

Counselor's Corner



Chapin Christian Counseling
& Grace Chapel

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What Do We Know About Change?



By: Rev. Dr. BJ Phillips

Change Is Constant:

Because we live in time, rather than eternity, change begins the moment we are conceived. We continue to grow in height, weight, and character throughout our lifetime. We continually grow through physical, emotional, and spiritual developmental changes. As we progress from childhood through adulthood, our life becomes a series of choices and consequences that will have a positive and/or negative impact upon our lives, and the lives of everyone who comes into relationship with us.

As we read, hear, and watch the nightly news, we see that everything in our society appears to be changing. Our political system is changing and in great turmoil right now. Our Financial stability as a nation is changing, many think it will get better, and some think that it will get worse. Our economy is down; unemployment is rising and getting worse daily.

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Do You Have Heart Trouble?

By: Rev. Chuck Phillips



Actually, that's a rhetorical question because we all have heart trouble. How often do you think about actually having two hearts? First is your physical heart. It is the one most people relate to, that pumps your blood and keeps you physically alive.

Second, and I feel more important, is your spiritual heart, this is the real heart the Bible speaks of, it is the one of the inner man, the real you, your soul and your spirit. It is the very center of your rational and spiritual nature.

So it is your spiritual heart I am speaking to. That spiritual heart is the one that Jesus describes in **Mark 7:6** when he is talking to the Pharisees who were criticizing the disciples for not following the Jewish traditions. Jesus said; "...well did Isaiah prophesy of you hypocrites, as it is written, 'This people honor me with their lips, But their heart is far from me.'"

Scripture also identifies that God knows your heart trouble and He tries to guide you, but because of your free will, you have the freedom to choose whether to do what is right and live by God's standards, or you can choose to live by the world standards.

This is described very clearly in **Jeremiah 17:9-10**; "The heart is deceitful above all things, and exceedingly corrupt: who can know it? I the LORD search the mind, I try the heart, even to give every man according to his ways, and according to the fruit of his doings."

You can compare some of the known physical heart troubles to your Spiritual heart. For example someone

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Change from page 1:

We are a nation founded upon Christian principles, and yet we see Christians in our own country being persecuted. The Apostle Paul said in Galatians 6:7-8, “Do not be deceived; God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life.” (NIV)

So we are in control of the choices but God is in control of the consequences. Throughout His inspired word, the Bible, He tells us, “if you live a sinful lifestyle, you will be cursed.” Another way to put it is, “if you live according to the world’s standards you will not inherit the kingdom of heaven” (Galatians 5:19-21). We will be considered spiritually dead to God while we are very much alive to our human nature.

Change Is A Risk:

To make a choice, is to risk rejection. But, if we refuse to choose we will gain nothing, we become stagnant in our life. Much like the paralyzed man at the pool of Bethesda, in the Gospel of John chapter 5, who had been laying there for 38 years. The belief was that every now and then an angel stirred the water in the pool, and the first one in the pool after that would be healed. You would think that in 38 years he could have crawled to the edge of the pool and fell in when the water was stirred, but he didn’t. He appeared to be waiting for someone else to make that choice for him. He even made excuses to Jesus when he was asked, “do you want to get well.” Finally, in exasperation, Jesus scolded him and said, “Get up! Pick up your mat and walk.”

I believe that sometimes we are so afraid of making a choice, or decision, in our life that we need to have someone to hold us accountable, someone to say, “Make a decision already!” Many times we don’t want to get out of our comfort zone so we just refuse to take any risks, even if it means that we stay stuck in our pit of despair.

Change Is Difficult:

Yes, change is very difficult. We have to make up our mind to do something different. In 12-Step Recovery Meetings we have a saying: “Doing the same thing, over and over again, expecting a different result each time is the definition of INSANITY.” If we want a different result we must do something different. You can’t get a job unless you get off the couch and go out and apply for them and then go to an interview. You can’t get married unless you attend social activities so that you can meet people. You can’t graduate unless you go to school and study hard.

If we want our life to be better than it is, we have to do

something different than we have been doing. We must take personal responsibility for our choices and stop blaming our circumstances on others. It is not the responsibility of other people for the consequences of our decisions and choices.

What Scripture Says About Change?

Numbers 23:19 God is not a man, that he should lie, nor a son of man, that he should change his mind. Does he speak and then not act? Does he promise and not fulfill?

Malachi 3:6 "I the LORD do not change. So you, O descendants of Jacob, are not destroyed.

James 1:17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

Jude 1:4 For certain men whose condemnation was written about long ago have secretly slipped in among you. They are godless men, who change the grace of our God into a license for immorality and deny Jesus Christ our only Sovereign and Lord.

Hebrews 13:8 Jesus Christ is the same yesterday and today and forever.

Notice that these scriptures show that man changes but God does not. God does not give us a promise or curse and then change his mind, as shown clearly in Hebrews 13:8 above.

Let me take you to one more scripture that God laid out early on for Moses and the children of Israel found in:

Deuteronomy 30:19-20 “This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live and that you may love the LORD your God, listen to his voice, and hold fast to him. For the LORD is your life, and he will give you many years in the land he swore to give to your fathers, Abraham, Isaac and Jacob.”

How Do We Change?

- James 4:7 “Submit to God, resist the Devil and he will flee from you.
- Attend a Bible teaching church regularly. Try to get your family to attend with you
- Set good/strong boundaries (limits) in your own life (study Galatians 5:16-26 and Ephesians 6:10-19)
- Set a godly example for your family, friends, and strangers (study Colossians chapter 3)
- Remember what Paul warned Timothy about: 2-Timothy 3:1-5, “But mark this: There will be terrible times in the last days. People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, treacherous, rash, conceited, lovers of pleasure rather than lovers of God—having a form of godliness but denying its power. Have nothing to do with them.”

