

Birmingham Theological Seminary
Tuscaloosa Extension
First African Baptist Church

Spring: 2012
BC7630 Marriage & Family Counseling
Professor: William F. Scroggins, Ph. D., LPC
Class Hours: 2

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Course Purpose

The purpose of this course is to train the individual in providing counseling skills and theological foundation and application in pre-marital and marital enrichment, marital conflict, and matters concerning the family. All aspects of marital and family counseling will be based upon a Christ-centered, Biblically based approach.

Course Objectives

1. The student will become prepared to describe and perform true Biblically based, Christ-centered, spirit led marriage counseling.
2. The student will become prepared to model skills and understanding concerning all aspects of pre-marital counseling.
3. The student will learn to implement and build a congregational marriage ministry including: pre-marital preparation, marriage enrichment, troubled marriage counseling, and marriage mentor training.
4. The student will gain Biblical insights and understanding concerning family counseling by gaining understanding of family as systems, development of the child, and roles of family members.
5. Students will become familiar with assessments and instruments used to assist the counselor to gain insights and direction

Course Texts

Required Texts:

Adams, J., Solving Marriage Problems.
Goldenburg, H. & I., Family Therapy: An Overview.
McManus, M., Marriage Savers, Grand Rapids, MI, Zondervan, 1995.
Worthington, E., Hope Focused Marriage Counseling.

Collateral Texts:

Burns, J. Confident Parenting, Minneapolis, MN, Bethany House Pub., 2007
Parrott, Les & Leslie, Saving Your Marriage Before It Starts, Grand Rapids, MI, Zondervan Pub., 2001.
Tripp, T., Shepherding a Child's Heart, Wapwallopen, PA, Shepherding Press, 2005.
Waite, L.J & Gallagher, M. The Case for Marriage, N.Y, NY, Broadway Books, 2000.
Worthington, E. L., Marriage Counseling, Downers Grove, IL, Inter-Varsity Press, 1989.
Stinnett, N. & N., & Beam, J & A., Fantastic Families, W. Monroe, LA, Howard Pubs.
Stoop, D. & J., Eds., The Complete Book of Marriage, Grand Rapids, MI, Revell Pubs.

Course Requirements

Note: All papers must be formatted in accordance with Turabian standards including the title page. Any paper not conforming to these standards will automatically be dropped one letter grade. If you have not secured the computer program, StyleEase (from StyleEase.com) you may want to consider it for writing papers.

1. Class Attendance: more than two unexcused absences drops final grade one letter grade.
2. Completion of reading assignments on time and weekly quiz.
3. Three (3-5) page papers, with 3 – 5 minute presentation.

Paper 1: Describe a Biblical marriage.

Paper 2: What would be a good approach and purpose for pre-marital counseling.

Paper 3: What are some key ingredients of a successful family.

Final Project: Develop a congregational marriage ministry (5 – 10 pages) which would be composed of:

Pre-marital counseling

Marriage enrichment

Troubled marriage counseling

Marriage mentor program

All course materials must be submitted to the professor at the end of the semester (last day of class). Thereafter, course materials may be submitted for up to six weeks after the end of the semester directly to the office of the registrar with the permission of the professor. If a student submits course materials after the end of the semester but within the six week grace period, the student's grade will be lowered by one letter grade. The course materials will not be accepted after the six week grace period and a failing grade will be posted to the student's transcript.

Course Outline

- I. Marriage and Family Counseling - Intro & Overview of course in addition to requirements and expectations. Semester reading assignments will be given along with class and student presentations and exam schedule.
- II. The Purpose Driven Marriage (God's Design).
Reading Assign: Genesis 1 & 2; Ephesians 5:21-33; Hosea; Malachi 2:13-17
- III. The Marriage Ministry Model for every congregation.
Reading Assign: Marriage Savers, Mike McManus - Chapters 1 – 7
 1. Pre-Marital
 2. Marriage Enrichment
 3. Troubled Marriages
 4. Marriage Mentoring
- IV. Pre-Marital Counseling - Facilitating Open Couple Communication, Understanding, and Study (FOCCUS Inventory for pre-marital counseling).
Reading Assign: Prepared Article

- V. Pre-Marital Counseling – Understanding what each individual brings to the marriage
- family or origin, emotional baggage, etc.

