



# IBCD

## NEWSLETTER

Winter 2016

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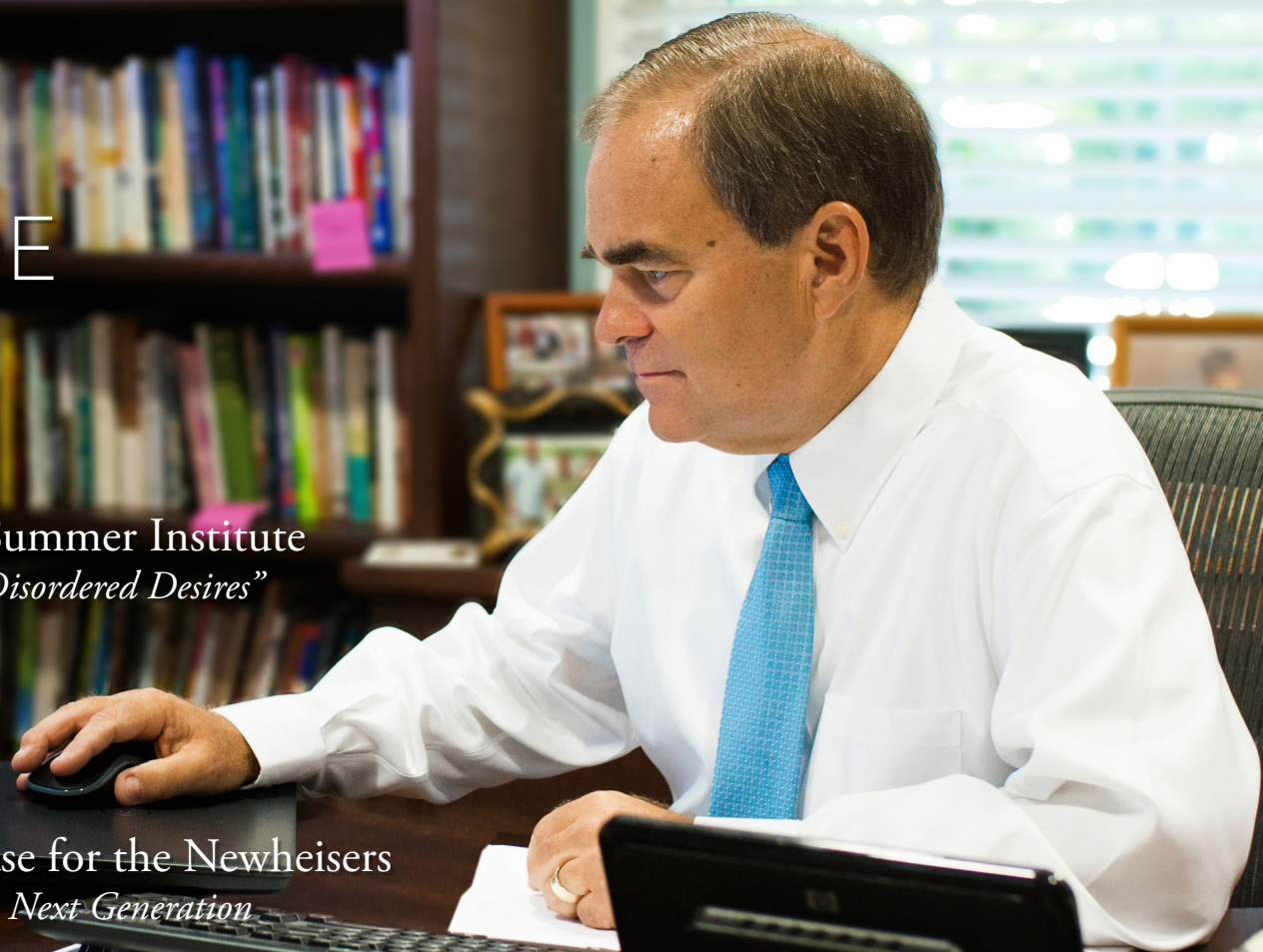
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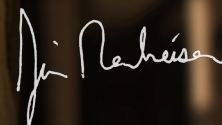
# From the Directors

We often speak of the revival of the affirmation of the sufficiency of Scripture as the biblical counseling “movement.” A thriving movement consists of many parts, and it thrills us to watch the development of these elements. Organizations have arisen to oversee the certification and vetting of biblical counseling standards. Seminaries, training centers and churches are faithfully instructing believers with the tools needed to practice pastoral care.

