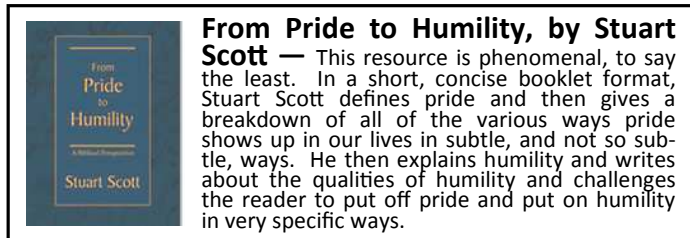


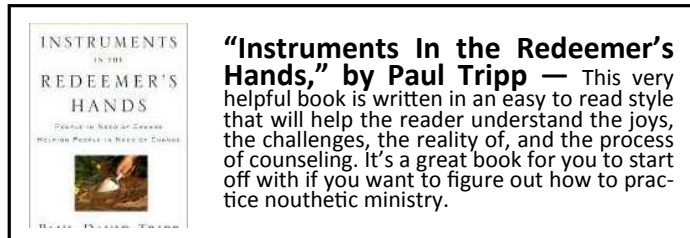
Resources for Life Change

(Resources are available in the Grace Resource Center)

The Grace Resource Center has many new resources available for you. From Bibles, to parenting books, to marriage and family books, to books on issues in Biblical Counseling, to children's books, to books about Christian living and theology, the Resource Center provides a whole variety of very helpful resources for you. Stop by the Resource Center today, before and after all church services.



From Pride to Humility, by Stuart Scott — This resource is phenomenal, to say the least. In a short, concise booklet format, Stuart Scott defines pride and then gives a breakdown of all of the various ways pride shows up in our lives in subtle, and not so subtle, ways. He then explains humility and writes about the qualities of humility and challenges the reader to put off pride and put on humility in very specific ways.



"Instruments in the Redeemer's Hands," by Paul Tripp — This very helpful book is written in an easy to read style that will help the reader understand the joys, the challenges, the reality of, and the process of counseling. It's a great book for you to start off with if you want to figure out how to practice nouthetic ministry.



NEWS FLASHES IN THE COUNSELING WORLD

Headline: Jenni O'Brian Begins Internship

GBC Member, Jenni O'Brian has started her internship at Vision of Hope in Lafayette, IN. This one year internship will give Jenni an opportunity to learn how Vision of Hope carries out their counseling program to young women, ages 14-28. Jenni's desire is to spend one year with her internship, learning about counseling, working with the young women, gathering information on a Vision of Hope philosophy, with the desire to return to Bozeman to play an instrumental role in a possible Vision of Hope here. Pray for Jenni as she embarks on this incredible one-year journey.

Headline: Four Grace Members NANC Certified

Four of our church members have completed their NANC certification with numerous others currently in the process. Dan and Pam Gannon, Pastor Blake Shaw, and Tana Devine have all completed the rigors of the certification process. The process includes various things such as 30 hours of lecture; 1000 pages of reading; 10-12 hours of observation of counseling done by a NANC certified counselor; two in-depth exams; and 50 hours of supervised counseling. The desire is to have a team of certified Biblical counselors ready to begin offering free counseling to the Bozeman community. Much work has yet to be completed but we are off on the right foot.

Headline: Training Continues in Lafayette

Over 30 people from Grace Bible Church, Gallatin Valley Presbyterian, Calvary Chapel, and Manhattan Bible Church, along with a few of our Global Outreach Partners are headed to Lafayette, Indiana in February for a week-long training in Biblical Counseling at Faith Baptist Church. The week-long training has been described as "...like drinking from a fire hydrant." Some of this same training will be featured here at Grace Bible Church in July, 2013. We encourage you to mark your calendars for July 25-27 for the Biblical Counseling Conference here at Grace.

Headline: Grace Bible Offers New Class for Training Counselors

This semester the Counseling Ministry here at Grace offers a new class titled, "Essential Qualities of a Biblical Counselor." The class is designed for the people who are involved in counseling others. Before we counsel others we must work on our own lives and make sure that we have no logs in our eyes. What are some essential qualities that we need to have built into our lives? We'll give some thought to these very issues in this class. The class starts on Sunday, January 20, in Room 802 at 9:00 a.m. Pastor Blake Shaw is the main teacher.