Reading Assign: TBA

- VI. Exam & Presentations by students.

- VII. Marriage: Getting a Ph.D. in understanding your spouse.

Reading Assign: TBA

1. Personality
2. Love Language
3. Needs
4. Inventories for marital couples.

- VIII. Important Skills for the married couple.

Reading Assign: Chapters 8 – 13, Marriage Savers

1. Recognizing the four barriers to oneness
2. Communication skills
3. Conflict Resolution

- IV. Test and Presentations.

- X. Family Counseling - Biblical Foundations for families.

Reading Assign: TBA

Eph. 6:1-4; Prov. 20:5; Prov. 15:1-4; Deuteronomy 6:4-9; Luke 6:45
Prov. 4:1-17 (Ikings 3); Psalms 78:1-8;

The shaping influences upon a child's life:

Worship	Serving
Conflict	Decision making
Values	Character
Roles	
Success/ Failure	

- XI. Family Counseling: Qualities that make for a strong family – Developmental Stages

Reading Assign: TBA

1. Raising children who love God & love themselves. Matt 22:37-40
2. Overcoming negative family patterns.
3. Communication: Listening & being heard

- XII. Giving and Receiving the Blessing which God intended for the family to provide.
(Genesis 27:38)

Reading Assign: TBA

1. Physical Touch
2. Words of instruction and encouragement
3. Impart potential and purpose
4. Expressing a Godly vision
5. Persevering – even in failure - expressing commitment.

- XIII. Final Exam - Sharing Project.

Biblical Counseling Bibliography

_____, **The Biblical View of Self-Esteem, Self-Love, Self-Image**, Eugene, Oregon: Harvest House Publishers, 1986, 143 pp. Counseling. CE. The self-esteem fad has spread as people combat what is seen as the great modern enemy: low self-esteem rooted in childhood neglect and criticism. Adams traces the roots of these ideas in Adler and Maslow. Challenges the notion of psychological "needs" ("Scratch out the word 'need' and substitute the word 'desire,' and the result will be a much more accurate reading of the facts"). Exegetes the two great commandments ("Love yourself?") and Romans 6/Colossians 3 ("Man of infinite worth?"). Unpacks biblical view of self-loathing and self-denial. "While there is no concern evidenced in the Bible about people having too little self-esteem, and therefore no directions for enhancing self-esteem, God does indicate that He wants us to evaluate ourselves accurately." Summary, p. 119. Most of book rebuts popular errors; last seven pages give positive ideas for helping depressed counsees.

_____, **Christ and Your Problems**, Nutley, New Jersey: Presbyterian & Reformed, 1971, 19 pp. Counseling. CE. Exposit I Corinthians 10:13 for the benefit of counsees. "At bottom all men in all times face the same basic problems." You are responsible. God is faithful, therefore you have hope. However difficult the pressures seem, you can make godly choices through Jesus Christ.

_____, **The Christian Counselor's Casebook**, Phillipsburg, New Jersey: Presbyterian & Reformed, 1974, 213 pp. (Reprinted by Zondervan.) Counseling. This is "a workbook designed for individual or class use in conjunction with *Competent to Counsel* and *The Christian Counselor's Manual*." Contains snapshots of 60 opening sessions and 45 cases in process. There are three major purposes: [1] to learn how to identify various sorts of problems according to biblical norms; [2] to lay out biblical plans of action for dealing with problems; [3] to provide familiarity with a wide variety of representative types of problems that counselors encounter.

_____, **The Christian Counselor's Manual**, USA: Presbyterian & Reformed, 1973, 476 pp. (Reprinted by Zondervan.) Counseling. "The sequel and companion volume to *Competent to Counsel*," an instruction manual for "those who have already bought the product and wish to make the most effective use of it." 100 pages of philosophy of counseling and 350 pages on counseling methods and particulars: "The principles are offered more suggestively than comprehensively. They are, in a sense, representative and illustrative as well as (I hope) informative." Impossible to summarize, this book is a treasure trove that informs the would-be counselor and debunks the stereotyped criticisms of nouthetic counseling: Nouthetic counseling has an externalistic view of persons, only concerned with behavior? Read chapter 13. It has a xenophobic hostility to psychology, that says 'Psychology is of the devil. Period.'? Read chapter 10. It employs simplistic methods, the proverbial 'take two Bible verses and see me in the morning.'? Read the book! The first six pages would revolutionize the Christian counseling world if Christians wrested with the implications.