Yet while these organizational components are essential and it is exciting to see them grow and thrive, we’re more convinced than ever of the necessity of the ordinary and seemingly mundane work of the local church in the care for God’s people. We thank God for countless pastors who labor day-in and day-out to care for their people through both the public and private ministry of the Word. We continue to hear testimonies of lives changed by the efforts of believers who faithfully walk alongside one another; engaging in trials, struggles and tears, convinced that this is the way God has chosen to help his people through the difficulties of life this side of glory.

It’s our prayer that as you read through this newsletter you’ll be encouraged at how this church-focused movement continues to grow. Our desire at IBCD is that the resources we provide will serve biblical counseling well as we help you faithfully hold forth the word of God to bring healing to the hearts of those whom the Lord brings across your path.

Dr. Jim Newheiser  
Executive Director



Craig Marshall  
Director of Operations



*Iain Duguid* was a keynote speaker for the Summer Institute. He is a pastor, professor and author who takes every possible opportunity to share his love for the Scriptures with others.

**Love, marriage, sex.** These longings and connections are at the core of who we are as human beings. Often charged with emotion, heartache and pain, sexuality shapes the drama of our lives. Some of us want to be married but remain alone. Some of us are married and deeply unhappy. Some of us can’t escape the grip of pornography. Some of us wrestle with same-sex attraction. Many of us feel that our sexuality is a burden rather than a blessing. All of us need grace!

As cultural attitudes about sex and marriage continue to shift, churches have a greater opportunity than ever to minister with clarity and compassion. The sessions from Summer Institute 2016 are an invaluable resource for Christians grappling with how to speak grace and truth to the issues of modern sexuality.

# THE 2016 SUMMER INSTITUTE

**DISORDERED DESIRES:**  
*BRINGING GRACE TO MODERN SEXUALITY*



Audios and all general session videos are available for free at [ibcd.org](http://ibcd.org) and through the IBCD App. You can browse sessions by Caroline Newheiser, Elyse Fitzpatrick, Milton Vincent, George Scipione and many more.

New this year you can also purchase videos from any workshops you might have missed. Videos from *Longings*, the 2016 Women's Pre-Conference, are available for purchase as well.

# HOW SHOULD I RESPOND WHEN A CHRISTIAN COMES OUT TO ME?

*By Sam Allberry*

Many Christians find it hard to talk openly to others about their experience of same-sex attraction. If they are still coming to terms with it, there may be the fear that talking about it will somehow make it more real, as though the very act of speaking of it gives it a greater presence and significance. There is also often a fear of how other Christians might respond: a fear that friends will feel uncomfortable and might distance themselves. Or that church leaders will think anyone experiencing such feelings and temptations must be a great disappointment. Or that admitting such things will only be letting the side down. The battle can feel lonely enough; the prospect that others might reject you if they knew can be enough

to keep many Christians silent about their struggles for many long years.

## THANK THEM

So in most cases the first thing to do if a Christian discloses their struggles with sexuality is to thank them. It will almost certainly have been a big deal for them to have shared this with you. They may have been psyching themselves up for months, getting to the point of raising it only to bottle it and put it off. That they have come this far and finally spoken of it – and done so to you – is no small



*Sam Allberry was a keynote speaker for the Summer Institute. He is a pastor based at St Mary's Church in Maidenhead UK, a speaker for Ravi Zacharias International Ministries, an editor for The Gospel Coalition, and the author of Is God Anti-Gay?*

*His ministry is aimed at helping Christians who experience same-sex attraction.*

thing. You may be one of only a handful to have been told this. Any time someone shares something deeply personal it is a sign of enormous trust. Acknowledge that. Thank them. Let them take a few deep breaths and assure them that the world is still spinning, that you're still there and that they haven't burst into flames.

