



# IBCD

## NEWSLETTER

Winter 2015

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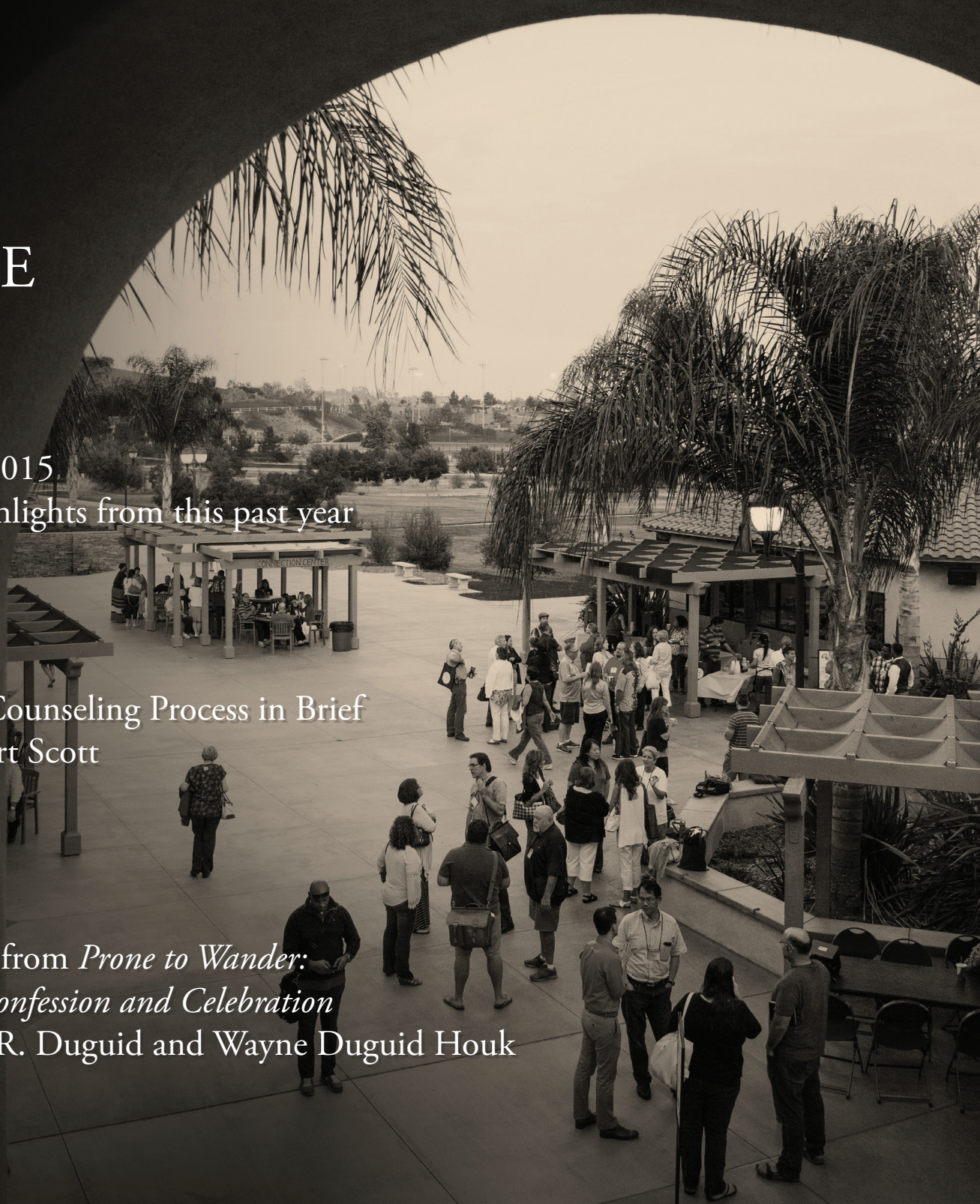
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# From the Directors

**I**t is an exciting time to be a part of biblical counseling! People continue to catch the vision for the church to become a place that really helps people grow in Christ-likeness, even in the midst of the most difficult circumstances. Christians are taking seriously their responsibility to care for the people God has brought into their lives, and to help them using the all-sufficient word of God. Churches are making efforts to equip their leadership and their members to enter into one another's struggles rather than immediately looking outside the church for counsel. Various ministries committed to gospel-centered spiritual care are dialoguing and working together through organizations like the Biblical Counseling Coalition. Helpful literature and resources are more accessible than ever before.