LETTERS TO THE EDITOR: The Community of Grace Biblical Counseling Ministry and the editor of the monthly newsletter welcome letters from the readers. Letters may be edited if the editorial team deems it necessary to do so to fit the space allowed or due to unbiblical communication practices. We encourage the reader to write with edification in mind. Letters must be signed. Names can be withheld upon request. If you have a question about counseling that you would like to ask for future publications feel free to submit those questions to Pastor Blake Shaw.



Food for Thought

By Pastor Blake Shaw



You've probably heard the song, "Take Me out to The Ball Game." If not, you are missing out on a great American hit. Here's a quiz: At what point in a baseball game is this infamous tune sung? If you answered, "at the Seventh Inning Stretch" you are indeed a baseball specialist—or maybe not, but your batting percentage is a thousand percent.

Ah, that wonderful time known as the Seventh Inning Stretch, a time in the game where there is a break in the action and fans have a chance to stand up and stretch, run to the restroom, take out a loan to buy some popcorn, peanuts, and Cracker Jacks, then return to their seats for the final two innings. It's a perfect place for a break in the action.

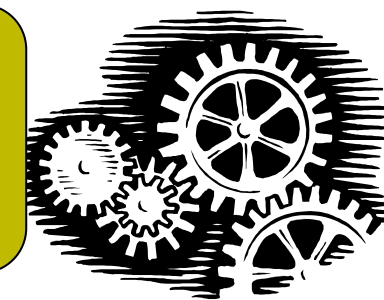
You are probably wondering, "So Blake, that is really neat information, but what does that have to do with counseling or the COG newsletter?" Here's how it relates.

Throughout most of 2012, we have been considering what are known as the "one another commands" of the New Testament. Thus far, we have had seven articles written on this topic so it is only appropriate that we have a seventh inning stretch. I suppose since it is football season and not baseball we could liken this to half-time where the teams go to the locker room and give consideration to any adjustments that they need to make when they return to action. Half-time is critical and can totally change the direction of a game. Whether you want to run with a seventh inning stretch baseball theme or a half-time football theme, let's stop, review, and evaluate. We began our series last spring focusing on the general principle of the "Body of Christ" concept where we were reminded that: 1) Individualism, when it comes to the body of Christ, is not a biblical concept; 2) Every part of the body of Christ is critical to the functioning of the whole; 3) When one part of the body hurts the rest of the body is affected; and 4) Even the parts of the body that seem most insignificant are critical to the perfect, functioning of the whole. Hopefully each of us understands that these points apply to anyone who claims to be a follower of Christ, not to a unique few.

Following that introduction, the next month we focused on, "Bear one another's burdens." Our guest author challenged us in a very simple way to step into others' lives and to truly carry one another's burdens. We then took a look at the topic, "...be of the same mind with one another." Such a command is harder to pull off than one might think. It points to the idea of unity and it is centered around the commonality of a focus on Christ and His glory. From there, we had a guest writer who addressed the topic: "Honor One Another" and we were challenged anew to work hard to refresh body life by showing genuine appreciation for and admiration for fellow believers by putting them first. This article was a great segue to the one another featured in September when our guest writer wrote on the idea of "serve one another." This article was written from two angles, one being the challenge to serve one another in the body of Christ, but the other was from the angle of being willing to be served. Numerous of us readers were challenged by the points related to the second angle because we can let pride lead us to be a hindrance to others receiving joy by serving us. In October, we were challenged to be a church family who works hard at encouraging one another. We saw a tremendous example of an encourager by looking at Barnabas in Scripture. Who doesn't need encouragement? We all do. This



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brought us to last month where we were exhorted to "accept one another," an article that had potential to create havoc and even perhaps work against the earlier focus of being of the same mind with one another. But hopefully, if you read that article, you were pushed to give thought to the idea of accepting others in the body of Christ. Accepting one another does not come naturally. It is the fruit of the supernatural work of God in our hearts.

So how are we doing friends? How are we as a church family doing thus far in our practice of the one anothers. Only you can answer for you. I'm sure that most of us could point to others in the church body and offer some critique of how certain individuals are failing in certain areas. But this article is intended to challenge us to look into the mirror and evaluate ourselves. At half-time of a football game, the teams go to the locker room and make adjustments. Individuals consider things that they need to do differently on the playing field. Perhaps for us as a church family, we could take some time to evaluate ourselves and ponder what adjustments need to be made. To help you and I get there, consider the following questions. Think through each, evaluate, and then ask if perhaps you need to change in areas of your life. While doing so, watch for pride in each of these areas:

- Do I like my independence and see it as a right and a need?
- Do I consider myself as not as important as other individuals in the church?
- Do I consider myself as more important than other individuals in the church?
- How do I respond when someone in the church family is hurting and suffering?
- Am I one who is really willing to weep with those who weep and rejoice with those who rejoice?
- Do I faithfully fulfill my part in the church body regardless to how insignificant I feel I am?
- Is there someone in my life right now who is weighed down with the burdens of life and what is something I can do to help carry the burden?
- Do I work hard to promote the unity we have in Christ or do I demand or push for my own agenda, my own wants, my own cravings?
- Is there someone whom I know in the church family who I can express genuine appreciation for and thank them for their faithfulness and/or their service?
- Is there someone in the church family whom I can bless by serving them?
- Is there someone in the church family who has offered to help me and I can bless them by allowing them to do so?
- Is there someone in the church family who needs encouragement? What are some practical things I can do today to be an encourager to that person?
- Is there someone in the church family who I struggle to accept?
- Are there folks in our church family who have different commitments, interests, desires, philosophies, etc., then I do and God wants me to accept and love them?



Seventh Inning Stretch is over. Time to get back to being like Jesus!

The Counseling Zone

By Pastor Blake Shaw

(A Look at the Basics of Biblical Counseling—Part 8)

In recent months we have given consideration to the process of Biblical Counseling and what is involved in providing counsel for others. The whole of this series is built off of the idea that every believer has a role in counseling one another. It's not a job for the specialists. It's a job for the obedient believer. Every believer already counsels. You may not believe it but every time you open your mouth, you are, in essence providing counsel. We counsel one another continuously. So the question isn't whether you counsel or not. The question is, "What kind of counsel do you provide?"

This series is intended to challenge every person to think of some critical elements that go with the counseling process. We began with talking about Involvement, a key element whereby you build rapport into the person's life. You do this by being interested in them. It is simply the process of building a caring relationship with the person. You've probably heard it said that people don't care how much you know until they know how much you care. That is the general idea. Biblical counseling begins with what we know as "Involvement." Next we saw the need to gather data. We labeled it "Investigation" because when one comes to us for counsel, we have to investigate. We dare not dole out an answer before we know the issues or we practice folly and shame (Proverbs 18:13), so we must learn to ask questions. We want data. Once we have the data we have to do something with the data and that is what we labeled as "Interpretation." With the pile of data we are seeking to determine what the issues are that need to be addressed in the person's life. Once we have the issues that we will provide counsel on we work to bring hope—true, biblical hope—to the person seeking counsel. We call this "Inspiration." Everyone needs hope so in our counseling we have to consider the many facets to bringing hope to the person.

This brings us to our next key element. This element is known as Instruction. Instruction is what really draws a distinction between Biblical Counseling and every other counsel-

ing system in the world. It's not that other counseling systems don't ever provide instruction. Some do. But the distinction is in the source of the instruction. For Biblical Counseling to be true biblical counseling, the instruction must be from God's Word. Our counsel must be based on Scriptures. 2 Timothy 3:16-17 says, "All Scripture is inspired of God and is profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be adequate, prepared for every good work." It is the Word of God that is profitable to tell us what is right, what is wrong, how to get right and how to stay right. When a person seeks counsel, most often he is there for counseling, not because things are going good, but because something is not right. People rarely, if ever, make an appointment to tell a counselor how good things are going in life. So the person may be suffering. He may be going through hardship. He may be battling some sin. Biblical counsel is useful to help him deal with the challenges of life in this sin-cursed, fallen world. Biblical Counsel must be based upon the Scriptures, not mixed with man's opinions or man's philosophy. That is the specific problem with Christian Psychology. The authority, unlike every other system of counseling, is the Bible. Our instruction must be biblical indeed. But it must also be applicable. So often in the church people have knowledge of the Bible but there is no understood connection between that knowledge and how it is lived out in the world. Biblical Counseling must be applicable in specific ways to the person's specific counseling issues. For some, this is where they might object to Biblical Counseling, because they believe that there are many psychiatric labels that are not addressed in the pages of God's Word.

For example, one might say, "Where does God's Word speak about Obsessive Compulsive Disorder?" Fair question, but let's not skip past a key element above. We must investigate. If you are wondering about helping a person labeled "OCD" than ask questions—lots of questions. When you think you have asked enough questions, ask a bunch more.

As you gather data you will find that really, in the heart of the person labeled OCD, there are temptations to sin that are common to man. You will find that the issues in the heart of such a person are actually the very issues touched on in the pages of Scripture. You will find habits of thinking, responding, acting, and worshipping and the Bible speaks to those very issues.

