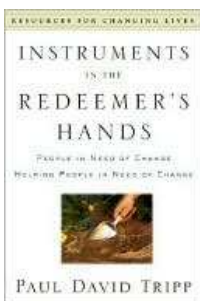
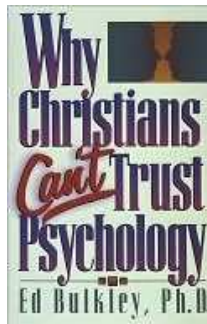


Resources for Life Change

(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.

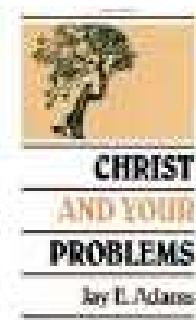
“Why Christians Can’t Trust Psychology,” by Dr. Ed Bulkley---In light of the articles written in this newsletter and in previous newsletters, it might be worth the readers’ time to get this book and examine the issue stated by the title. Bulkley walks the reader through the various problems with the psychological world, as it relates to psychotherapy. He offers documentation after documentation to show why Christians cannot trust Prescriptive Psychology. Based upon a true story, the story line that is interwoven throughout the book makes the book more readable. It is sure to be a discussion starter. This is a great book, addressing a great subject.



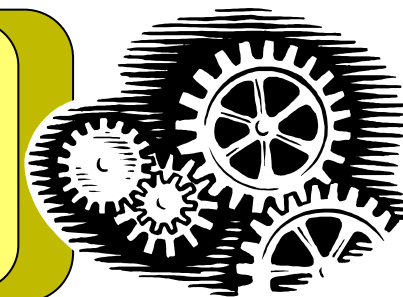
“Instruments In the Redeemer’s Hands,” by Paul Tripp---This very helpful book is written in an easy to read style that will help the reader understand the joys, the challenges, the reality of, and the process of counseling. It’s a great book for you to start off with if you want to figure out how to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

FREE ARTICLE: Addictions: New Ways of Seeing, New Ways of Walking Free, by Ed Welch---This is a very helpful article for helping one understand the problem of addictions, to know what part the physiological plays in the addiction, and then how God’s Word applies in many way to the problem of addictions.

“Christ and Your Problems,” by Jay Adams---Many people who are struggling with various aspects of living life often feel like they are the only one going through the struggle, that they can’t overcome the struggle, and that there is no way to conquer the sin. In this short booklet, Adams unpacks I Corinthians 10:13 and brings great hope to the reader about the commonality of temptation, the faithful God who provides a way of escape, and the fact that all believers can indeed have victory over sin.



THE COG COMMUNITY OF GRACE Biblical Counseling Ministry Edition #6 — February 2012



WHAT ARE YOU TRAINED IN?

By Pastor Blake Shaw

I love conferences. In fact, if I could, I would go to a conference every week of the year. I love to learn. I love to be challenged in my thinking and philosophy of ministry and I love to be sharpened in any skills I may have. I also love to meet new people. And I love to attend conferences with others from our church fellowship. Some might even accuse me of making conferences my “love language.” Thus, I loved this past week. I had the privilege of going with 46 other people from the Bozeman area to a Biblical Counseling Training conference in Lafayette, Indiana. 40 of us from Grace, three from E.Free, two from Gallatin Valley Presbyterian, and one from Manhattan Bible Church, all ventured out to the mid-west to take in an intense, five day training in Biblical counseling. The training offered six different tracks from which we all got to choose. Once the conference started, it was likened to drinking from a fire hose. Days were packed with seminars, sermons, discussion, etc. All of this was with the goal of teaching and training us to embrace the Word of God as truly sufficient for everything in life and to take the Word of God and help others dealing with the challenges of living life in this sin-cursed world. This edition of our Newsletter is devoted to the conference. You’ll get to hear a variety of testimonies from people who attended the conference.