_____, **Coping with Counseling Crises: First Aid for Christian Counselors**, USA: Presbyterian & Reformed, 1976, 92 pp. (Reprinted by Zondervan in *Lectures on Counseling*.) Counseling. "A good crisis counselor is one who has enough courageous concern to take a different and more biblical view of the crisis than the counselee, yet he will always reach his conclusions in the matter by examination of carefully collected data." Here are three key elements of crisis counseling: [1] analyze the situation; [2] take an inventory of the state and resources of a counselee; [3] be able to give biblical direction about the proper response to a crisis. Closes with ten crisis case studies to help you think your way through potential problem situations.

_____, **Helps for Counselors: A Mini-Manual for Christian Counseling**, Grand Rapids, Michigan: Baker, 1977, 63 pp. [Reprint of the helps from the back of *The Christian Counselor's New Testament*.] Counseling. Contains check lists, failure factors, summaries of counseling methodology, outlines of common problems, and Scripture references.

_____, **How to Help People Change: The Four-Step Biblical Process**, Grand Rapids, Michigan: Zondervan, 1986, 203 pp. Counseling. Unfolds the counseling process through an exposition of II Timothy 3:14-17. Bases all on the centrality of God and the vertical dimension for counseling: The Holy Spirit and the Word work in concert. Change unfolds through teaching, conviction, correction and training. "Learn both how to launder your mind of pagan psychological and psychiatric theories and how to use the Bible cogently and effectively in its full strength." Contains reprint of Adams's 1982 journal article on "Integration."

_____, **More than Redemption: A Theology of Christian Counseling**, Phillipsburg, New Jersey: Presbyterian & Reformed, 1979, 338 pp. [Reprinted by Zondervan as *A Theology of Christian Counseling*.] Counseling. Four major sections seek to articulate a biblical theology of counseling. The first seven chapters deal with the relevance of God and His Word to counseling: e.g., "God is man's environment"; "because counseling is part of the ministry of the Word (just as preaching is) it is unthinkable to use any other text (just as it would be unthinkable to do so in preaching)." The next four chapters deal with the nature of man in creation and in sin. The next seven deal with the change process (salvation & sanctification), including a lengthy section on forgiveness. The book closes with a miscellany of other topics. Along with *Competent to Counsel*, *The Christian Counselor's Manual*, and *Lectures on Counseling*, this is a fundamental book for understanding nouthetic counseling.

_____, **Ready to Restore: The Layman's Guide to Christian Counseling**, Phillipsburg, New Jersey: Presbyterian & Reformed, 1981, 111 pp. Counseling. An introductory textbook in nouthetic counseling: accessible, compact, covering both conceptual and methodological matters. "God calls every Christian to counsel some people, somewhere, at some time about something." Galatians 6:1 provides the banner verse: the character of the counselor, the problems in view, the methods. Meant for individual study or for a class or Bible study group.

_____, **Sibling Rivalry in the Household of God**, Denver: Accent Books, 1988, 155 pp. Counseling. CE. About "the causes and effects of rivalry among brothers and sisters in Christ and what can be done about it." "Sibling rivalry in the household of faith -- just like at home -- is due entirely to sin." Other supposed causes are not causes but occasions for our self-centered human nature to act. The Holy Spirit gives practical guidance in His Word for solving rivalry and conflict through repentance, faith and obedience.

_____, **Solving Marriage Problems: Biblical Solutions for Christian Counselors**, Phillipsburg, New Jersey: Presbyterian & Reformed, 1983, 122 pp. [Reprinted by Zondervan.] Counseling. Practical training for counselors in how to understand and solve marriage problems. What are the basics of the biblical view of marriage? What sorts of problems destroy marriages?: [1] unbiblical concepts ("problems of error"); [2] sinful living patterns ("problems of practice"); [3] relationships with others (e.g., companions, in-laws, children, former spouse); [4] general influences in society. Gives methods for discovering and solving problems.

_____, **A Theology of Christian Counseling: More than Redemption**, Grand Rapids, Michigan: Zondervan, 1979, 338 pp. Reprint of *More than Redemption*.