## LISTEN CAREFULLY

The next thing to do is to listen – carefully. Experiences with same-sex attraction vary enormously. Points of sensitivity, triggers for temptation or despair, the issues surrounding and feeding into the feelings of attraction can differ immensely from one person to the next. Find out how they are. Ask them how long they've known, what it's been like, what moved them to tell you. This may take some time. But it will help you get a sense of where they are with the issue: how it affects them and how they are responding to it as a Christian. Sometimes the experiences of same-sex attraction are just the symptoms of deeper issues. Sometimes there is family unhappiness in the background. Other times there is no discernible rhyme or reason to the feelings at all.

Gentle probing and careful listening will help to shape what sort of wisdom and counsel they may need. The Christian actively wrestling with these feelings, striving to flee from temptation, honour Christ and walk faithfully with him – will need encouragement, prayers and people he or she can talk to from time to time. Others may not be clear on the Bible's teaching on sex and sexuality, and will need gentle instruction. Some may be in the depths of despair, imagining the presence of these feelings puts them beyond the spiritual pale, or feeling overwhelmed with guilt about past sins in this area. In such cases it may be that they need some mentoring and help from a more experienced Christian or specialised ministry.

*You can learn more about this and other related topics at [livingout.org](http://livingout.org). Living Out is a ministry coordinated by three Christian leaders who experience same-sex attraction. Their aim is to articulate a perspective that is not often heard – that of men and women who are honest and open about their same-sex attraction, but who have discovered that obedience to Jesus in this area of life is fulfilling, healthy and authentic.*

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# A New Phase for the Newheisers

by Christina Henson

*Full swing* - that term comes readily to mind to describe this new phase of life for IBCD's Executive Director Jim Newheiser and his wife Caroline. For anyone who knows this couple it will come as little surprise that both of them are already knee-deep in activity and ministry.

Jim has eased right in to his new role as Director of the Christian Counseling Program and Associate Professor of Practical Theology at Reformed Theological Seminary Charlotte. This semester boasts a busy schedule for Jim (Dr. Newheiser on campus) who is teaching 65 students in three counseling and preaching classes. "I am excited to be a part of equipping the next generation of church leaders to trust and use the Scriptures in soul care," says Jim.

Indeed the scope of potential for impact on the future of the church is beyond exciting. In Jim's introductory counseling class alone there are students from Singapore, Beijing, and several Latin American countries, not to mention the many others preparing for international missions and vocational ministry here in the United States. Jim's 30 years of pastoral ministry coupled with 10 years of counseling and training all around the globe as Executive Director of IBCD have provided him with a depth of wisdom and a confidence in the sufficiency of Scripture that will bless and challenge the future pastors, missionaries and lay-leaders who make up the student body at RTS Charlotte.

"What I have learned over the past ten years as Executive Director of IBCD has prepared me for many of the challenges I face here," says Jim. "The two organizations are complementary. RTS Charlotte is training future church leaders in a formal and rigorous academic environment. The focus of IBCD is equipping various levels of leaders who are already serving Christ in the local church." In both cases the focus is on building up shepherds and leaders who are competent to counsel.

"We have seen how important it is for pastors to be confident of the benefits of biblical counseling, and how much that can change the shape of the local church," says IBCD's Director of Operations, Craig Marshall. "Jim's ability to directly interact with and equip future pastors fits beautifully with our mission of helping churches grow in one-another care." Craig looks forward to collaborating with Jim as IBCD continues to craft and refine resources that are tailored for pastors to use with confidence in their local churches. "It's exciting to think that pastors could leave seminary with a passion for pastoral care and tools in hand to start cultivating the shepherding gifts that God has al-

ready placed within the local church," says Craig.