It is also an exciting time to be a part of IBCD! You have helped us transition into financial stability in our day-to-day operations, continue to offer free counseling to hurting people and to spread the Care & Discipleship training to hundreds of churches across the US and all over the world. Our "Top 15 in 2015" article is just a small tribute to the ways we are thankful that you've enabled us to grow.

Yet with this growing excitement there is also a growing need. There is so much work yet to be done! You've probably felt the same tension we feel: You see how powerfully God can work through his word, as the gospel is applied and the church is a place of care and growth, but you want that to happen everywhere. We feel burdened for people who are hurting in a place where there seems to be no care. Here are some of the needs we want to address in 2016:

- People need a growing library of Observation Videos so they can see how God uses a variety of counselors and personalities to address all kinds of scenarios.
- Spanish-speakers in the US and abroad need access to the Care & Discipleship training in their own language and cultural context.
- The IBCD website needs updating to ensure that the hundreds of free resources that you have used personally and recommended to others can work seamlessly with today's computers and mobile devices.
- The tools and methods that we use regularly at IBCD need to be put in your hands as homework examples with video instruction on how to use them in counseling contexts.

As we come to the end of 2015 we are excited and burdened about biblical counseling. We're excited because God is continuing to do so much good. We're burdened because the need is so great. We know that you share this burden as well. We're seeking to finish 2015 with an additional \$50,000 so we can accomplish the projects listed above. As you consider year-end giving, know that every dollar of your support will go directly towards putting more tools in peoples' hands to help others with the word of God.



Dr. Jim Newheiser  
*Executive Director*



Craig Marshall  
*Director of Operations*

# TOP 15

IN 2015

So maybe we've said it before, but we think you'll agree that this past year was **our most exciting to date**. We've put together fifteen highlights to show you what you've been a part of through your involvement with IBCD. We aren't counting up or counting down, just excited about all of them!

1

## Our First Summer Intern

This summer marked a milestone for IBCD as it brought us our very first Summer intern, Rachel Bellenger. Rachel is currently in her senior year as a Psychology major at Texas A&M University. "Coming into college, I knew I wanted to help people," says Rachel. "I chose to major in psychology because it seemed like the only option to satisfy that goal. I also knew I wanted to do 'Christian counseling' because I didn't understand how I could help people without talking about Jesus. Really, my heart was in alignment with the theology behind the biblical counseling movement, I just was seriously lacking in wise counsel and guidance for my future." We are so grateful for her invaluable help with Summer Institute 2015 and many other projects. We are also proud of her accomplishments in completing the Care & Discipleship Course and beginning ACBC certification.

## Counselors

Every Monday night we continue to open our doors to provide free counseling to the community. Over the course of a year this translates to hundreds of hours. This year alone we have seen the Lord work through our counselors to restore marriages, help sexual abuse victims overcome their shame, strengthen people in their battles against fear and anger, and come alongside pastors and church leaders in the midst of difficult counseling situations to give them a path forward in providing ongoing care.





### 3

## Spring Seminar

If you missed this year's Spring Seminar on the Biblical Vision of Marriage, don't despair. You can still access the audios free of charge on our website. These are a great resource whether you are counseling a couple in crisis, struggling in your own marriage or just looking for a good refresher.



### 4

## Skype Training

For the first time ever Executive Director Jim Newheiser taught a class internationally without ever leaving the office. EBTC, a Bible Training School in Germany, has begun an innovative counseling course which incorporates Skype training sessions. We are excited for the ways that technology is enabling us to reach people across the globe with quality training and plan to continue developing resources to meet those needs.

### 5

## Live Observation

One of the things we get most excited about is the face to face training that goes on at our counseling center every Monday night. Observers have the opportunity to sit in on actual counseling cases and then discuss questions with the counselors during the one-hour observation seminar. While most observers are local, this year several of them have driven hours each week for the opportunity.