For me personally, I was encouraged and challenged by many of the sessions. One of the first sessions we had was on the issue of Infertility and Miscarriage. The medical doctor who did this session did such a great job of helping us understand the issues and God’s counsel for those struggling in these areas. By far, my favorite speaker and session of the conference was one with Brad Bigney titled, “Desperate Parents Make the Best Parents.” This was such a blessing to be in this session. You might want to remember the name Brad Bigney. It might come up again. Bigney spoke a short time later on “Prayer: Tapping into the Real Power for Change.” Again, it was excellent as he spoke of specific things my heart needed to be challenged with. Did I mention Brad Bigney? Wednesday morning of the week, Bigney stepped up and gave us another seminar that was, to say the least, awesome. He spoke on “Practical Steps for Killing Pride and Putting On Humility.” It was excellent stuff to be sure. Pastor Steve Viars took an hour to walk us through a session on knowing God’s Will---very insightful and encouraging. Bigney then gave perhaps one talk that every Christian ought to hear. It was titled, “Passion for Christ: The Missing Ingredient in Our Fight against Sin.” One quote was, “You need to help your counselee taste the goodness of God in Christ so that they are ruined for anything else.” I love that. Thursday, three sessions stood out to me. One was on “Postpartum Depression” (with Dr. Dan Wickert); “Psalm 73-Illustrating the Heart” (with Brent Aucoin), and “Chemical Imbalance, Genetics, and Hormones: What Have We Learned over the Past Decade?” (with Dr. Dan Wickert). All of these were very thought provoking, en-

couraging, and helpful in understanding counseling issues. The conference was a mixture of incredible teaching, great training, amazing fellowship, and short nights of sleep. What can be better than that.

What follows are a number of testimonies from those who attended the conference.

Wow, we feel like we just went to a week long Bible camp where it seemed like a constant Pastor Bryan sermon 10 hours a day for 5 days in a row! One of the reasons we went to the conference was to learn how to counsel another couple we know who is asking for help with their marriage. But God spent the week showing US what we have done wrong personally, and reinforced what we have done right. The Holy Spirit has quite a way of working His truths into YOUR life personally, and He did just that through the teaching of God’s word this week. We realized that is His plan, because you can’t teach what you don’t know, and you can’t help others if you don’t have a firm belief and grasp on God’s truth and HOW TO APPLY IT. (We learned application, not just implication.) We have the “manual” (Bible) on life and fixing problems, but we realized this week we thought we knew how to use the manual, but really didn’t know how to use it right. We now have a high level of confidence that we do. Toward the end of the conference, we thought of literally dozens of Christian friends/relatives that we can help with this information, and fittingly, the conference closed with these words: “Now go get to work!” ~Kevin & Bunny Brownlee

The Lord used the biblical counseling conference to impact my life in several ways. First, I received the blessing of fellowship with an incredible group of people. The body at Grace is dynamic and diverse. It is beautiful! What a privilege to call these individuals my brothers and sisters in Christ. It was a delight getting to know them better.

Second, and perhaps the most important thing that I gained from the conference, was a sense of urgency. Working in ministry each day leaves me somewhat isolated from the suffering people in our Valley. This conference “woke me up” to that fact. To quote a pastor in one of our sessions: “Strong marriages equate to strong families and strong families equate to strong churches.” I take this one step further and add that “strong churches equate to strong communities and strong communities equate to a strong nation.” I believe that many of our neighbors in the Gallatin Valley are suffering, and they do not know what can bring them peace. They are heavy-burdened and looking for rest. We have the Answer, but many of us do not know how to share it, how to find the ones who are searching for it, or, worse, we are silently keeping it to ourselves. I realized at this conference that I am guilty of having the answers, but am not actively finding a way to tell others. I now have a sense of urgency to make myself more available to counsel others.

I thank Grace Bible Church, my family, and HCS for the ability to leave my life here for a few days and attend this informative (and well-organized!) conference. I praise our Father in Heaven for “waking me up,” and I look forward to sharing His Word with others in our church and community. -Ethel Gray

“You need to help your counselee taste the goodness of God in Christ so that they are ruined for anything else.”

Testimonies—continued on next page...

Since it was my first time going to the conference I attended track one which was such a challenge to my life in many practical ways. Much of the teaching pertained to an overview of counseling, sanctification, communication, conflict resolution, marriage, relationships, and family. My heart was most taught and convicted in the area of communication. Growing up in a family that never communicated in a way that pleased the Lord I know this is an area of weakness in my own life. Having the encouragement and teaching from the Bible along with practical thoughts has been really helpful. Mostly, I am reminded that I am so young and foolish, and how vital it is that I know God and His Word better. Since I am very young I am definitely not prepared to counsel formally. What the conference did teach me is a lot about counseling my own heart and that I do counsel people every day weather I realize it or not. By God's grace I can use His Word more effectively to encourage the youth group kids and other young women that God puts in my life. I know that God who has begun this good work of salvation in my life will be faithful to make me more like Jesus! Phil. 1:6 With thankfulness, Stephanie Oswell

