

**Director's
Corner**

The board had a chance to interview the Interns before they were certified. We asked a number of questions of them, but the one question that I felt had the greatest impact on me as they responded was, "What was the one most important thing you got from your ministry training?" Very simple, hands down, the answer was, "the love of God for us."

While it was expressed in a number of ways, the importance of understanding the love of God for each of us came through loud and clear. As I thought through this, I really see that everything we believe depends upon this understanding. How we see God's love for us affects how we see ourselves and how we see His mercy; but most importantly we see His grace and His forgiveness toward us. This in turn affects how we treat and see others. Surely, if I see that I am forgiven, it is easier for me to forgive. If I begin to understand His grace, surely it is easier for me to show others grace. Often we fail to put into practice what we have learned because we don't FEEL like it. Feelings keep us from doing what God commands and following through on what we have been taught. Let us believe that as we act upon His word, we have greater opportunity to experience His mercy, grace and forgiveness.

This fall CCTC will bring to Richmond a new training program called Biblical Life Coaching. It is another opportunity to experience God's working in people's lives, but also to give individuals an opportunity to be trained to disciple others in a format different from counseling. Participants will be trained to

help individuals discover their potential, and their gifts in Christ, as well as help them to establish Godly goals for using that potential for the Kingdom of God. Today more than ever we need Godly men and women who can be trained to help others achieve what God intends for them. It may be something as simple as wanting a better relationship with my spouse, or relationships in the work place, or a better understanding of God's purpose for my life. Unlike counseling, we don't have to be struggling with something or someone. With coaching it usually just starts with a desire to be more or become more for God's Kingdom. Today more than ever, churches are using small groups to help bond their people to each other and to the church. We hope that churches will see how important it is to not just train people in the mechanics of leading small groups, but to have trained people that can assist and guide their small group participants to be the best they can be for Christ and thus for the body of Christ. For further information about this program, please call us at 804-358-1343 or visit our website at www.cctcinc.org.

By the way, if you want to hear some awesome testimonies about how Biblical Problem Solving has affected some of those who have taken it, visit our web site or You-Tube at www.youtube.com/watch?v=mNv2lhXRU9Y. After listening to these testimonies, pray about who you know that could benefit from taking this course. Also, please do not forget that the summer is a time when we need you to continue giving. God Bless!!

Andy Redford
Executive Director, CCTC

CCTC Prayer Ministry

FORSAKING ALL.....I TAKE HIM!

Hebrews 11:1 "Now faith is the substance of things hoped for, the evidence of things not seen".

FAITH is: Seeing the invisible

FAITH is: Believing the unbelievable

FAITH is: Trusting those that are not trustworthy

FAITH is: Believing the impossible

FAITH is: Knowing you don't have any bacon in the refrigerator, but putting the frying pan on anyway...

In Genesis chapters 37 through 50, we read the story of Joseph who hoped for deliverance from slavery after his own brothers plotted that fate against him. He never gave up hope and was eventually delivered from the pit and ended up in the palace. The evidence of God who "sees the invisible" was revealed in his life. He never lost his integrity.

In the same way CCTC has come a long way and shows the evidence of having faith in a God who "sees the invisible" in our ministry, as we continue moving forward. Won't you join us in this endeavor as we pray in faith for the concerns below:

Upcoming fall courses – 2010

Instructors and staff at CCTC and their families

Blessings on efforts in establishing new program in Norfolk

God's provision of counselors to handle increased demand for counseling

Lives to be changed through our classes and counseling

Wisdom and direction in marketing our materials

Someone to write grants for us

Wisdom and direction in handling financial deficit

Successful launch of our training for Biblical Life Coaching

Counselees, counselors, and their families, especially "during this season"

For the families of all attending CCTC courses

Continued growth and development for CCTC Prayer Ministry

We also read that Pharaoh had a dream that could not be interpreted by the wisest of men. The wine taster remembered Joseph and this request was made of him. Joseph interpreted Pharaoh's dream. As a result, all Egypt fed the famished world. (Genesis 41-43)

Joseph went from zero to hero because he knew faith was:

FORSAKING ALL~~~~I TAKE~~HIM!

It's with much appreciation and gratitude, I humbly open this Prayer Ministry to those who are lead to accept the challenge of praying for the above and to all with a prayer request to call: 804-358-1343.