### 6

## New Observation Video

In October we released the fifth in our series of Counseling Observation Videos. This set follows the case of Jeremy, a hard-working husband and father, whose long-time struggle with pornography has put his marriage in jeopardy. Each video in the series explores a common counseling scenario to help equip counselors for the realities and complexities of helping others through life's struggles.



7

## Our Volunteers & Supporters

To our amazing group of volunteers and supporters, it is not an exaggeration when we say that we could not do it without you! In fact almost everything you see here from providing free counseling to tackling new projects has been made possible because one of you gave generously of your time or your resources. Thank you for your love and service for God's kingdom.

8

## Training in Uganda

IBCD counselor Tom Maxham has partnered with Overseas Instruction in Counseling to help raise up national biblical counselors in Uganda. He and his wife Patty plan to return every six months over the next two years to do training modules.

9

## Summer Institute

Right at the heart of what we do, the Summer Institute is always a favorite time of year for friends of IBCD. Executive Director Jim Newheiser says it feels like a family reunion because so many of you come from all over to get together year after year. We were thrilled to have ACBC Director Heath Lambert and Voddie Baucham among our keynote speakers.

Visit our website to download all the free audios from Summer Institute 2015: Equipped to Counsel.

10

## Collaborating with TMCS

The Master's College & Seminary shares our vision to see tomorrow's pastors and ministry leaders equipped for excellence both in biblical counseling practice and in counselor-training ministry. For this reason, TMCS and IBCD have begun to collaborate in several ways. Jim Newheiser and Craig Marshall have become adjunct faculty of TMCS and this past summer they co-taught a new course on developing a biblical counseling ministry. TMCS students are also familiarized with our Care & Discipleship materials as part of their program.

By raising up Biblical Counseling leaders who are equipped with solid training materials, TMCS and IBCD are working together to help local churches worldwide to grow toward their calling as competent one-another discipleship-counseling communities.





## 11 1,000 Likes

Did you know IBCD is on Facebook? Our goal is to reach 1,000 likes by the end of 2015 and we are almost there! You can help by stopping by our Facebook page to connect with us or sharing IBCD with a friend.

## 12 Rosarito

For the fourth year running IBCD teamed up with Calvary Chapel Rosarito to hold a bilingual biblical counseling conference in Baja California. It's been thrilling for us to see them catch a vision for biblical counseling and implement it in their local church. We look forward to working with them to break ground on a Spanish version of Care & Discipleship.



## 13 ACBC Conference

As an ACBC training center, our top 15 list just wouldn't be complete without mentioning their annual conference. This year's conference provided an insightful and compassionate look at how to minister to those who struggle with homosexuality. ACBC also certified a record-breaking number of new members this past year. IBCD Director, Jim Newheiser, enjoys serving as a member of the ACBC board and is excited about their trajectory and the goals Dr. Lambert has for the organization.



## 14 Women Discipling Women

IBCD Counselor Caroline Newheiser spoke on "How to Respond to Difficult Family Members With Love" at the Women Discipling Women conference in July. This conference, sponsored by the Biblical Counseling and Discipleship Association of So Cal, attracts hundreds of women interested in growing in their ability to counsel and disciple others.

## 15 Podcast Debut

We've launched the IBCD Podcast to address the tough questions that you ask us, bringing help right to your living room or your car on your way to work. Log on to the website to listen.

# BIBLICAL SOLUTIONS FOR THE PROBLEMS PEOPLE FACE.



## TRUTH IN LOVE

AN ACBC PODCAST  
WITH HEATH LAMBERT



### Podcast Episodes Include:

---

Is Same Sex Attraction Sinful?

---

Should a Woman Date a Man  
Who is Hooked on Porn?

---

A Biblical Response to Panic

---

A Journey Out of Anorexia

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# A BIBLICAL COUNSELING PROCESS

• • • • • *IN BRIEF* • • • • •

BY DR. STUART SCOTT

## *The Content*

Whether we are engaged in the private ministry of the Word of God as pastors, missionaries, counselors or just a concerned brother or sister in Christ, it is important to answer the question, what is thorough, biblical help? Surely, the answer to that question begins with our faithfulness to accurately study and apply the Scriptures to our own lives and our own counseling ministries, for God's glory. Even though we grow in our understanding and, from time to time, need to adjust the picture of our counsel to that of God's, we know many unchangeable truths about how to help people in need.