_____, **Update on Christian Counseling**, Grand Rapids, Michigan: Zondervan, 1986, 265 pp. Counseling. Contains volumes I and II of previously published *Update on Christian Counseling* along with *Matters of Concern*.

_____, **Update on Christian Counseling**, Volume I, Phillipsburg, New Jersey: Presbyterian & Reformed, 1979, 89 pp. Counseling. Actually the second of a series that began with *Matters of Concern to Christian Counselors*. Thirteen essays, on a range of topics: how counseling affects the counselor; counseling failure; a biblical approach to stress; prescription medications; the Sermon on the Mount as an example of how-to given along with what-to; the problem with apologies; 25 key presuppositions of biblical counseling; structuring counseling; using a Personal Data Inventory; the flexibility of nouthetic counseling; the adaptability of a nouthetic counselor; reminding counselees; definitions of about 115 terms of basic Christian vocabulary, from "Adoption" and "Advent" to "Worship" and "Wrath."

_____, **Update on Christian Counseling**, Volume Two, Phillipsburg, New Jersey: Presbyterian & Reformed, 1981, 81 pp. Counseling. Continues Update series. Ten miscellaneous essays: do people really get their idea of God from their own fathers?; Christian liberty and questionable practices; counseling disabled people; evaluating transactional analysis; winning an unsaved wife to Christ; using I Corinthians 13 in counseling; guidance through "checks" and "promptings"; "Does the Behaviorist Have a Mind?" (reprint of a 1927 article by William Hallock Johnson); eclecticism in counseling; "complicating problems" of various sorts (difficulties growing out of a counselee's primary problem that must be addressed in order to solve the primary problem).

_____, **The Use of the Scriptures in Counseling**, USA: Presbyterian & Reformed, 1975, 105 pp. [Reprinted in *Lectures on Counseling*] Counseling. A positive perspective on and method for using the Bible in counseling. The Bible, properly understood and used, is a textbook for counseling. It must be used telically, that is, paying attention to the Holy Spirit's purpose in each passage. "The Scriptures are the peculiar product of the Counselor Himself." "Problems in living can be understood properly only when the basic dimension of sin is seen in them." Has four cases from the Christian Counselor's Casebook, annotated with ideas on how to apply Scripture. Closes with a list of key passages from Scripture on 50 topics, from "Adultery" and "Anger" to "Work" and "Worry". (This list of passages is also reprinted in *Christian Counselor's New Testament, Helps for Counselors and Ready to Restore*.)

_____, **What Do You Do When Anger Gets the Upper Hand?**, Phillipsburg, New Jersey: Presbyterian & Reformed, 1975, 8 pp. (also published as *You Can Defeat Anger*, Grand Rapids: Baker, 1975, 15 pp.) Counseling. CE. "Anger, like a good horse, must be bridled." Uncontrolled temper is a sin. You can learn to release the energies of anger productively and under control to solve problems.

_____, **What Do You Do When Fear Overcomes You?**, Phillipsburg, New Jersey: Presbyterian & Reformed, 1975, 8 pp. (also published as *You Can Overcome Fear*, Grand Rapids: Baker, 1975, 24 pp.) Counseling. CE. "You must learn to commit yourself prayerfully to doing what God requires of you whether or not you will have a fear experience by doing so. That is the key that will unlock your prison."

_____, **What Do You Do When You Become Depressed?**, Phillipsburg, New Jersey: Presbyterian & Reformed, 1975, 8 pp. (also published as *You Can Conquer Depression*, Grand Rapids: Baker, 1975, 16 pp.) Counseling. CE. "You must know God personally before you can expect Him to give you the help that you need. You must not put the alleviation of depression first as your goal, but rather the desire to please God by doing what He says. You must do exactly as He says regardless of how you feel."

_____, **What Do You Do When You Know that You're Hooked?**, Phillipsburg, New Jersey: Presbyterian & Reformed, 1975, 10 pp. (also published as *You Can Kick the Drug Habit*, Grand Rapids: Baker, 1975, 22 pp.) Counseling. CE. If you are hooked on alcohol or other drugs you must learn to put off the old behavior and attitudes and put on the new. Repent of your sin. List ways you are failing God and others. Work with someone who practices biblical counseling to

restructure your entire life. Cut off all connections with people who are negative influences. Restructure your life concretely.