Unfortunately, Jim tells us, many pastors remain reluctant to counsel. Some pastors are concerned that counseling individuals will interfere with the primacy of preaching. Others say they do not have the time required to invest in individual problems. Still others feel inadequate to address the difficulties that arise in their own congregations and prefer to refer their congregants to "professionals." Jim contends that pastors must counsel. "Counsel is a biblical word and we don't want to surrender that word," he says. He delights in the public ministry of the word and affirms the primacy of preaching but maintains that "the private ministry of the word is also necessary 'from house to house' to present every man complete in Christ."

As Director of the Christian Counseling program he hopes to help shape a new generation of leaders who are not reluctant, but ready to counsel. "We want to reclaim counseling as territory occupied by the sufficiency of the Scriptures," says Program Coordinator Nate Brooks. Together they are crafting a program aimed at doing just that. The Master of Arts in Christian Counseling (MACC) places a heavy emphasis on both theology and practicum while incorporating many of the practical resources offered by IBCD. "It is thrilling to think of how many men and women who already have a passion to care for the people of God will be equipped to use his word to help people with real-life struggles," says Craig.

Caroline has found her way into the classroom as well, but for her it's back to school as a student! She is pursuing the MACC and is very excited that her ACBC certification gives her 10 hours of advanced standing. She loves that the program covers every book of the Bible over the course of two years and is particularly enjoying her Genesis to Joshua class taught by Dr. Currid. "The MACC degree creates a mechanism for studying the Bible in-depth in a way I never have before," she says. "I'm already learning so much about specific books of the Bible as well as systematic theology." Although she is already an experienced counselor, and even trains others in counseling, she believes that further study will enrich her ability to apply God's Word as well as open doors for further ministry opportunities.

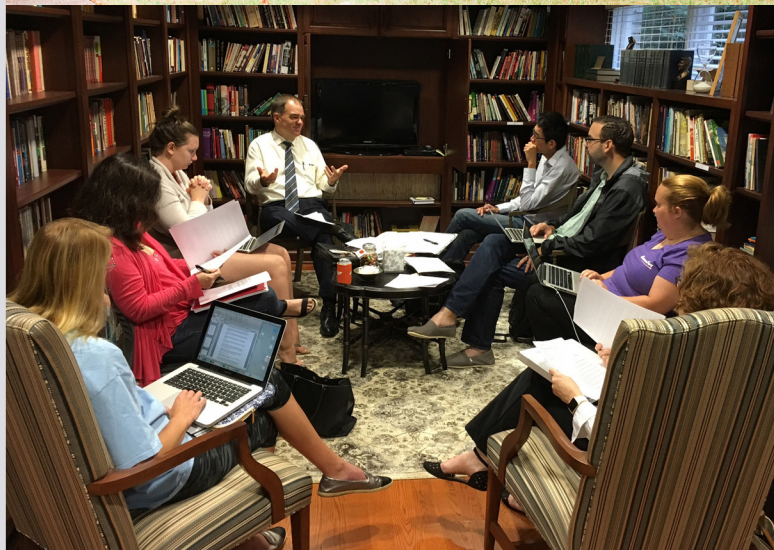
Outside the classroom these two haven't slowed down either. Their days at home are filled with an almost constant stream of house guests, and weekends away are booked with an ambitious conference schedule that will take them from coast to coast as well as to Costa Rica and Argentina.

But don't worry! Every IBCD event is marked out squarely on their calendar and they are eagerly anticipating each opportunity to return for them. "We miss our church and our friends whom we left behind in San Diego," says Jim. He and Caroline are looking forward to returning in February to hear Zack Eswine teach from two of his books at IBCD's Ministry Weekend. And of course they will both be back again in June for Summer Institute 2017. "I am really looking forward to coming to SoCal for the Summer Institute," says Caroline. "The speakers will be wonderful and I can't wait to see all our special Summer Institute friends."

With so much already underway for the Newheisers it's hard to believe that less than three short months ago they pulled up stakes and struck out for a cross-country relocation from San Diego, CA to Charlotte, NC, but honestly, from these two we wouldn't have expected anything less.