We must strive to know fully the person and situation in front of us (Pr 18:13, 15, 17; 20:5). We must humbly help them as a compassionate fellow-sinner and sufferer (Acts 20:18-19, 31; 2 Cor 1:3-7; 1 Tim 1:15). We must give them Christ and his truth (Jn 17:17; 1 Cor 1:23; 1 Tim 4:2, 13). We must encourage a true repentance from their sins and futile pursuits (2 Cor

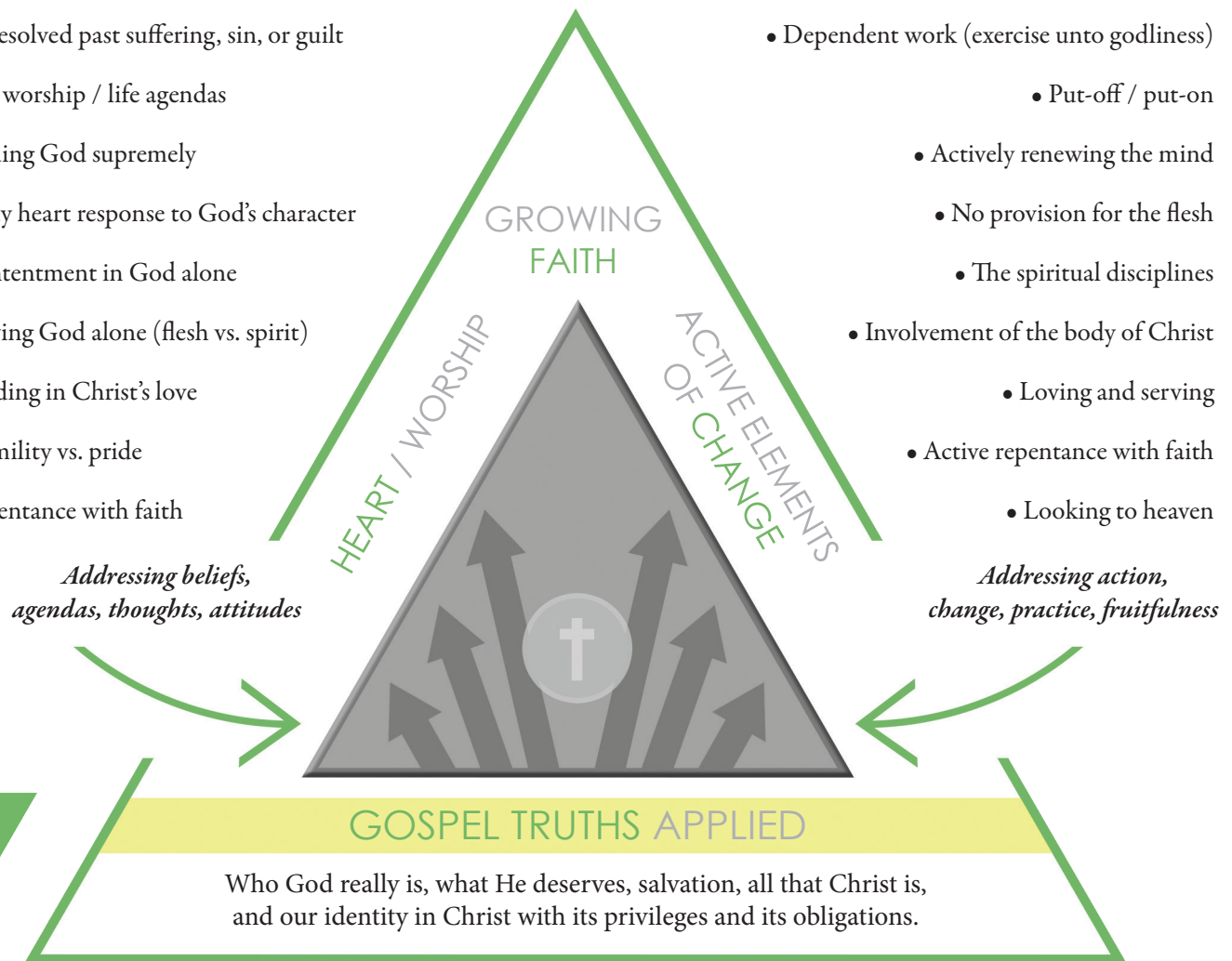
7: 10-11; 1 Thess 1:9-10; 1 Tim 6:2-12). We must guide them to a personal knowledge of their God that impacts their heart and the matters of life daily (2 Cor 3:18; Col 3:10; 2 Pt 3:18). We must practically assist them in their trials and weaknesses (2 Cor 4:1-18; 1 Thess 5:14; 1 Jn 4:16-18). We must encourage them to be immersed and serving in the community of saints (1 Cor 12:4-26; Heb 10:24-25; 1 Pt 4:8-11). And surely, we must teach them to live foremost for the Glory of God (1 Cor 10:31; 2 Pt 3:18). But these things in view, from the Word of God, what can we ascertain about the working *emphases* of our counsel in which these important goals must operate? Is it singular or plural?