_____, **What Do You Do When You Worry All the Time?**, Phillipsburg, New Jersey: Presbyterian & Reformed, 1975, 8 pp. (also published , *as You Can Stop Worrying*, Grand Rapids: Baker, 1975, 15 pp.) Counseling. CE. Worry is concern about something that one can do nothing about. That is why it tears us apart. "Christ does not ask you to cease being concerned; instead He tells you to redirect your concern." Ask 3 questions: What is my problem?; What does God want me to do about it?; When, where and how should I begin?

_____, **What Do You Do When Your Marriage Goes Sour?**, Phillipsburg, New Jersey: Presbyterian & Reformed, 1975, 8 pp. (also published as *You Can Sweeten a Sour Marriage*, Grand Rapids: Baker, 1975, 14 pp.) Counseling. CE. Love is not first a feeling, because God commands love: to wife, to neighbor, even to enemy. You must learn how to give. You must forgive: a promise not to use it against the person, not to talk to others, not to dwell on it yourself. The husband is responsible to take initiative in love.

_____, **What to Do about Worry**, Phillipsburg, New Jersey: Presbyterian & Reformed, 1980, 28 pp. Counseling. CE. Worry is a sin that Christians can learn to overcome. Pray with thanksgiving; find God's solutions; then work on the problem God's way. When you find yourself worrying rather than working, sit down and answer the following three questions: [1] What is my problem?; [2] What does God want me to do about it?; [3] When, where and how should I begin?

_____, **How to Counsel from Scripture**, Chicago: Moody Press, 1985, 224 pp. Counseling. God's love is the predominant factor in change: "God's love enables one to overcome sin and its consequences, to live in relationship to Him, and to be transformed into the image of Christ. His love engenders trust, which leads to obedience to His Word." "Biblical counseling is not a new idea. We are merely promoting a restoration of one of the oldest ministries. . . . The cure-of-souls ministry emphasized the person's relationship with God from which comes renewal and change in the mental-emotional-behavioral areas of life." Part 1 lays out a biblical model of man and a biblical methodology for change. Part 2 talks about the counselee, the counselor, and their relationship of conversation. Part 3 discusses the centrality of the love of God. Part 4 speaks of setting up counseling ministry in the church.

_____, with Phil Landrum, **I Want Happiness Now!**, Grand Rapids, Michigan: Zondervan, 1978, 175 pp. Counseling. CE. People who seek counseling "have one thing in common: they come in to find relief for their desperately unhappy, frustrated, hopeless condition resulting from their response to the conditions and people in their world." Change must happen in the person, not in the circumstances. What makes some people "indestructibles" and others easily discouraged and frustrated? The latter chase rainbows; the former find contentment in Christ. [Self-love theory appears frequently.]

_____, with Phil Landrum, **I Want My Marriage to Be Better**, Grand Rapids, Michigan: Zondervan, 1976, 159 pp. Counseling. CE. Describes the development of marriage problems: "Marriage reveals your drives as no other relationship, unmasking hostility, stubbornness, and selfishness." Self-seeking and I Corinthians 13 love are worlds apart. On the foundation of conviction for the sin that inhabits conflict, marriages can be rebuilt: "a good partnership dedicates time and effort to developing a mutually agreeable way of life." Three keys are: [1] become cooperative partners rather than opponents; [2] a wife's submission is the tie-breaker; [3] a husband's commitment to serve in love makes plans for good happen.

Eyrich, Howard A., **Three to Get Ready: A Christian Premarital Counselor's Manual**, 2nd ed., USA: Presbyterian & Reformed, 1978, 147 pp. Counseling. Lays out a detailed program for

seven sessions of premarital counseling. Covers basics of biblical marriage, self-awareness of personal traits, communication, money, sex, wedding details. "Some people will read this manual and ask, 'What is a pastor doing discussing life insurance, budgeting, or sex?' The answer is simple. He is responsible for the spiritual welfare of his flock. . . . Life is the legitimate domain of the spiritual counselor." Contains numerous questionnaires and personal inventories to xerox and use in counseling.