CLASSES, SEMINARS & SERVICES
CALL 803.941.7104 TO
REGISTER FOR CLASSES

Fire Proof Your Marriage

Tuition is \$40 | Couple Includes Curriculum

GRACE CHAPEL

6:00—7:30 PM Each Wednesday Evening } Total of
 Beginning Jan. 6, 2009 - Feb. 11, 2009 } Six Meetings

Saturday Seminars

Tuition is \$30 | Participant

GRACE CHAPEL

8:00 AM—4:00 PM—Call to Schedule } 7 Hour
 Saturday Class

No SATURDAY SEMINARS AT THIS TIME

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 } TOTAL OF
 Beginning Sept 13, 2009 we will be studying: } 7 Meetings

Forgiveness

RECOVERY MEETINGS

CHAPIN CHRISTIAN COUNSELING & GRACE CHAPEL

6:30-8:30—EACH THURSDAY EVENING

In October 2009, we will begin a study called "**Battlefield of the Mind.**" You will discover how wrong thinking patterns produce problems in your life. You 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

Heart from page 1:

with an enlarged heart is one who gives and serves, and is not a taker. Someone who has hardening of the arteries has a hard heart like the Grinch, who is self-centered and just takes all they can get without one thought of giving anything. You can have high blood pressure which is a lack of peace that comes from having a personal relationship with Jesus Christ, who is the prince of peace.

Now, all of these things start in your mind, the mind is the guard of your heart. Jesus made it clear that all sin comes from the heart. You cannot keep thoughts from entering your mind, but you can control whether or not you entertain those thoughts and then welcome them into your heart.

I believe that the main cause of Heart trouble for Christians is the fact that we lack the faith that God can and will do what he says He will do in his Word. If we had "the faith of a mustard seed", we wouldn't worry so much or fret over every little thing that doesn't go right in our lives.

God will do his part if we will just repent, live in and keep the Word as a part of our daily lives. God made a promise to those who would seek him, He says in **Ezekiel 36:26-27**, "A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you a heart of flesh. And I will put my spirit within you, and cause you to walk in my statutes, and you shall keep my judgments, and do them."

Finally, Jesus also promised you help for your heart just before he left this world to go back into heaven. This is what he promised. **John 14:26-27**, "But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you. Peace I leave with you, my peace I give unto you: not as the world gives, give I unto you. Let not your heart be troubled, neither let it be afraid." Let me close with this scripture: **Proverbs 4:23** Keep thy heart with all diligence; for out of it are the issues of life.

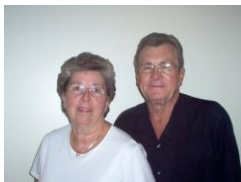




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Meet Our Board Members



Rev. Philip Vaughn is the Senior Pastor at Little River Baptist Church in Jenkinsville, SC. Philip has been a Pastor for many years. He has ministered in North Carolina and South Carolina. He actually retired from the Methodist Church and then found a ministry in the Baptist Church ministering to the senior adults in the Chapin Community. Both Philip and Nancye have served as missionaries to Moldova doing work with the local churches, senior shut-in's and the displaced children in orphanages.

Nancye Vaughn is Philips wife and ministers with him in his ministry to senior adults in Chapin and the surrounding communities. She also works for Addy Chrysler / Jeep in Lexington. She is the managing accountant for them and after working all day she still has a heart for God and His ministry along with her husband, Philips. We are grateful for their willingness to serve on our Advisory Board. They bring much experience in ministering to other people to Christian Counseling Ministries, Inc.



James Cassell is the owner of 'Cassell Brothers LLC, Heating & Cooling. He is an active member of his church and ministers to many people in the community of Chapin, SC. Along with his church Men's Group he helps seniors in the community with home repairs, heating & air maintenance, and general garden and lawn clean-up. This is vital for many senior who can no longer do these things for themselves. He and his wife are also involved in mission outreach with home missionaries in Kentucky.

Dana Cassell is a nurse with a heart for God and doing his work with those in the community who are sick or in need of medical advice between doctor visits. She is a good witness for the Lord through her music and singing ministry. She sings wonderful solos at her church. Dana & James are a great asset to Christian Counseling Ministries, Inc. They were instrumental in getting our offices up and running. We appreciate their willingness to serve as Board Members and their support of this ministry in Chapin and the surrounding communities.



Charles Middlebrooks Is retired from the corporate world in South Carolina. He has worked for the State of South Carolina and has many administrative skills that he shares with us to help Christian Counseling Ministries, Inc. with all the administrative tasks that are involved in running any business. Chuck has a heart for mission work and is actively involved in international mission activities within his church. He has worked providing administrative teaching and advice to Russia, Moldova, and now in Southeast Asia.

Wynelle Middlebrooks is a retired nurse and has a heart for helping people. She has been on mission trips that provide orphanages for displaced children in Moldova, with a medical team in Peru, and to families in Kentucky. Charles & Wynelle are a great asset to our ministry and we are grateful for their willingness to serve on our Advisory Board.



Angela Sarvis is a Special Education Teacher at Newberry Middle School. She works with children and families each day that struggle with many different family problems, poverty, and single parent households. Her educational background and expertise in working with families in Chapin and the surrounding communities are invaluable to Christian Counseling Ministries, Inc. Angela is involved in her church and has a heart for doing God's work with children and families in the Newberry community. We appreciate her willingness to serve on our Advisory Board. She is an asset to the success of Christian Counseling Ministries, Inc.

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
- Christian Coaching Alliance



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:

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- National Notary Association
- Chapin Ministerial Association
- Christian Coaching Alliance



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