At the heart of God's answer to these questions is the key to life itself: the Gospel of Jesus Christ. It is foundational. It is motivational. It must be pivotal and applicable in every aspect of the counsel and answers we give to those who are not, for one reason or another, living joyfully to the glory of God. It is, of course, pointless to move forward with this Gospel applica-



- Unresolved past suffering, sin, or guilt
- Old worship / life agendas
- Valuing God supremely
- Daily heart response to God's character
- Contentment in God alone
- Serving God alone (flesh vs. spirit)
- Abiding in Christ's love
- Humility vs. pride
- Repentance with faith

- Dependent work (exercise unto godliness)
  - Put-off / put-on
- Actively renewing the mind
- No provision for the flesh
  - The spiritual disciplines
- Involvement of the body of Christ
  - Loving and serving
- Active repentance with faith
  - Looking to heaven



tion if the issue of salvation has not first been carefully explored and established to the best of our ability (1 Cor 2:7-14; 2 Cor 5:14-21; Titus 2:11-14).

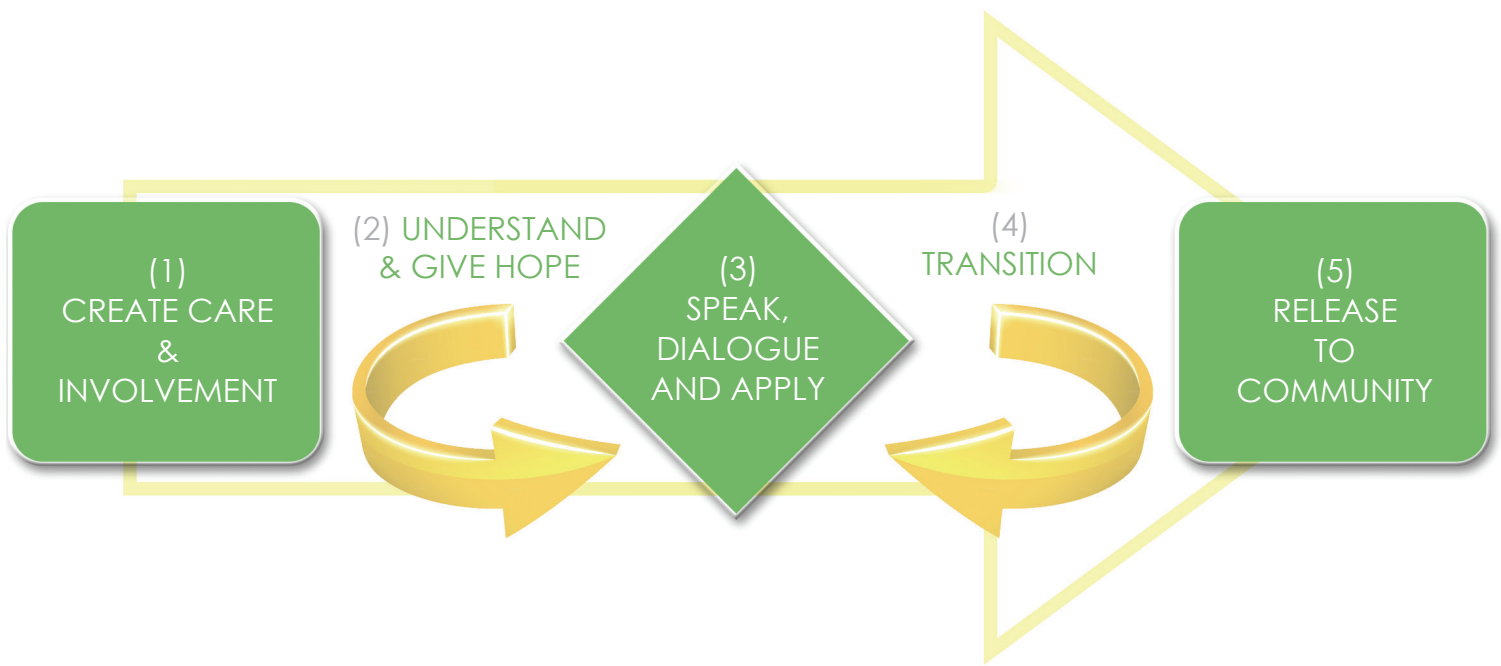
Though Christ and this Gospel must be the very heart of what we do, if we take a step back in our view of *God's* counsel, we can see at least *three* clear and crucial emphases in his working content: Gospel Truth Applied (Titus 2:11-14), Heart/Worship Issues (Matt 22:37-40), and Active Elements of Change (Rom 12-16; Eph 4-6; Col 3-4; etc.). This content of truly Biblical Counseling can be more fully represented in the diagram above. Each aspect of truth represented in the diagram is actually realized by the vehicle or exercise of *faith* or trust in our triune God (Rom 3:22; Heb 11:6; Gal 2:20; Jas 2:26). The character, deeds and promises of God must permeate each emphasis with the offer of hope. And so, like the triangle that holds this paradigm together, faith becomes an integral part of the counselees' apprehension of the biblical help we offer.

