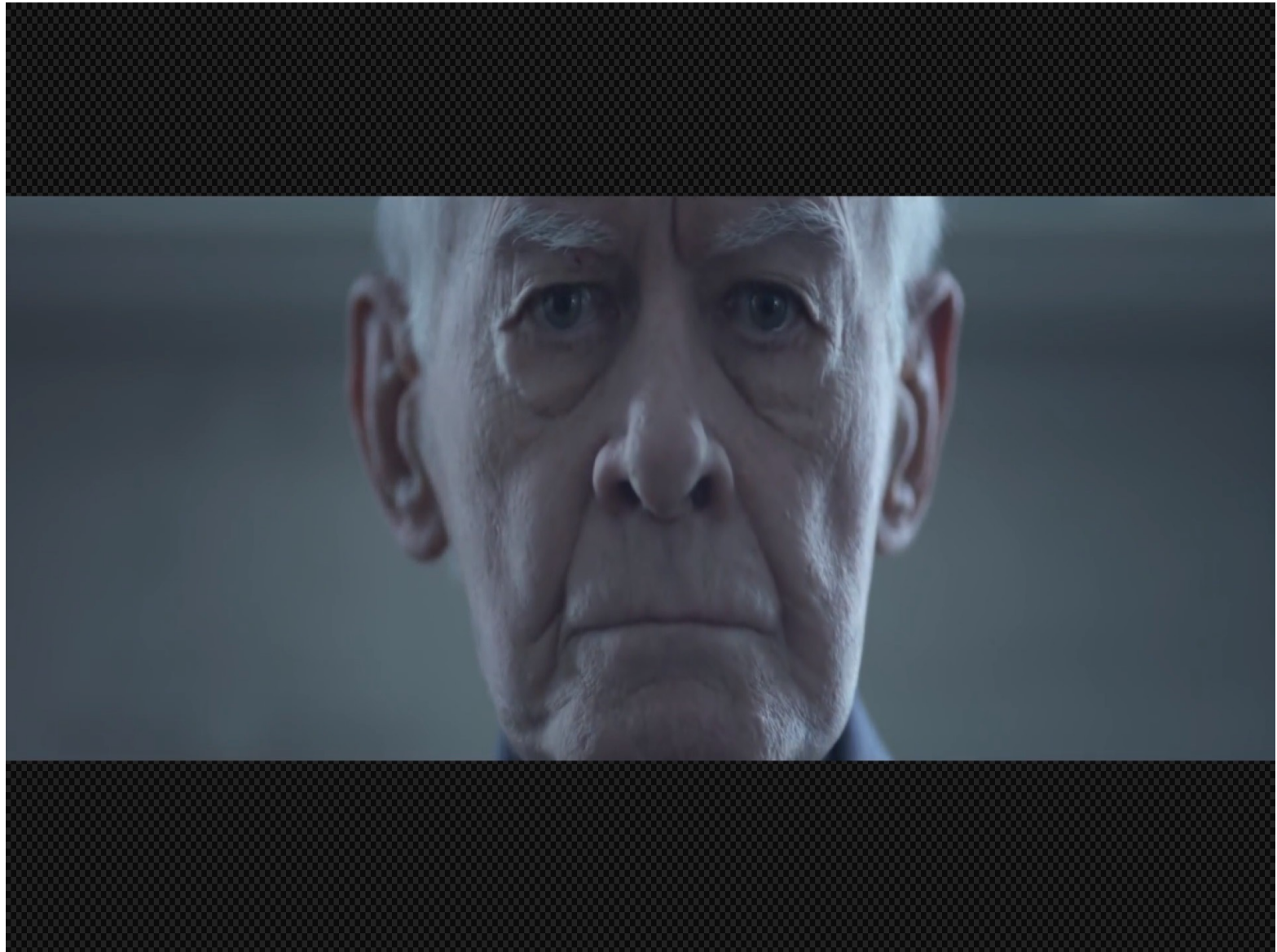
- Recurring nightmare of the traumatic event
- Sleeplessness
- Loss of interest
- Anger or irritability
- Feeling emotionally cut off from others
- Being always on guard
- Having trouble concentrating
- Being easily startled













THE QUESTION IS WHAT ARE YOU GOING TO DO AFTER HEARING THIS TODAY?

What you do with that is up to you.

See God has ordained you to be here today, you're not here by chance.

God has given you an opportunity to reconcile yourself to him today.

Forgive today. Give all you're dealing with to him today.

Reconcile your marriages, families and relationships today.

And find peace and be set free in him today!!!

John 8:³² and you will know the truth, and the truth will set you free.

**CLOSING THOUGHTS ON
HOW DO YOU COME OUT OF THE DARKNESS
INTO THE LIGHT?**

REMEMBER!!!!

God's word is true

Only the true gospel sets us free

John 8:³⁶ So if the Son sets you free, you will be free indeed.