Kruis, John G., **Quick Scripture Reference for Counseling**, Grand Rapids, Michigan: Baker, 1988, 144 pp. Counseling. "The Scriptures are ideally suited for any and every counseling occasion. . . . As you do the Lord's work, the Holy Spirit is always the primary counselor, and he works powerfully, sovereignly through his own Word." Bible passages -- some brief, some lengthy -- that treat over 50 topics are assembled and arranged systematically. "They are arranged so that you can see at a brief glance the gist or thrust and the significance of each text or passage as it relates to the topic under which it is listed." The purpose is to give counselors a ready reference and a source of homework assignments.

_____, and Wayne Mack, and others, **Introduction to Biblical Counseling: A Basic Guide to the Principles and Practice of Counseling**, Irving, Texas: Word Books, 1994, 400 pp. (forthcoming) Counseling. General pastoring. Sounds a charge for frankly biblical counseling. Three chapters treat the history of biblical counseling. Seven chapters cover crucial theological issues that underpin a biblical counseling philosophy. Nine chapters unfold a counseling methodology emergent from Scripture. Two final chapters contain a list of resources and answer commonly asked questions.

_____, **A Homework Manual for Biblical Counseling, Volume 1: Personal and Interpersonal Problems**, USA: Presbyterian & Reformed, 1979, 226 pp. Counseling. CE. The counseling session is not the 'magic hour,' and this gives homework assignments that can help with a wide range of problems. Covers about 35 problems, from "Anger" and "Anxiety," through "Communication" and "Changing Sinful Thought Patterns," to "Vocation" and "Work." Typical assignments contain Bible studies, self-analysis questions, brief teachings, and plans to solve problems with a biblical course of action.

_____, **A Homework Manual for Biblical Counseling, Volume 2: Family and Marital Problems**, USA: Presbyterian & Reformed, 1980, 90 pp. Counseling. CE. Homework covering a wide range of marital and child-rearing issues: communication, finances, data gathering (e.g., "Rate Your Marriage" and "Log Lists"), ways to show love, how parents provoke children to wrath, principles of bringing up children God's way. Includes teaching outlines, self-evaluation forms and questions, plans for biblical change, Bible studies.

_____, **Where Are You in Relation to God?**, Mack Publishing Co., 1973, 18 pp. Counseling. CE. General pastoring. Shows the diverse ways people express their hostility and alienation from God. Then shows how God in Jesus Christ reconciles people to himself. Closes with a call and challenge: "Are you looking to Jesus Christ alone for salvation? Have you been reconciled and are you enjoying fellowship and communion with God?. Well, if not, I challenge you to consider your condition, for you are still in a state of alienation from God. You are alienated from God by your sinful attitudes and by your sinful activities, and God is angry with you. come to God. Confess your sins. Believe on the Lord Jesus Christ and thou shalt be saved."

_____, **You Can Overcome Despondency**, USA: Presbyterian & Reformed, 1979, 32 pp. (reprinted by Baker Book House, 1981). Counseling. CE. Describes many of the circumstantial causes of depression, but "though our circumstances may be very severe, we don't need to be depressed!" God gives a way to handle problems. Joy and sorrow may coexist. Unfolds Philippians 4:4 as a key to learning how to overcome despondency. "By God's power, we can

conquer depression by consciously, continually, and deliberately making ourselves look at all of life from a God-centered point of view." Includes study guide and suggested assignments.

Sande, Ken, **The Peacemaker: A Biblical Guide to Resolving Personal Conflict**, Grand Rapids, Michigan: Baker, 1991, 246 pp. Counseling. CE. Lays out four phases of the reconciliation process: [1] glorify God; [2] get the log out of your own eye; [3] go and show your brother his fault; [4] go and be reconciled. The motivation and foundation for peacemaking lies in who God is, not in pragmatic self-interest. Self-examination and repentance lay the foundation for dealing well with the sins of others. Constructive confrontation involves both speaking the truth in love and listening in order to pursue understanding of the situation. Reconciliation and forgiveness are the culminating phase of peace making.

Vandegriff, John, **In the Arena of the Mind: Philippians 4:8**, foreword by Jay Adams, Howell, New Jersey: Ask, Seek, and Knock Publishing, 1992, 186 pp. Counseling. CE. Identifies many areas of sinful thinking: hurtful thoughts about others, self-pity, fear, lust, pride. Lays out a model for turning thinking around: sorrow, choice, change. The second half of the book seeks to fill the mind with various Philippians 4:8 good things.