No matter what issue brings a person to counseling, if we

as counselors do not affirm the importance of all three of these emphases, devote significant session time to them, and assist those we help in ways to proliferate them, our help is incomplete and less effective than it could be. In this case, the struggling person is the one who suffers. They are hindered in their victory, their growth, their ability to bring glory to God, and in their usefulness in God's kingdom.

From the diagram above, we can see that the latter two emphases mentioned are not only vitally connected to the Gospel of Jesus Christ, but that the two must be affected by the many realities and obligations inherent in it. This means that it is surely our job as Biblical Counselors to integrate key Gospel truths into all aspects of the help we offer. If this is not the case, then our counseling is really not Gospel or Christ-centered, and therefore not Biblical Counseling in the truest sense.

*(continued on page 10)*



## The Process

Biblical Counseling can be condensed into these three basic methodological commitments: gracious care, biblical truth, and specific application. In addition to these methodological commitments, the counselor will keep in view the five stages of the Biblical Counseling process. (The five stages are illustrated in the figure above.)

Care and involvement begins the counseling process and should span all phases. This care and involvement should definitely seek to reach out and include the Body of Christ and its shepherds. While there is an initial, concentrated time of gathering information and giving hope (phase one), phases two, three, and four do intermingle. But once the counselee is evidencing some consistent progress, phase four begins with the widening of time between sessions. Finally, when the person is spiritually, cognitively and behaviorally holding their own, they are released to regular church body care and involvement.

## The Actual Sessions

The first session has three purposes: to begin establishing a relationship of love and trust, to understand the person in front of you and their situation enough to offer some significant hope from the Scriptures, and to gain a commitment to continue the counseling process. This first session also offers an explanation of Biblical Counseling and the commitment involved on the part of both the counselor and counselee. Each session (after the first) can basically follow this pattern:

**Pray:** Ask God for wisdom and for the Holy Spirit to work through his Word (James 1:5).

**Connect and Review:** Refresh involvement with care,

going over the counselee's week and homework. Note any new data (Philippians 2:4-5; Proverbs 18:13).

**Dialogue on Truth:** Interactively talk through appropriate Scripture and biblical principles (1 Timothy 4:10-11; Matthew 4:4; Psalm 119:45).

**Make Application:** Guide the counselee to make application of principles to their own heart and life through strategic questions (Psalm 119:34; Luke 3:3-14).