So the instruction must be biblical and it must be applicable to the person's specific struggle. Last the instruction must be appropriate. We would say that the instruction must be appropriate to the counselee's problems. In other words, when we counsel, we dare not just use our favorite passage of Scripture. God's Word has amazing breadth to it and the struggles of humans today are really no different than the struggles of humans 4000 years ago. We need to know the Word, both the Old and New Testaments, and be willing to use the totality of Scripture. Our instruction must likewise be appropriate to the person's spiritual condition. For example, is the person we are counseling saved or unsaved? It makes a huge difference, huh? Or we could ask, "Is the person unruly, faint-hearted, or weak?" 1 Thessalonians 5:14 tells us that our approach to each of these will vary. Paul says that we are to admonish the unruly person. We are to encourage the faint-hearted. We are to help the weak. We have to know who we are dealing with. I've admonished a faint-hearted person before and it didn't go well. In fact, it crushed the person. And I've tried to encourage the unruly and my encouragement became merely more of a license for the unruly person to continue on the path of destruction. Once again, our data will help us determine the person's spiritual condition. Instruction is a great, great element to the Biblical counseling process. It is where the Biblical Counselor gets the joy of opening up God's eternal, All-Sufficient Word and helping the counselee to understand what God's counsel is for his life.



Question: One of the objections I have to Biblical Counseling is that this philosophy is against psychology, talks about the ills of psychology, and says that psychologists and counselors are wrong. I have family members and friends who are psychologists and counselors and, not only is it offensive to me how Biblical Counseling opposes them, but they too find it arrogant that something so anti-science and simple would be opposed to them. My observation of them is that they care deeply about people and really do want to help people. Can you provide a response to my objection?

Answer: (This is Part 3 to the answer to this question. For Parts one and two, request a copy of the October and November edition of the COG). One of the most critical things we must point out is that Biblical Counseling is not anti-science. I realize that this accusation has been leveled at Biblical Counseling many times over the years but let's spend some time unpacking this issue.

The definition of "science" has changed over the years but historically (at least in my lifetime), science has been known as the systematically arranged knowledge of the material world which has been gathered in a four step process: 1) Observation of phenomena; 2) collection of data; 3) creation of a hypothesis or theory by inductive reasoning; and 4) testing of the hypothesis by repeated observation and controlled experiments.

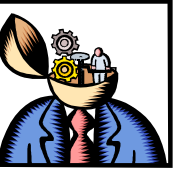
One must ask how human thinking and behavior can be categorized scientifically, given that each human is unique. Thus, how can each human's reaction to events, circumstances, and other stimuli be predicted and/or tested using the scientific method noted above? It can't.

Certainly, if psychology is true science, then one would expect a high level of agreement when it comes to stating man's problems and the answers to those problems, would we not?

Imagine if you were with a group of 120 people, none of whom had ever flown in an airplane and all 120 are scheduled to board an airline to fly across the United States. All 120 of you are asked to show up hours before your flight for special presentations about flying. So for hours you and the 119 other people listen intently to the various presentations. One after another the persons doing the presentations share with the group various philosophies of how planes fly. The presentations contradict one another and each presenter even points out the failures of the other philosophies of flying. The Engineers doing presentations provide often contradicting points about how planes take off, fly and land. And all of them claim to be scientific in their approach. Now, let me ask you: Would you get on that plane? No way. I mean, who do you trust? Are any of them scientific in their research and philosophy? I'm fairly confident that before you would board that plane you would want to hear a consistent presentation on how planes are built, how they take off, how they stay in the air, and how they land. In fact, you would question the authority of the science if it had dozens of contradicting philosophies about flying.

Now let me ask you another question: In what way is psychology scientific when there are 250 plus various philosophies and theories about the cause of man's problems and the answers/solutions to man's problems? That doesn't sound scientific. But before you get bent out of shape, let me remind you of a point I made several months ago about two types of psychology. One is scientific and the other is not. The scientific psychology is what I call, "Descriptive Psychology." Descriptive psychology is just that. It is describing something. For example, it is Descriptive Psychology that has helped us understand the development of a child from the time of birth to adulthood. Descriptive Psychology gives us insight into the various stages of development and from observing thousands and thousands of individuals we have been able to arrive at what we would call a standard of normalcy for the development of a child. We know from "scientific studies" when babies normally start to make eye-contact, smile, or a general age when babies begin to try to say their first words. The concept of "the terrible twos" did not just arrive out of nowhere. Scientific studies have been done to study what goes on with two-year-olds. We know from scientific studies the general age range when young people begin puberty. And yes, all of these

studies are really very fascinating. There is a whole world of Descriptive Psychology that can really be fascinating to read and study.



