

Counselor's Corner

Chapin Christian Counseling & Grace Chapel

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Volume 1, Issue 3
 Published Quarterly

July 2009

Parenting Difficult Children

By: Rev. Dr. BJ Phillip



Begin at the Beginning:

At some point in our parenting experience we ask ourselves; "How, and when, did that bundle of joy that I gave birth to become such a little demon?"

Let's start at the beginning, with the pregnancy. God created the human body in such a way as to be able to re-create itself. A little biology may be in order here; basically the male sperm and the female egg come together and form an embryo. The embryo is safely tucked away in the womb until birth.

God created the womb to be the perfect environment for the embryo to grow into our little bundle of joy. The baby is safe, warm, comfortable, fed and loved, assuming the mother guards her health during pregnancy. They receive all the oxygen, blood, nutrients, and stimulation that is required for them to be healthy and grow until their arrival into this world.

If the mother takes care of her health, the child's health is

See Parenting Page 2

A MARRIAGE CHECKUP

By: Rev. Chuck Phillips



How do you see your marriage? Far too often today we are looking for ways to escape our marriage, rather than looking for ways to strengthen or repair a strained marriage. In today's society of instant gratification if we are not "happy" in our marriage, we blame our spouse and start looking for something or someone to "make us happy." Answer the following questions, to see how you would grade your marriage?

- | | | |
|---|---|---|
| 1. You look for ways to spend time away from your spouse. | Y | N |
| 2. When you are apart, you talk or think negatively about your spouse. | Y | N |
| 3. You very seldom touch or kiss your spouse affectionately. | Y | N |
| 4. You are critical of your spouse and have little respect of their opinion. | Y | N |
| 5. You compare your spouse to others and the others come out ahead. | Y | N |
| 6. You rarely compliment your spouse or show appreciation for what they do. | Y | N |
| 7. There is very little give and take in your discussions and or disagreements. | Y | N |
| 8. You frequently complain about your marriage to friends or family. | Y | N |
| 9. Romance is definitely not a part of your relationship. | Y | N |
| 10. When there is a conflict you it is hard to control your anger. | Y | N |

If you marked 1-2 Yes answers your marriage is showing signs of deterioration, and you should seek assistance either from a pastor or family member for help. If you marked 3-5 Yes answers your marriage is in trouble and you should seek professional help. If you mark more than 6 Yes answers your marriage is in crisis and you need immediate professional assistance if you want to save it. *See Marriage Page 3*

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also taken care of. Whatever the mother ingests, the baby ingests be it food & vitamins, or alcohol, drugs, or nicotine. Choosing wisely keeps the mother and baby healthy and happy.

In this environment all the child's needs are met. After approximately nine months the baby is ready to meet the world. This is not a pleasant process and involves much pain for mother and the baby. Mom's body feels like its coming apart and baby is being pushed out of their comfortable environment, kind of like sending them off to college.

Baby shoots into a world that, at first feels very hostile in comparison to where they have lived previously. The baby now must breath in oxygen to survive. I imagine this feels similar to having severe upper respiratory congestion that comes with a bad cold. They are cold, wet, and fearful of the new environment they must now adapt to.

From a Christian perspective, the child has just left a perfect environment created especially for them by a loving Heavenly Father. The child now finds themselves in an environment in which they must find some way to get their needs met. They do not have language but they have experienced their ability to scream due to the hostile environment they now find themselves in.

Children learn very quickly that if they are hungry they scream and someone feeds them. If they are cold, they scream and someone comes to warm them. If they are wet or dirty, they scream and someone comes to dry and clean them. If they are lonely, they scream and someone comes to comfort them. This is a good and godly thing for parents to do, to a certain extent.

Re-read the above paragraph several times (because you will be acting it out with your child(ren) over the years as they grow into adulthood, and beyond. After several readings you will begin to understand that your child(ren) learn from birth to live out the philosophy; "I am God, and your purpose is to meet my needs, fulfill my desires, focus on me, me, me. In short, I'm God and your job is to worship me.

If we allow this philosophy to become embedded in the psyche of our children they will very happily reverse roles with us and then they will be the decision makers and we will become the dream, desire, and wish fulfiller. It does not take long for our children to become demonized by the world, and we hardly notice while it is happening.

Boundaries & Limits Say I Love You:

It is our responsibility as parents to teach our children what is right and what is wrong, how to present yourself at home, at school, in public places and in personal relationships. Proverbs 22:6 tells us; "Train up a child in the way he should go and when he is old he will not depart from it." That is the responsibility of the parents, not the church, school, or doctors that our children meet with occasionally. Children need to learn from their parents.

Parents teach their children more than they really know. Children learn more quickly from observation than any other way, especially prior to learning language skills. From the moment you bring your children home from the hospital, they are watching all of the big people in their lives. This includes parents, siblings, and extended family. Our children learn very quickly who will let them have what they want and who won't.

They learn what it looks like to be a husband/wife, father/mother, parent/child by watching how we handle problems (discussion, prayer, alcohol, drugs, violence, etc), how we interact with each other (talking calmly, everyone allowed to express their feelings/beliefs, screaming, sarcasm, anger, hostility, etc), and they learn what to think about themselves by what we (parents) tell them about who they are; you are stupid, disgusting, fat, slob, unlovable, unacceptable, lazy, or you are a child of God, accepted, loved, kind, generous, etc.

As parents we need to always be asking ourselves; "What am I teaching my child (and other children) when I say this, do this, or react to problems this way?" Believe me, they are watching. They notice you and determine how they should act and speak toward others in any given situation and/or relationship that they find themselves in at the moment.