**Call for a Response:** Using Scripture, address the need to respond and commit in appropriate ways. Invite them to pray (confess or commit with thanksgiving) as appropriate (Proverbs 28:13; Psalm 119:30).

**Offer Comfort/Hope:** Bring encouragement, hope and promises to bear in light of all the above (2 Corinthians 1:3-7; Hebrews 6:19-20; 2 Thessalonians 2:16-17).

**Assign Homework:** Give the counselee applicable listening, reading, Bible study, and/or practical tasks to accomplish before the next session (James 1:22-25; Proverbs 9:6).

**Pray:** Give God thanks. Ask for God's assistance today and until the next session and specifically with homework. Instill more hope here (Psalm 25:4-5; 36:9).

Obviously, a particular agenda may at times be postponed for a more urgent matter that arises. In the interest of limited time, there may be occasions where the flow of resolution may span two meetings. In general, however, it is most helpful and effectual to cover all these scriptural aspects of discipleship in a session.



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Confession is an important part of the biblical pattern for prayer and worship. Proper confession does not make us miserable over our sin, but rather helps us remember and celebrate our great Savior. The following excerpt is intended for use as a devotional guide for biblical confession and assurance of pardon.

# The Helper of the Hurting

*An Excerpt from Prone to Wander:  
Prayers of Confession and Celebration*

by Barbara R. Duguid and Wayne Duguid Houk

## CALL TO CONFESSION: PSALM 22:23-24

*All you offspring of Jacob, glorify him,  
and stand in awe of him, all you offspring of Israel!  
For he has not despised or abhorred  
the affliction of the afflicted,  
and he has not hidden his face from him,  
but has heard, when he cried to him.*

## PRAYER OF CONFESSION

King of heaven, We confess before you the pride, fear, and selfishness that closes our eyes to hurting people around us. Though we share their flesh and blood, we are quick to look away when their suffering and brokenness make us uncomfortable. Instead of looking at them and seeing their great need, we quickly walk away, and turn toward people who make us feel good. Forgive us for the help that we should have offered this week that we did not. Forgive us for the help that we offered for sinful reasons: to feel proud and superior, to purchase friendship, or to put people 'in our debt'. Forgive us for the times when our hearts have been full of resentment and bitterness toward hurting people for needing us, and toward you for asking us to help them. Lord, we cannot obey you with pure hearts and minds. Thank you that in your deep love for us you have not despised and abhorred us in our great affliction, but treasured us and sent your Son to rescue us.

Jesus, you see our great need and are not ashamed of us. We are crippled and afflicted by weakness and sin, but you rushed to rescue us. You took on the weakness of our human bodies and entered our sin-infested world in order to live the life we could not live. Thank you for seeing the needs of those around you, for loving them in their brokenness, and serving them with pure compassion, clean hands, and a pure heart. Thank you for your perfect obedience, which is credited to us, even though we continue to struggle every day with selfish hearts that lack compassion.

Holy Spirit, melt our hard hearts, for we cannot soften them. Cause us to see how we have been rescued by our great Savior, and give us the desire and ability to open our eyes, to look around us, to see people as they are, and to love them deeply from a heart of gratitude and concern. Help us to enter the worlds of others, to celebrate with them, to grieve with them, and to walk alongside them with caring hearts and hands that are ready to help. May we grow into people who love as we have been loved and who serve as we have been served. Amen.

## ASSURANCE OF PARDON: PSALMS 40:1-3; 103:11-13

*I waited patiently for the LORD;  
he inclined to me and heard my cry.  
He drew me up from the pit of destruction, out of the miry bog,  
and set my feet upon a rock, making my steps secure.  
He put a new song in my mouth, a song of praise to our God.  
Many will see and fear,  
and put their trust in the LORD.*

*For as high as the heavens are above the earth,  
so great is his steadfast love toward those who fear him;  
as far as the east is from the west,  
so far does he remove our transgressions from us. As a father shows compassion to his children,  
so the LORD shows compassion to those who fear him.*