"First and foremost the conference was definitely convicting and challenging to my own heart. So much teaching about how completely sufficient and relevant God's word is to mankind made me realize how much more I should love it. Teaching about sin and its devastating effects, delineated in so many heart-wrenching stories, hit home how much more I should hate it in my own life. And the list could go on about other areas of conviction. Another theme that was brought up repeatedly is that counseling is all about Christ. This may seem to be a simple statement, and it is. But it was good to be repeatedly reminded over the week that while helping someone overcome a sin, or save a marriage, or be freed from an addiction are goals counselors aim for, they are secondary to helping a someone *know* Christ better and be more like Him. Lastly, all of the speakers emphasized the love and compassion that all counseling should be tempered with, remembering the great love and compassion of our Savior toward all of us. Compassion and love was emphasized in relation to the community as well: being known to those outside of the church as a place to go for comfort when hurting; And as a place where people can hear the truth, but also be cared for and listened to in love. Well, I think I could go on and on about all the impacting and helpful topics taught, but these were the ones that stand out the most. I'm so thankful for the immense blessing to have been able to go, and for Faith Baptist and their diligence in and passion for equipping the saints in this way." ~Brooke

I want to thank you for having invited me to join the folks from Grace in attending the Biblical Counseling training seminar. It is encouraging to see so many people committed to getting better equipped at Biblical Counseling. I enjoyed the warm personal interaction with a number of them. Please express my heart-felt gratitude to those who helped make this conference affordable. I'm also grateful to everyone who helped organize all the travel and lodging details. It was very well planned, coordinated and executed. The conference itself was superb. It was well organized. The content was sound theologically and very practical. Many of the speakers were inspiring and all of them spoke from a wealth of experience. Faith Church itself, is a wonderful model of how a local church can impact their community for Christ. I also was impressed by the scope and depth of the resources they had for sale and the extensive bibliography included in the list of Helpful Resources in the conference notebook. In fact, I plan to make this list available to our congregation at Manhattan Bible Church and also ask our librarian to refer to it when ordering new books. This was the first time I had attended this conference and accordingly I took Track One. It was good to see how Biblical Counseling is an integral part of what it means to make disciples. It was also helpful to be reminded that the best counselors are first counselees. In other words, we need to be sure that we ourselves are thinking and acting according to God's Word, applying its truths to our own life. This will enable us to be used of the Lord, then, to help others do the same. Track One's content was geared toward the more common issues that believers are apt to struggle with, such as marriage and the roles of husbands and wives, parenting, trials and suffering, forgiveness, repentance, etc. So as a pastor, this material will be very helpful. What was particularly insightful for me was to see how NANC counselor, Randy Patten, structured his counseling session, how he conducted his interview, gave hope, gathered and organized his data, gave relevant homework and then followed up on the homework in the next session. That procedural model is applicable regardless of the issue being addressed. Because of those sessions, I went ahead and purchased the Biblical Counseling DVD Training Series. I look forward to seeing how the other NANC counselors like, Mark Dutton, Steve Viars, Amy Baker and Bob Smith conduct their counseling sessions. Hopefully, I'll be able to pass on some of what I learned and will be learning to others within our congregation. Maybe one or two of them would consider attending the conference in the future. That would be a great benefit to both them and our church as a whole. Once again, Blake, thank you for inviting me to join your group in attending the conference. If given another opportunity in the future, I would love to go again. Warmly in Christ, Randy

After sitting under the teaching of God's Word and learning more about who He is from many faithful and wise people it's hard to pick just a couple of things to share about! First, it was such a blessing to have the opportunity to go to the conference and be able to learn this last week. I pray that God would use this investment in my life to produce much fruit for His kingdom. Overall I was so encouraged to see the vision that Faith Baptist Church has for counseling and their community. What a neat thing to see the passion and faithfulness of the believers in other places. God is great!

