

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.

1. Christ-Centered Biblical Counseling: Changing Lives with God's Changeless Truth, edited by James MacDonald, James Viars, Robert Kelleman, and David Powlison

Christ-Centered Biblical Counseling is a comprehensive guide that will equip God's people to use biblical truth to change lives. More than that, this book will increase people's confidence in the sufficiency and relevancy of God's Word to address real-life issues in a multitude of counseling situations. Readers of this book will: Understand clearly why they should embrace biblical counseling. Be encouraged to trust God's Word to provide rich insight for living in the midst of even the most difficult challenges. Enjoy the relevant, pastoral, and theological teaching they have come to appreciate from such noted authors as James MacDonald, John Piper, Mark Dever, and Elyse Fitzpatrick. The 28 chapters blend theological wisdom and practical expertise. The first half of the book emphasizes a practical theology of biblical counseling; the second half highlights a practical methodology of biblical counseling.

2. Good Mood, Bad Mood, Dr. Charles D. Hodges, M.D.

Depression and bipolar disorder are two of the most common diagnoses made in medicine today. Good Mood, Bad Mood; examines whether we are in an epidemic or if we have simply misdiagnosed common sadness as depression. Current research in the medical community seems to indicate that the criteria we use to diagnose depression has resulted in an increased and incorrect labeling of common sadness as depression. While medical treatment is now the commonly accepted way to deal with pain and sadness, its promise has not been fulfilled. In Good Mood, Bad Mood, Dr. Charles Hodges offers an explanation to help the reader see the importance of sadness and the hope that God gives us in His Word.

3. Comforts From Romans, by Elyse Fitzpatrick

Although we may go to bed at night believing the gospel, we wake up every morning needing to hear it again. Yet most of us don't have time to dive into a lengthy commentary on the book of Romans—the book Paul wrote in order to showcase the glorious riches of the gospel. Thankfully seasoned counselor and author Elyse Fitzpatrick makes the message of Romans readily accessible in 31 devotional-like chapters on what Martin Luther called "the very purest Gospel." Perfect for even the busiest of us, Elyse helps us grasp the practicality of the gospel message and experience the deep comforts articulated in the book of Romans.

4. iSnooping on Your Kid, by R. Nicolas Black

In our increasingly wired world, your children have access to people, images, and media that you don't want them to experience. What's a concerned parent to do? What does wisdom look like when technology floods into your home bringing access to pornography and other Internet dangers?

Providing extensive practical suggestions, Nicholas Black directs you in making a plan with your family for safety and clear boundaries on technology use. By reminding you of how Christ leads you to repentance and faithful living, he offers helpful advice on how you can help your children grow in purity, integrity, and dependence on Christ, as they navigate the world of technology.

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.



THE COG
COMMUNITY OF GRACE
Biblical Counseling Ministry
Edition #17 — February 2013



Biblical Counseling — Turning to God's Word for the Answers to Life's Problems

*Biblical Counseling Conference
July 25-27, 2013 at Grace Bible Church*

**Speakers: Brad Bigney, Rob Green, Aaron Sironi, Chris Moles,
Bryan Hughes, Brad Wright, Dan & Pam Gannon**

Some Topics Covered:

- Why Counsel: Every Member's Role
- What Makes Biblical Counseling Biblical?
- Shyness and Social Anxiety
- Dealing with Suicide
- Killing Pride
- Prayer: Tapping Into the Real Power for Change
- Medical Issues in Counseling
- Handling Abuse Cases
- Desperate Parents Make the Best Parents
- Romans 8:28
- Understanding Grace and Repentance
- Back to Grace: How To Make Sure Your Counseling Doesn't Produce a Pharisee

Registrations Forms are available at the Grace Bible Church office, at the Resource Center or you can register online at: <http://gbcmt.org/ministries/biblical-counseling/the-conference>
Early Registration Deadline is April 30th, 2013.