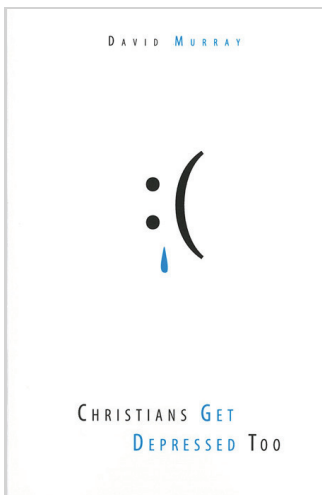
## Parenting Is More Than a Formula

Jim Newheiser

When parents look at today's church and the larger culture, it seems more important than ever to raise godly, faithful children for the sake of both their families now and their children's future. Many parents strive to find a formula guaranteed to make their kids turn out right, and there are plenty to choose from, perhaps too many. Are any of the methods worthwhile? Where should a parent start?

In *Parenting Is More Than a Formula* Executive Director Jim Newheiser provides insight into the jungle of parenting formulas and techniques, critiquing them against the only faithful guideline for raising children and for all the rest of life, God's Word. He teaches parents how to discern the value of different formulas, explains why they often fail and what truly determines how children turn out, and encourages them with the only plan for parenting that is founded on authority we can trust: the gospel, which is bigger than any formula.

*Parenting Is More Than a Formula* is available for purchase on Amazon.com in both paperback and Kindle editions.



## Christians Get Depressed Too

David Murray (Review by Mike Seufert)

In this brief book, *Christians Get Depressed Too*, pastor and professor David Murray seeks to console those wrestling with depression by affirming that such a struggle is compatible with the Christian faith, supplying biblical examples to corroborate the claim. He gently works both to enter into the bleak world of depression and to help others do the same. His insights into the world of depression are particularly acute and will likely resonate with all who have wrestled with any shade of darkened soul (35-48). Two major concerns arose, however, as I read this book. The first was his over-preoccupation with correcting the approach of the biblical counseling movement (he identifies CCEF) (16-27). "My main concern with the nouthetic counseling movement," he writes, "is its assumption that behind almost every episode of depression is personal sin" (23). I found his presentation of the "depression=sin" position too much of a caricature to be helpful. The second was the absence of the activity of the church. Although he helpfully identifies the need for depressed individuals to take hold of harmful thought patterns and how individuals in the church can help, I thought it a pity that the only mention of preaching was for its role in ensuring everyone that it is okay to suffer. This is certainly true, but he failed to identify it as the major way God through his Word breaks light into our personal darkened worlds of all shapes and shades.

To read extended reviews visit our website at [www.ibcd.org](http://www.ibcd.org)



# Give With PURPOSE

*Needs and goals for the upcoming year*

We're thankful to the Lord for all that your ongoing support has enabled us to accomplish in 2015! But as you know, there is much more that needs to be done when it comes to producing and spreading tools that adequately equip people to enter into the struggles of others and skillfully use the word of God to cultivate gospel-empowered change.

Our prayer is that you would help us raise **\$50,000** as we finish out 2015 so we can tackle some urgent projects in the new year. These include:

- Observation videos on other key topics
- Revised website with more free training tools
- Spanish version of the Care & Discipleship Course.

Gifts from our supporters are an essential part of our budget and the only way we can accomplish these things. Your year-end gift will make 2016 a year when more people than ever can catch a vision for biblical counseling and grow in their competency to use the word of God in a loving and life-changing way.

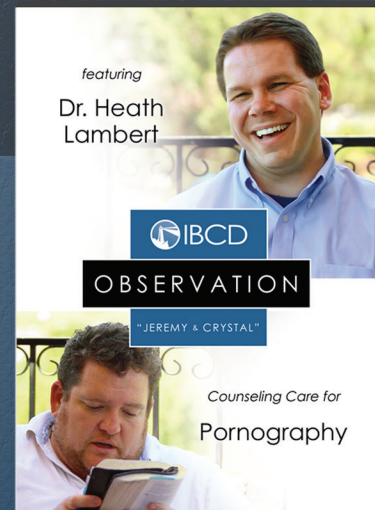
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[ibcd.org/observation](http://ibcd.org/observation)





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A ministry of Grace Bible Church of North County  
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# Medical Issues & Biblical Counseling

SPRING SEMINAR March 5, 2016

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