Adams, Jay E., **The Christian Counselor's Commentary: I & II Corinthians**, Hackettstown, New Jersey: Timeless Texts, 1994, 179 pp. Counseling. A commentary intended to supplement those that "comment exclusively about the text." This commentary series "largely comments about the implications of the text for Christian living," seeking to identify biblical teachings and practices that "seem especially relevant to the Christian counselor." Adams drew much of his counseling methodology from Paul's letters to the Corinthians, and this is a fitting first volume for the series. 1 Corinthians: "Consider the book as a whole. Often counselors are perplexed at the outset of a counseling case by the sheer magnitude of particulars in the situation. Paul sorted things out. Good counselor that he was, he took up each matter separately until he had exhausted the lot." 2 Corinthians: "It was a powerful letter, among Paul's writings unique for its personal appeal. If Paul is telling you anything in it as a counselor, it is that you must love your counselees dearly, give yourself to them, be willing to take it on the chin for their sake, put Christ forward first, and forget yourself."

_____, **The Christian Counselor's Commentary: Galatians, Ephesians, Colossians, Philemon**, Hackettstown, New Jersey: Timeless Texts, 1994, 186 pp.

Counseling. Galatians: "Learn something, here, about how to be clear, sharp, pointed, and concise in your language. But, also, learn how to distinguish between those situations in which the defense of the gospel must be uppermost and when there is no such need (and, consequently, no need for sharp language). Ephesians: "It is a mistake to think that the first three chapters can be passed over as 'the doctrinal section' while turning to the last three as 'the practical section'. Doctrine can be applied in an exceedingly practical way." Colossians: "Doubtless [chapter 3] will become a favorite chapter of many counselors. It is full of useful helps for counseling people in almost any sort of situation." Philemon: "This little gem gives us so much insight into the workings of the apostle's mind and the tact he exhibited in his ways with men."

_____, **The Christian Counselor's New Testament, Revised and Amplified**, Hackettstown, New Jersey: Timeless Texts, 1994, 875 pp. (Revised version of book originally copyrighted 1977 and 1980). Counseling. Adams has added numerous counseling-oriented footnotes to his translation of the New Testament, and has made many minor revisions to the text itself in order to enhance readability. The last 70 pages contain the original "supplemental helps," a primer on counseling.

Kruis, John G., **Quick Scripture Reference for Counseling**, Second Edition, Grand Rapids: Baker Books, 1994, 160 pp. Counseling. CE. Revised edition is 30 pages longer than first edition, with expanded and additional entries. "The Scriptures are ideally suited for any and every counseling occasion. . . . As you do the Lord's work, the Holy Spirit is always the primary

counselor, and He works powerfully, sovereignly through His own Word." Bible passages -- some brief, some lengthy -- that treat over 50 topics are assembled and arranged systematically. "They are arranged so that you can see at a brief glance the gist or thrust and the significance of each text or passage as it relates to the topic under which it is listed." The purpose is to give counselors a ready reference and a source of homework assignments.

Miller, Wendell E., **Forgiveness: The Power and the Puzzles**, Warsaw, Indiana: ClearBrook Publishers, 1994, 261 pp. Counseling. CE. Defines God's forgiveness in four ways: (1) initial forgiveness releases us from the penalty of sin and (2) restores us to fellowship with God, and (3) repetitive forgiveness releases us from the day by day penalty for fresh sins, and (4) restores us day by day to fellowship. Defines our forgiveness of others in two ways: (1) vertical forgiveness between us and God (Mark 11:25) releases others from the penalty of our wrath, and (2) horizontal forgiveness (Luke 17:3) restores the relationship between us and others who repent. Discusses flaws in such ideas as "forgiving God" and "forgiving oneself."

Shogren, Gary, and Edward Welch, **Running in Circles**, Grand Rapids: Baker Books, 1995, 96 pp. CE. Companion volume to Welch's and Shogren's Addictive Behavior (listed below). Intended as a practical guide to help those who struggle with "addictive behavior": drugs, alcohol, food, immorality, and so forth. Especially useful as a first introduction to biblical thinking for such people.