Testimonies from Biblical Counseling Conference attendees

Pastor Blake Shaw

"I just wish we could find their bad breath." That was the statement I made to my wife as we left Faith Church in Lafayette after Day One of the Biblical Counseling Training Conference we were attending. I went on to explain how every church has its flaws, its weaknesses, but we never get to see Faith's flaws and weaknesses when we are at the conference. It can tempt one to a battle with envy and jealousy, for sure. Certainly, since the church in Lafayette is made up of sinners, then they have problems just like us. But where? Thus, my week was spent being encouraged, exhorted, challenged, and learning, but yes, on a search for the "bad breath." I struggled to find it. But I was reminded that we are only there for one week and it is during that week that all the focus and all of the energy is directed towards serving

the conference guests so perhaps the "bad breath" would not be noticed. So I had to ask someone on the inside, "What are the weaknesses of Faith Church?" I had dinner with the Missions Pastor and so I asked him the question. He explained that he has a bias so he wishes there was more of an emphasis on Global Missions. The church tends to focus so much on local outreach that sometimes the missions work across the globe can be overlooked. He went on to explain that the church can become "activity loaded" - doing outreach in the community - and he had a concern about people wearing out. So my search ended...kind of.

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Later in the week, I started to notice something that perhaps explained to me why we don't see the "bad breath" (I know, you don't see bad breath, but stay with me on this analogy). It seemed like many of the pastors or other church members who spoke during the sessions were always open to let us know that they struggle with particular sins. They were just real about things. Not being real and sharing things as a means to try to excuse their weaknesses or to have people say, "See we are all okay, but rather, to make a connection with us as other weak, struggling sinners in desperate need of grace. One speaker, a medical doctor who works in Faith's Biblical Counseling ministry, got choked up and couldn't talk as he explained an issue he dealt with in his practice. Another speaker by the name of Stuart Scott (he's authored some great books) used his own struggles as a father of a rebellious teenager, to share with us 30 different ways to respond to the challenges of parenting, sharing that the notes came out of his own journey. It seemed like the staff and the other speakers were simply willing to walk in the light, out in the open, for all to understand that each of them were men and women with "a nature like ours." It left me wondering if perhaps the spiritual mouthwash that Faith uses is "living in the light" - just being real about their problems, that is what makes it hard to find the weaknesses of the church.

One of the highlights of the conference for me as the Pastor of Counseling Ministry is to interact with the people from the Bozeman area who attend this conference. Out of the 1700 people at the conference, this year the Lord allowed 36 of us from the Bozeman area to attend. We were blessed to have Randy Jones, the senior pastor of Manhattan Bible Church with us. Calvary Chapel was represented by Dennis and Joni Balian and we were blessed to have them along as well. Four of our Global Outreach Partners attended the conference, three from the middle east and one from Scum of the Earth Church in Denver. Having those four there was a

great blessing because we know that the training received will be helpful in their ministries too. The other 29 are from our church body here at Grace. This edition of the COG is devoted to hearing from the people who attended the conference. I've asked each of them to write a short response about their week. But before we get to them, let me explain a little about the conference.

The conference lasts one week, starting Sunday evening and going through Friday morning. The conference is broken into Six Tracks from which the attendees can choose. Those attending for the first time go to Track One where they learn the foundational elements of Biblical Counseling. Wrapped up in this track are very practical points about parenting and marriage and family issues and heart issues and how to deal with sin, as well as the "how to's" of Biblical Counseling. Track One lays the foundation for the other five tracks. Tracks 2, 3, and 4 are for examining various issues that arise in counseling. For example, Dominique and I were in Track 3 and we covered topics such as: Fatigue; Counseling teens in Sexual Sin; True Repentance; Children of Divorce; Deception; The relationship between medical doctors and Biblical counselors (phenomenal session); Crisis Management; Living with a Bitter Person; Giving our Children Grace (another great session); Counseling the Sexually abused; ADHD; PTSD; Spiritual Warfare in the family; Wisdom Parenting; Financial Counseling; and Putting your past in its place; just to name a few. Each of tracks 2,3, and 4 have different topics that are covered. Track Five is the intense one where they cover what is called the NANC exam. All of the "students" bring a laptop computer and the instructors walk them through the two parts of the NANC exam and give them input on the various questions on the exam. Then the "students" spend some time writing their answers in their own words. The "students" also spend each night working on their exams. Track Six is a track that is given to discussion of various case studies. The group from Bozeman had a number of people in all six tracks. So let's hear from them as they share their thoughts about the week in

The Faith Biblical Counseling Conference is always very enjoyable but also very challenging and convicting! Talk about information overload. The topics that are covered are dependent upon the track that is attended. I attended Track 4 which covered everything from helping parents honor the Lord in their parenting to tools available to me as I help counsel those struggling with such things as a husband who abuses his wife or how to deal with bad moods, helping parents whose child is being bullied or those who are in chronic pain.