I had been feeling convicted about just sitting and listening in church and not doing anything as I have been a regular attendee at Grace for almost three years now. So, I thought if I went through the membership classes I would find an area for me to get involved. That was where I heard in detail about the Biblical Counseling classes and I was very intrigued. I started attend the class taught by Pastor Blake. By the grace of God, there was a space for me to go along with the group to the conference this year. The classes started at 8 AM. We did not get back to our room until often 9PM. The teachers were all very knowledgeable and excellent orators. There was so much information that I am sure it will take this next year to get it all sorted out in my head and heart. However, this was not the thing that stands out most to me from the trip. The most profound thing from this trip was the people I traveled with from Bozeman. It started with someone seeking my forgiveness. The offence was minor and in my opinion did not require an apology. I was so caught off guard that I virtually was speechless. I had to humble myself and later expressed my forgiveness. Then there were another couple of apologies for again an insignificant inconvenience that was unavoidable. I was humbled by their need to apologize for any inconvenience it put on me. With so many people traveling together with different needs, it was impossible to meet everyone's needs and offences were sure to come. Finally, I was humbled by my roommate who could not take the larger of the two beds because I was the older yet I was the smaller of the two. She could not allow it. So, I had to humble myself and allow her to honor me. Those are just a few incidents where I was humbled by other's consideration of me. The profound thing I came home with was how these incidents and their apologies endeared them to me and I came home loving them. It taught me to be quick to apologize and honor others over myself. Sharon S.

Blake, I want to express my heartfelt gratitude for the invitation to join the group that attended the Biblical Counseling Conference. Thanks too for covering the majority of the cost to attend. Please pass along my appreciation to those who made it possible. Some of the highlights of the conference included learning different counseling methodologies to expand my knowledge base for ministry. I was also impressed with how the presenters used fresh and memorable approaches to communicate truths I've learned and taught in the past. I believe I'll be a better pastor/counselor as a result of attending the conference. I also found the plenary sessions to be inspirational and at times convicting. James MacDonald offered added encouragement to persevere in my calling and the work of the ministry. I also appreciated Pastor Viars call for fidelity to the gospel message and emphasis upon sound theological preaching and ministry. It was also beneficial to simply be at Faith Church and witness firsthand their vision for ministry and outreach. It was good to see the direct connection between their Biblical Counseling Center and their evangelistic outreach and community ministry. I also received a copy of their 2009-2013 Strategic Ministry Plan and was impressed with the level of their foresight, intentionality and faith in developing a plan for the future of the church. I've learned several things that we need to implement into our ministry at EFCB. I also enjoyed the fellowship with others in our group and my roommate Randy Jones. Blake, it was good to chat at breakfast time, I enjoyed getting to know you better. So thanks once again for the invitation to join you. My prayer is that our time there will bring further glory to God and healing to others. In Christ, Jim Keena

I have been so incredibly blessed by the counseling classes in Lafayette, Indiana. Before my first trip to Lafayette I was "psychologized." I have to admit I was apprehensive in going because I didn't know what to expect and (foolishly) wondered if it was going to be another "bible thumping" event....in other words, JUST READ YOUR BIBLE AND WALK AWAY FROM SIN! I had heard many sermons on that topic before coming to Grace Bible Church. But that couldn't have been farther from the truth! Instead, I was presented with the truth and sufficiency of God's Word in a very loving, caring way. It was as if the scales from my eyes had been lifted and I was seeing God's Word in a new light....the light of God's Word being all sufficient in counseling. It was truly awe inspiring. I just returned home from my third year, Track 3, and what has really influenced my way of thinking is the "issue of the heart" throughout all the tracks. In other words, we do what we do because we want what we want. And we want what we want because of our evil desires. (James 4:1-10). I don't think anyone can go to these conferences without looking at one's self, first and foremost. If I am not willing to change and honestly look at myself, how can I possibly counsel someone else? I am so grateful for the opportunity to go to Lafayette to further my training and knowledge. Thank you Grace Bible Church for your vision and provision! Pat Lether

The week of the conference was one of the best weeks of my life. I was greatly encouraged and convicted by everything I heard and learned. It would take writing a whole book to tell about everything but one thing that really stuck out to me was the Vision of Hope house that the church built there. It is a home they built for girls who are struggling with things such as Anorexia/bulimia, depression, cutting, or who are pregnant. I have always wanted to be able to help teens who are struggling and seeing this encouraged me even more to reach out to girls even if it's just to encourage them and give them hope! Thank you!! God bless! Michelle