**Photos by Amanda McQuade:**

*RTS Charlotte students in class and during practicum with Dr. Newheiser. The biblical counseling offices occupy an entire wing of the seminary.*



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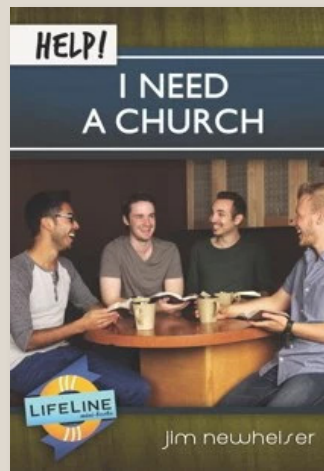
At RTS Charlotte, you will study the entire Bible under world-class scholars. Faithful counseling requires far more than simple proof-texting. Learning to faithfully expound the Scriptures in their biblical and theological context will prepare you to be a well-trained, gospel-centered counselor. All four degree programs are specifically designed to equip our students for ACBC Certification upon graduation.



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### Excerpt from *Help! I Need a Church* Dr. Jim Newheiser

Richard and Jodie have attended a popular church for a few years, drawn by the moving worship music, the dynamic (and funny) pastor and the programs which their kids loved. Several weeks ago their fourteen-year-old daughter, Michelle, started sneaking out at night with her boyfriend, apparently engaging in substance abuse and immorality. Jodie tried to confront Michelle, who became very angry. The encounter turned into a shouting match. Richard tried to intervene, taking Michelle's side, saying that Jodie is too harsh. Now Jodie and Richard are hardly speaking to each other. They called the church asking for family counseling. The church office said that the pastors don't do counseling, but they refer members to Christian psychologists in the area. Richard was hoping that the Bible had answers for their situation. Jodie is concerned about the cost

of the counseling.

Dan and Darla have been married for thirty years. Active in their local church, Dan served for years as a deacon and Darla led the women's ministry. Three years ago the church where they had been members for over twenty years experienced a terrible split. It seemed that the people on both sides were ugly and vindictive. Dan and Darla were heartbroken. It was like going through a divorce. They finally left their church. For months they didn't even bother going to church. Now they occasionally attend the mega-church in their community, arriving just as the service begins and slipping out during the last song. Both of them feel so disillusioned that they have determined never again to join a church. The risk of getting hurt again is just too great. They even have considered the possibility of having their own little worship service at home on Sundays.

James and Sally attend a growing new church which currently meets in a school. Sally sings on the worship team while James helps to lead a home group. Over time, James noticed that Sally seemed to be getting close to one of the men on the worship team and even saw them holding hands after a rehearsal. James confronted Sally, who confessed that she and Sam, the bass player, spend hours talking and enjoy a connection that she has never felt with James. She claims they haven't had sex, but she admits they have kissed on occasion. She doesn't want to give up her "soul mate". James, after trying unsuccessfully to confront Sam, approached Phil, the Senior Pastor. At first Phil was reluctant to do anything, saying, "You don't have proof that they have committed adultery. Furthermore, Sam is our only base player. I really can't afford to lose him." When James protested, Phil finally agreed that Sally and Sam probably shouldn't remain on the worship team. James then asked Phil if the church leadership would do anything else about the situation. Phil replied, "We are a young church. We aren't ready to start practicing church discipline yet."

John and Cindy were growing in their faith, mainly through reading solid books and listening to expository sermons on the internet. They decided that they needed to leave their seeker-sensitive mega-church and find an assembly more in keeping with their new convictions. After carefully researching the doctrinal statements of various churches online, John and Cindy decided to join a small church which featured much deeper expository sermons. At first John and Cindy were happy in their new church home where people seemed much more serious about their faith. But over time a few things started to bother them. Their new church seems to place very little emphasis on evangelism. The leaders rule with an iron hand, sometimes even trying to control church members' personal decisions about issues of

Christian freedom. What most disturbs John and Cindy is that when a family leaves the church, the pastor criticizes them publicly, almost branding them as traitors. John and Cindy wonder if they have made a big mistake by joining this little church.