But is that really the area of concern in our discussion here? No. It is the second area that is the bone of contention. This area, known as "Prescriptive Psychology," is where the rub comes in. And this is where the 250 plus theories and philosophies are located. I mentioned above the "terrible two's". Prescriptive Psychology would come up with a variety of explanations for why a child, when he is a two-year-old, begins to act out in unruly ways. Some of those explanations would agree with each other but others would not. Biblical Counseling would say, "Start with a biblical definition of humans and understand the effects of depravity on the heart, mind, soul, spirit, conscience, etc., and you have the right starting point. The Creator of the two-year-old says that foolishness is bound up in his heart (Proverbs 22:15). So we would start there. The child is in rebellion against God. The expression of that rebellion is repeatedly lived out or expressed by the various antics that he pulls off. Descriptive psychology tells us about the terrible twos but prescriptive psychology misses the mark when it tries to not only tell us why the two-year-old does what he does but also when it tells us how to solve the problems or help the two year old truly change.

Now certainly, the question we are addressing here must be rooted in another issue as well and that is the study of the brain, the influence the brain has with one's problems, and then the treatment of these problems. My guess is that one of the thoughts the question asker has about Biblical Counseling is related to the idea that the biblical counselor has very little understanding of the complexity of the brain, that somehow, the medical world has the inside scoop on brain problems and corresponding mental illnesses. So let's start at a point where we can all agree: The brain is phenomenally complex. I think most of us would agree with this point. And most of the study on the human brain is scientific. But there are numerous questions that abound: What about the mind? Is the mind the same as the brain? How do the brain and the mind interrelate? Can the mind have a disease? And how does one prove that that the mind has a disease? We know the brain can have a disease (i.e., Alzheimer's, brain tumors, autism, etc.), but what about the mind? And how does one demonstrate and prove an illness of the mind? What is the conscience and what role does the conscience have in the mind? Does it have a role? These are just a start to the plethora of questions that abound. These are the issues that we must think about for mental illness has been pushed to the forefront of the national discussion in recent months.

When it comes to the human brain, obviously, much research has been and continues to be done. Keep in mind that much of scientific research is built off an Evolutionary foundation, whereby the human is simply viewed as an evolved animal so the idea of a soul, spirit, heart, and conscience (all terms written about in the Bible), are not even considered in the research. So from a worldview starting point, most scientific research and Biblical Counseling are truly different. Also, in science there is a perpetual search that continues for the genetic link to all of our problems. People crave for the finding of the alcohol gene, the homosexual gene, the kleptomania gene, the abuse gene, etc. Such genetic links are elusive. Just when one study claims to have found the genetic link to some behavior or "mental illness" another study comes forward proclaiming the exact opposite. While the search continues, the Creator looks on and His Word tells us that the problems are not genetics, but instead, reside in the heart, the soul, the mind, the spirit. The Creator looks on and we know the answer to man's problems are not found in scientific research but in Him, the One in whom we live and have our being.

We are not anti-science. We are in favor of science that is done accurately. We are in favor of science that exalts the Creator and is God-centered, not man-centered. We embrace science that is true science. Perhaps there is more to address, such as, the science that has led up to the theory of chemical imbalances and the development of the multi-billion dollar pharmaceutical's production of drugs to deal with man's problems. We will attempt to address that realm in the next issue.

Counselor's Corner

The Biblical Counseling Committee:

Chairman: Pastor Blake Shaw, Vice-Chair: Dr. Dan Gannon
Members: Ty Typolt, Pam Gannon, Brad Wright,
Pastor Kelly Jennaway, and Jim Tesseneer

Planning Ahead: Are you going to be here in the Bozeman area next July? If so, we invite you to mark July 25th-27th on your calendar and begin to make plans now to attend our First Annual Biblical Counseling Conference, right here at Grace Bible Church. If you have family and friends in the greater Montana area, encourage them to make plans now to attend this much anticipated conference. For this conference we will have the privilege of learning from a variety of speakers from Kentucky, Indiana, Illinois, Billings, and Bozeman, covering a spectrum of topics. The conference will be designed for all believers who love others and want to walk with and help other people living life in this sin-cursed, fallen world. A brochure and more information will be available soon.