Dear Blake: What a privilege for me to be a part of this growing and vital ministry with an amazing group from Grace Bible Church. A huge thank you to Blake, Dan, and Pam for their support in making this training happen and making it affordable for all who attend. Seeing the commitment on the part of Faith Church to make this available to everyone and to see the many ministries they have reaching into their community is uplifting. It is very encouraging to see the Bible as their foundation and their complete dependence on it's sufficiency. The conference speakers were all excellent and were consistent in their theme. I heard the message that we as believers in Jesus Christ are called to minister to a hurting world and to struggling believers. If not us, who will? As many have expressed, I don't feel adequate to guide others in solving their problems. One speaker told us that the best counselors were first counselees. This is encouraging as we all work through applying the truths of scripture to our broken lives. Through the Biblical Counseling training we are given the tools to become better equipped and most importantly, we have a direct connection to the great Healer, the King of Kings! As several speakers stressed in Track 2, it is not our methods or expertise that helps people; it is God at work in their lives. Our job is to be completely dependent on God. As Brad Bigney puts it, we must be desperate for God! Our communication, dependence, and trust that God will guide and direct us in helping others is what will make it successful. The transparency demonstrated by the speakers allows us to relate to their lives as well as to see God at work in powerful ways. It gives us hope. I have decided to work toward NANC Certification. I see this as an opportunity to go deeper and get better equipped to help others and possibly help this movement grow in our area. I am involved in our Peacemakers Ministry, which has many similar functions and goals. Again, Blake, thank you for allowing me to join the group from Grace. I know what a privilege I have been given. In Jesus, Barbara B.

Q: Pastor Blake, where is the counseling ministry at Grace headed?

A: I love this question and it is one that needs to be answered with more space than provided here but let me at least broach the subject and get the ball rolling and then we can answer this question in chunks over the next few months.

Here is where I would start: We as a church family must get serious about discipleship. It's not that there are no people at Grace who don't take this serious but we can always do much better and I'm not convinced that we as a church family are strong in the area of disciple-making. We must take seriously the command given by our Lord to make disciples of all nations. That means---make disciples right here in Bozeman, Montana. Sometimes people skip over that command in Matthew 28 by thinking it applies to missions. It actually does and your mission field is right here in the Bozeman area. I don't care if you are a teacher, a grocery bagger, a busboy, a secretary, a banker, a retiree, a nurse, a doctor, a student, a stay at home mom, a farmer, etc. God is very clear that He wants us to be about making disciples. Now, you may wonder how this has anything to do with counseling ministry here at Grace and let me assure you, it has everything to do with the counseling ministry at Grace.

The ideal picture is where every member of Grace Bible Church is involved in a discipleship relationship where they find encouragement, help, admonishment, accountability, etc., from those in their discipleship relationship. It is my personal belief that if every member were humbly submitted to another person or to others in the church body in discipleship relationships, no member of Grace would ever need "counseling" as we understand counseling. All I'm really talking about there is body life as presented in the pages of Scripture. Study out the concept of body life, the local church, and the "one anothers" of the New Testament, and you will find that what I have stated is not too idealistic.

So if all members were being who Christ wants them to be, that leaves several other categories: 1) Non-members-but-attendee; 2) People in other churches; and 3) Unbelievers in the community. Let me deal with the first group here.

Q&A

The first category of people should simply become members. They should become fully committed. At the risk of offending someone, let me say that the non-member-but attendee person should stop dating the church. I remember interacting years ago with a guy who had dated a woman for about 6 years. He wouldn't marry the gal. They had been immoral at various times in their relationship but he didn't want to commit to her in marriage. This was becoming a bone of contention between the two of them. She was very patient as her heart was very much into the relationship. The question lingered, "Why is he unwilling to truly commit himself?" The truth is, he understood fully the commitment of marriage and he was afraid that if committed to marrying her, he wouldn't know what to do if someone better came along. The analogy in the context of this question is perfect. It is easy for a person to enjoy the benefits of the church, to date the church, if you will, but never really commit himself to the life of the church. Some of the non-members-but attendees in the church need counseling and they look to the church to provide the counseling. Yes the church should be ready and available to provide the counseling but it is critical for this person to likewise understand that it would be for their good to be committed and to jump into the discipleship process.

Where is the counseling ministry headed? First we have to get every member to agree both in theory and in practice that when the Master, the Lord Jesus Christ, says that we are to make disciples, we do what He said. Second we need to compel those who are dating the church to make a firm commitment to the church body and to become members. And third, we need to compel every member to become part of the discipleship process in some way. Then we can move on to dealing with others outside the church family.

The other two categories I will deal with next month, for it is those two categories, especially the last one, where we as a counseling ministry are hopefully headed.

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. 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.