In nearly twenty years of working at a biblical counseling center, I have observed that the single greatest impediment to our counselees making progress is their lack of a proper relationship with a solid biblical church. Sometimes the fault is with the local church which fails to shepherd and if necessary discipline the sheep. Some local churches shirk their biblical responsibilities and look exclusively to outside counselors to care for their troubled members. Often, however, the problem lies with the counselees who have never committed to a solid biblical church. When crisis arises they don't have access to the resources and help God provides for His people in the local assembly of believers. Sometimes people turn to outside counselors as substitute pastors. One of the most important things a biblical counselor can do in such situations is to help counselees establish a committed relationship with a solid local church where they can enjoy the ongoing privileges of being cared for and caring for others. While a time of crisis is not the ideal time to look for a church, God may use such a trial to draw His people to a biblical church where they will be blessed (and will be a blessing) for many years.

*Help! I Need a Church* is available for purchase at [lifelineminibooks.com](http://lifelineminibooks.com).



### *Spurgeon's Sorrows: Realistic Hope for those who Suffer from Depression*

Zack Eswine (Review by Josh Henson)

A seasoned counselor once told me that among his most challenging cases were sufferers of depression. They desperately desire a friend or counselor who can sympathize with them and offer realistic hope. Zack Eswine's new book *Spurgeon's Sorrows* approaches the topic of depression through choice words and events from the life of Charles Spurgeon. In its pages, Spurgeon's perennial command of words is joined with Eswine's penetrating and insightful analysis. The reader will be delighted to find a scripturally saturated and realistic consideration of depression in its biological, spiritual and circumstantial manifestations. Addressing both sufferers of depression and their counselors, Eswine discourages readers from trying to "treat" depression with a "quick fix." Rather,

he exhorts readers to contextualize their sorrows within the narrative of Christ's sorrows. Christ, the "man of sorrows," affords depressed Christians a realistic point of contact since He has walked down the same road. *Spurgeon's Sorrows* is a useful invitation to a conversation that will give both the depressed and their counselors encouraging grist for the mill.

*Zack Eswine will be the keynote speaker at IBCD's Ministry Weekend 2017! He is the Senior Pastor at Riverside Church, St Louis, Missouri. He previously served as Assistant Professor of Homiletics at Covenant Theological Seminary, St Louis, Missouri. A list of his writings can be found at [zackeswine.com](http://zackeswine.com) or on his blog at [preachingbarefoot.com](http://preachingbarefoot.com).*

# 3 Questions

with IBCD  
Director of Operations

Craig  
Marshall



1

**Which upcoming project excites you the most?**

Those who know me well know that I rub my hands together in excitement about many things related to IBCD. The “cheating” answer is that I’m excited for all we have planned for 2017! If I had to choose, I’d say that our biggest goal is to produce a short, small-group study introducing people to the key biblical concepts of one-another care. Many people long to see biblical counseling grow in their church, but their church is not quite ready for the entire 30-hour Care & Discipleship Course. We want to design a tool to aid those pastors and individuals in casting a vision for God’s design for the care and one-another word ministry that can take place within a local church.

2

**Outside of work, how do you enjoy spending your time?**

I really enjoy hanging out with my wife Darci, in whatever form that takes — special occasions when we go out, watching a TV show at the end of a long day or just sharing life together with family and friends. I love how having three girls gives me an excuse to play after work. One of their favorite games is the ever-changing scenario of “Bad Guy & Baby,” but I confess I still don’t understand all the rules to this drama. A few of my favorite things collide on Saturdays when we get out “Daddy’s Special Legos” and cover the living room with blocks. When I’m not spending time with the important ladies in my life, I look forward to reading up on a topic with a great cup of coffee.

3

**What was a highlight for you in 2016?**

What first comes to mind is Jim and Caroline’s move to RTS. It feels a little strange to call this a “highlight,” because it reminds me of feelings of loss that are now a part of one of my most treasured relationships. But, it’s first on my mind because I think of the opportunity that the students will have to interact with Jim and Caroline. I’m continually convinced of the Lord’s plan to care for His people through the work of faithful pastors, who are persuaded of the sufficiency of Scripture, the role of the church, and the power of the gospel to build and strengthen the body of Christ. I regularly daydream about the impact that Jim’s move to RTS will have on equipping future generations.