There is one common thread in dealing with the problems of life and that is the Word of God. I am again reminded how important it is as a counselor to balance grace and truth in the my counseling. It is imperative for me to be compassionate, loving, non-judgmental and to know all the background of the counselee as I walk with them when dealing with the issues they are experiencing. Hope is a wonderful thing and much needed for us when we are fighting the struggles of life. The Word of God is applicable for all of the issues of life and to give hope! 2 Timothy 3:16-17 says, "All Scripture is inspired by God and profitable for teaching, reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work." (Ty)

Tracy and I are very thankful for the time we had at the conference in Lafayette, IN. The topics addressed at the conference were very PRACTICAL and HELPFUL in showing how a believer can minister God's Word to others in unique situations. The conference also reaffirmed in our minds the sufficiency of Scripture for guidance, help, and strength in living the Christian life. Some of the topics we enjoyed most were "Walking in the Light" by Steve Viars, "Trials and Suffering" by Rob Green, & "Back to Grace: How to Counsel without Turning Your Counselees into Pharisees" by Brad Bigney. We were encouraged to find out that two of these topics (Green & Bigney) will be addressed at the Counseling Conference hosted by our church this summer. (Jon)

Connecting the dots... I've spent years in church, received my BA in Theology, and have spent years on the mission field. The greatest joy that I have had from attending Lafayette was the connecting of the dots from the cerebral to the practical. From academia to reality... many missionaries on the field can quote verses, outline books of the Bible, and preach theology but are unable to digest those truths to the point of seeing where it should practically impact their lives. They do a great job of preaching Holiness without living it. Lord help my feet to catch up to my head. (Brad)



This year I was blessed to be able to attend track 5. This track guides you through the NANC exam. The Exam is writing answers to theology and counseling questions as though you were explaining these things to the average person. Each answer must be an essay of 1-1.5 pages with clear and precise terms all supported with Scripture. Working on the exam has shown me how little I know and how much I need to grow! It has forced me to ask myself some hard questions. Is my goal in life to love God and others like Jesus tells me Matt. 22:37-39? Am I going to be salt and light and doing good works for the world to see like Jesus tells me Matt. 5:13-14? Am I going seek first His kingdom as Jesus tells me in Matt. 6:19-34? If my goal in life is to love God and others (Matt. 22:37-39). Then I must learn to respond to unpleasant circumstances in life in a God-honoring way. God is way more concerned about changing my heart than changing my circumstances. Life is hard and anyone can live it chasing after earthly treasure (Matt. 6:19-24) being filled with worry (Matt.6:25-34) thinking that other people need to change (Matt.7:1-5) and being filled with bitterness and anger (Eph. 4:31). I must learn to hold the Word tightly so it can comfort my heart and strengthen me for God-honoring words and actions in the mist of living in this broken and sin cursed world (II Thess. 2:16-17). By doing the NANC exams I will grow in my own love for God and be equipped to love and serve others in biblical ways. (Lori)

The teaching from Track One at the Faith Biblical Counseling Ministries Conference in Lafayette, Indiana was amazing. Taught by a group of godly and gifted speakers, the topics and material presented offered not only valuable information in counseling, but also challenged me personally in my own life and spiritual growth. I found the teaching time extremely helpful in that the sessions to equip and educate individuals for counseling ministry dealt with a wide variety of issues. Session topics ranged from God's sovereign grace and His love for all who have sinned to effectively applying biblical mandates and doctrine while counseling someone who is struggling through stormy trials. On every topic taught, in every point made, and with each scenario presented, one thing remained central and consistent. God is just, God is faithful, and God is sovereign. By God's grace alone there is hope offered to anyone who is dealing with sin and suffering in any given situation.

It is a sobering and humbling opportunity to disciple someone who is hurting and who feels they are without hope while having the privilege to offer the complete hope and joy that they can find in God's grace. Counseling students who attended the conference are equipped to disciple compassionately and skillfully while lovingly teach God's Word to those looking for answers. I left the conference with renewed intent to live in complete surrender to Christ and to minister God's Word more effectively. (Deanne)

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.