

## "COUNSELING IN COMMUNITY": An Introduction to the Biblical Counseling Keys

- How can I get help in the areas that I struggle in?
- How can I get others involved to understand the root of my struggles?
- What are the next steps to taking ground in the areas that weigh me down?

The modern church has delegated the responsibility of bearing one another's burdens to the professional counselors. Satan wants us to believe that we are not equipped to handle life's difficult issues, but scripture informs us that the Father has sent us the "Counselor" to dwell within us. While many of us prefer not to have the difficult conversations, as believers we are told to "bear one another's burdens" and "speak the truth in love" for the "growth of the body for the building up of itself in love." Scripture also tells us that in an "abundance of counselors there is victory" and that by "wise guidance you will wage war."

Because of the power of the Holy in Spirit within each one of us and our conviction that life-change happens best within the context of a community of believers, we are eager to provide you resources to help you fulfill your calling as brothers and sisters in Christ. The *Biblical Counseling Keys* are a resource that teaches you how to find God's truth on specific topics . . . and find it fast! This easy-to use reference offers biblical hope and practical help of tough issues – like the hopelessness of suicidal thinking, the mysteries of anorexia and bulimia, and the atrocity of child abuse – as well as the more universal topics of grief and guilt, marriage and parenting, alcoholism, depression, divorce, and temptation. With Scriptural insight on relevant topics and real solutions to each, the *Biblical Counseling Keys* are an exceptional resource to help you . . . and equip you to help others.

There are over 100 issue-specific topics addressed within the Keys (see topical index provided on the back). Each topical resource provides clear-cut definitions, identifying characteristics, surface and root causes, Biblical steps to solutions, and Scripture to memorize. We believe that most issues can be lovingly and truthfully addressed within the context of a community working through the truth of Scripture and the power of the Holy Spirit. Our hope is that community groups become first line of defense for issues that arise.

The *Biblical Counseling Keys* are a great resource for you to address issues that are hindering your spiritual growth and affecting relationships with others or the Lord. You can receive a copy of a particular counseling key by talking with your ministry director, a Watermark staff member, or calling the church office. We recommend that you read through the *Keys* individually and then process through the information with those who you are in community with.

Our hope is that by the counsel of Scripture and by the work of the Spirit working through those around you, you may "grow up in all aspects into Him" (Eph 4) and be equipped to "bear one another's burdens" (Gal 6) and provide "faithful wounds" (Pr 27) so that we may become more like Christ.

### Proverbs 24:6

" . . . for by wise guidance you will wage war, and in abundance of counselors there is victory."

## Biblical Counseling Keys Index

Abortion Prevention	Financial Freedom	Purpose in Life
Adoption	Forgiveness	Rape Recovery
Adultery	Friendship	Rebellion
Aging	God: Who Is He?	Reconciliation
Alcohol & Drug Abuse	Grief Recovery	Rejection
Anger	Guilt	Salvation
Anorexia & Bulimia	Habits	Satan, Demons & Satanism
Assurance of Salvation	Holy Spirit, The	Self-Worth
Atheism & Agnosticism	Homosexuality	Sexual Addiction
The Bible, Is it Reliable?	Hope	Sexual Integrity
Blended Family, The	Identity: Who Are You?	Singleness
Caregiving	Infertility	Single Parenting
Child Evangelism	Intimacy	Spiritual Abuse & Legalism
Childhood Sexual Abuse	Islam	Spiritual Warfare
Chronic Illness	Jehovah's Witnesses	Stealing
Codependency	Jewish Fulfillment	Stress Management
Communication	Loneliness	Submission
Conflict Resolution	Lying	Success through Failure
Counseling	Manipulation	Suicide Prevention
Critical Spirit	Marriage	Teenagers
Cults	Mentoring	Temptation
Dating	Midlife Crisis	Terminal Illness
Death	Mormonism	Time Management
Decision Making	New Age Spirituality	Trials
Depression	Occult, The	Unbelieving Mate
Divorce	Overeating	Verbal & Emotional Abuse
Dysfunctional Family	Parenting	Victimization
Employment	Perfectionism	Widowhood
Envy & Jealousy	Prejudice	Wife Abuse
Ethics & Integrity	Premarital Counseling	Workaholism
Euthanasia	Pride & Humility	Worry
Evil & Suffering . . . Why?	Procrastination	
Fear & Phobias	Prosperity	

How can I receive a copy of one of the above Biblical Counseling Keys?

You can receive a copy of any of the above Biblical Counseling Keys by contacting the Watermark Office at 214.361.2275

## More Resources

### Messages on the Watermark media page:

Hurts, Habits, Hang-ups and Hope Series (Church is a place to heal, not a place to hide)

Lord of Rings Series (Conflict. We all have it. We all deal with it. Or do we?)

Marriage, Divorce, and Remarriage: The Ordeal and the Ideal

Marriage is a Big Deal To God

Green, the Gray and the Gold Series (myths, misconceptions and musts of a true biblical perspective toward money)

Pornography: Victimless Vice or Vicious Addiction?

Unqualified: The Excuses We Hide Behind (Carrying out Gods will for our lives can be intimidating - sometimes downright scary)

### Pastoral Care Ministries

Celebrate Recovery (Christ-centered recovery for hurts, habits, hang-ups)

MoneyWise (financial recovery/stewardship)

Shelter From the Storm (sexual abuse support)

Someone Cares (outreach of the heart to people hurt by past abortions)

Shiloh (infertility support)

Re-Engage (marriage in crisis)

Divorce Care (recently divorced)