# Your Support

As the dust of expansion continues to settle at IBCD we are thankful for how your support has enabled another year for the production and distribution of much-needed resources to thousands of people seeking to grow in one-another care.

Early this Spring we launched a completely revised website which provides a far better platform for use on both desktop and mobile devices. We love how easy the new site makes it for people all around the world to access free gospel-centered resources whenever they need them. We also rolled out the IBCD Resource App which makes the bulk of our website available on mobile devices in a quick, user-friendly place.

In October we released our 6th counseling observation video. This new video features Dr. Charles Hodges counseling Aaron, a man diagnosed with bipolar disorder, and his wife Ellie. The decision to address this topic grew out of cases and conversations with many Christians who wrestle with similar, gut-wrenching situations. The Lord amazingly brought Aaron and Ellie to be a part of this project, and I believe that these 5 sessions will help us as we consider ways we can come together as the body of Christ to care for individuals and the families of those who face difficult mental challenges.

This also marked the first full year for our new Care & Discipleship Podcast. We produced over 20 episodes tackling your tough questions and connecting you to the conversation through interviews with key voices in the biblical counseling movement.

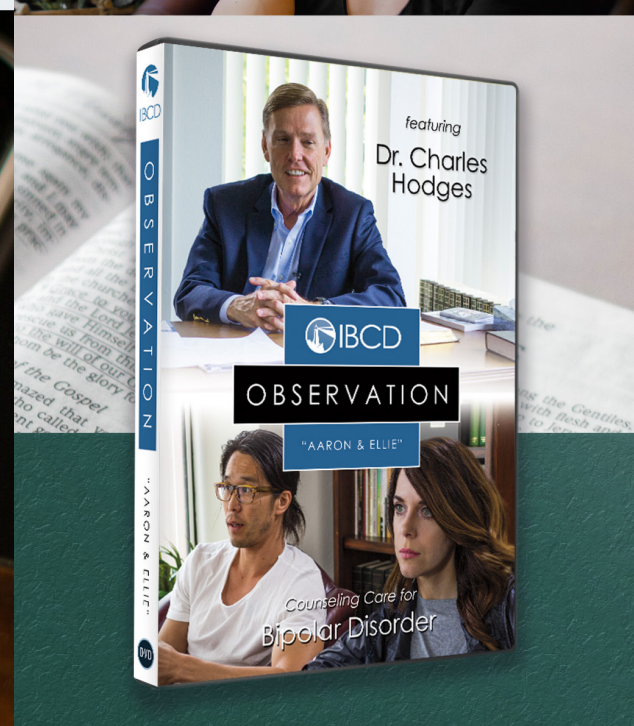
While no temptation has seized us that is not common to man, we know that you wrestle with the complexity of issues facing today’s church. Your year-end gift enables us to develop another year’s worth of audio and video resources and put them into the hands of people like yourself who long to graciously engage others in the midst of growing confusion, rebellion, and brokenness. Together we can see the church equipped to offer the hope of true change through the power of the Word of God.

You can pledge your support and explore all of the new resources available for you and your church at [www.ibcd.org](http://www.ibcd.org)

## DON'T MISS AN EPISODE

*of the new podcast with Craig Marshall and Jim Newheiser*

- Interview with Iain and Barbara Duguid
- Interview with Sam Allberry
- Interview with Milton Vincent
- Interview with Charles Hodges
- Christ-like Leadership & Correction
- Christians and Psychotropic Drugs
- Counseling in Cases of Adultery
- Counseling in Cases of Anger







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 IBCD  
**MINISTRY**  
*WEEKEND*

**ZACK ESWINE**

TEACHING FROM HIS TWO BOOKS:  
*"IMPERFECT PASTOR" & "SPURGEON'S SORROWS"*

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