When we set boundaries and limits for our children we are doing them a big favor, even when they don't like the boundaries that we set. Boundaries make our children feel safe and secure and all parents want that for their children. However, we need to have good boundaries in our own lives so that our children can see what they look like, how to use them, and how they benefit them in various life situations. If you need help with this process, give us a call to set up an appointment. **~We're Here To Help You~**

Check out our Classes and Seminar section of this newsletter for the next "Parenting Difficult Children" Saturday Seminar.



CLASSES, SEMINARS & SERVICES CALENDAR OF EVENTS

Fire Proof Your Marriage

Tuition is \$30 | Couple Includes Curriculum

GRACE CHAPEL

6:00—7:30 PM Each Tuesday Evening
Beginning July 21, 2009 August 25, 2009

Total of
Six Meetings

Parenting Difficult Children

Tuition is \$25 | Participant

GRACE CHAPEL

8:00 AM—4:00 PM
Saturday August 1, 2009

7 Hour
Saturday Class

HEALING SERVICES

GRACE CHAPEL

6:30-8:30 PM—FIRST THURSDAY OF EACH MONTH

Teaching about healing, Music, Communion, Prayer,
Anointing, Time of Testimony, & Fellowship with others

SUNDAY EVENING DISCIPLESHIP CLASS

COST OF MATERIALS IS \$15.00

GRACE CHAPEL

6:00-7:30 PM—EACH SUNDAY EVENING

Beginning July 26, 2009 we will be studying:
Communion: The Meal That Heals.

Total of
Six Meetings

RECOVERY MEETINGS

CHAPIN CHRISTIAN COUNSELING & GRACE CHAPEL

6:30-8:30—EACH THURSDAY EVENING

In May 2009, we will begin a study called “The Battlefield of the Mind.” We will discover how wrong thinking patterns produce problems in our lives. We will learn how to change your life from difficult to victorious. You will need to purchase the curriculum, approximate cost for the book and the workbook is \$20.00

COUNSELING SERVICES

CALL TO SET UP AN APPOINTMENT FOR COUNSELING SERVICES AND TO REGISTER FOR CLASSES AND SEMINARS

- Throughout the year we have seminars & classes
 - Parenting Difficult Children
 - Communication Skills
 - Conflict Resolution
 - Anger Management
 - Marriage in Retrospect
- We provide Christian Counseling for Individuals, Married Couples and Families
- We provide pre-marital counseling & small intimate wedding services for those without a church home

(Marriage from Page 1)

One of the major problems in marriages today is that we expect our spouse to “make us happy” and that is never going to happen. When we place our happiness on someone or something outside of ourselves we will always be disappointed. There is only one perfect person that will never fail us. Only one person can help us to find that inner peace and happiness we desire, that person is Jesus Christ. We are told in Romans 8:35 “Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?” This scripture identifies that nothing will ever separate us from the love of God, so it is only Him that will never disappoint us. Because we are all human and have human faults we cannot please everyone all the time. It never was, and never will be, the responsibility of your spouse to “make you happy.” In fact, your spouse cannot make you do or be anything; that is your responsibility.

We often say to our spouse, you made me mad. Well that is not true, you chose to get mad about some action they took, but it was your choice to react with anger, and you must take responsibility for all of your emotions at all times. We need to always be aware of what we say and how we say it, scripture tell us in Proverbs 18:21 “death and life are in the power of the tongue, and they who indulge in it shall eat the fruit of it.”

Being married is a full time job and requires your full attention. You must take responsibility for your actions, and your emotions at all times. This is called self-control. That means you must be prepared for anything that might threaten your marriage. Scripture tells us in Ephesians 6:11 “Put on the whole armor of God so that you may be able to stand against the wiles of the devil.” In a marriage we need to put on the same armor of God to protect us from all the outside influences that might threaten our marriage. A marriage does not fail overnight or over one conflict or disagreement. It fails because we allow small issues to build up into a mountain that we cannot seem to climb. We make small compromises in our personal integrity, trying to find happiness outside of ourselves that leads us to make a poor choice that we never thought we would make.



FIREPROOF Your Marriage with Us

Check out our Classes & Seminars Section of
this Newsletter for Dates and Times

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**Join Us Labor Day
11:00 AM—1:00 PM**

**For an Old Fashioned Gospel Concert
Music—Food—Fun—Fellowship**



**Buy tickets for a 50/50 Raffle
(You win 50%—We win 50%)**

**Raffle Will Provide Funds
for Counseling Scholarships for Those in Need**

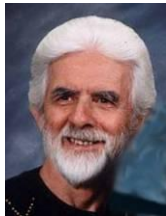
**Drawing at 1:00 PM
You Must Be Present to WIN !**

MEET OUR COUNSELORS



Rev. Dr. BJ Phillips received her Doctorate in Christian Counseling from Andersonville Theological Seminary. She received her Master's from the University of South Carolina. Her undergraduate studies were in Experimental Psychology at the University of South Carolina. She is an Ordained Minister of the Gospel of Jesus Christ and is a Board Certified Professional Christian Counselor. She is member in good standing with the following professional organizations:

- ➔ AACC (American Association of Christian Counselors)
- ➔ IBCCC (International Board of Certified Christian Counselors)
- ➔ NACSW (North American Association of Christians in Social Work)
- ➔ Chapin Ministerial Association



Rev. Chuck Phillips: received his Bachelor Degree in Theology and his Masters Degree in Christian Counseling from Andersonville Theological Seminary. He is currently working on his Doctorate in Christian Counseling, he is an Ordained Minister of the Gospel of Jesus Christ and is a Board Certified Biblical Counselor. He is a member of the following professional organizations:

- ➔ AACC (American Assoc. of Christians Counselors)
- ➔ IBCC C (International Board of Certified Christian Counselors)
- ➔ National Notary Association
- ➔ Chapin Ministerial Association



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