May God Be With You,

Gloria Bowers / CCTC Prayer Counselor

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<www.cctcinc.org>

Thank you to all who give to us through United Way campaigns. Below are our agency codes for the various campaigns to be conducted this fall:

Combined Federal – 65328

Combined Virginia – 3809

Local Government and Schools – 279

Contributor's Choice – write in our name and address under Other Health and Human Service Agencies

CCTC Classes for Fall 2010

Course	Meets	Begins	Location	
Biblical Problem Solving				
Biblical Problem Solving [F101-A]	Monday	7 - 9 pm	9/27/10	Third Presbyterian 600 Forest Avenue, Richmond
Biblical Problem Solving [F101-B]	Wednesday	6 - 8 pm	9/15/10	First Baptist 312 Kempsville Road, Norfolk
Biblical Problem Solving [F101-C]	Thursday	7 - 9 pm	9/30/10	Mount Ararat Baptist 65 Toluca Road, Stafford
Building Biblical Relationships				
Building Biblical Relationships [F102-A]	Monday	7- 9 pm	9/27/10	Third Presbyterian 600 Forest Avenue, Richmond
The Study of Scripture for Ministry				
The Study of Scripture for Ministry [F 201-A]	Monday	7- 9 pm	9/27/10	Third Presbyterian 600 Forest Avenue, Richmond
Methodology for Biblical Counseling I				
Methodology for Biblical Counseling I [F 301-A]	Monday	7 - 9 pm	9/27/10	Third Presbyterian 600 Forest Avenue, Richmond

New Training Program for Biblical Life Coaching

Biblical coaching, whether based on a one-on-one relationship or in a small group environment, is the opportunity to achieve remarkable personal and professional results. Biblical coaching is premised upon the belief that individuals are uniquely created and have a unique calling and destiny. Biblical coaching is fundamentally about discovering God given talents, exposing negative agreements and patterns with the result being a transformed mind, body and spirit.

The Christian Counseling and Training Center, in partnership with Lifeforming Leadership Coaching, now offers a training program in Biblical Life Coaching. Classes will be 8 weeks in length, and will meet for two hours one night a week. Each person enrolled in #401 will be required to have a life coach in addition to each of the Lifeforming courses.

We are excited about this addition to CCTC,

but want all of our partners to know that our goal and mission remain the same. We see this additional program as enhancing and increasing our counseling and training opportunities.

Upon completion of the six courses (listed below), the student will receive national certification as a Biblical Life Coach.

This training is for pastors, counselors, small group leaders, and lay people who are interested in discipleship.

For further information, please call CCTC at 804-358-1343.

- #101 Biblical Problem Solving
- #102 Building Biblical Relationships
- #401 Matters of the Heart
- #402 Conversational Coaching
- #403 Life Focus Coaching
- #404 Sustainable Change

Support Groups for those Struggling with Addictions

The Christian Counseling and Training Center now offers support groups for those individuals who are struggling with addictions. There will be groups for both men and women. The Center will be using a new program developed by Dr. Ed Welch from his best-selling book:

Addictions: A Banquet in the Grave

This is a tremendous opportunity to grow in fellowship with the Lord and to allow His holy Word to touch your heart. Whether your addiction is alcohol, pornography, gambling, drugs, food, etc.... This is an opportunity to find new freedom in Christ and a spiritual answer to your problem. If you have tried everything and you feel ashamed and guilty, give CCTC an opportunity to show you the way up and out.

In a pressure-filled world, the prospect of instant escape can be exhilarating. No matter the object—drugs, alcohol, food, gambling, or sex, just to name a few—addictions lure us. They extend the promise of pleasure. In the end, they deliver emptiness, death, and destruction. What began as an escape from the hassles of life becomes a form of bondage. Addiction is a voluntary slavery. Change doesn't come easily. But change is possible!

No matter how many times you have tried and failed, there really is a way through the addictive fog. There is a guidebook for living, and, contrary to what many think, it is available to anyone, even to those enslaved by an addiction. God is not silent on this issue. His Word offers hope, and that hope is the basis of the *Crossroads* material that will be used in these groups.

Participants will learn to recognize the patterns of addiction, to choose wisdom over foolish desires, and to cling to the hope they have in Jesus, who sets captives free. The path away from addiction has been laid by a God who is full of surprises, who faithfully pursues those enslaved even though they have deliberately avoided him.

This program will be based entirely on Scripture. As with all of our materials, CCTC believes that the only way to truly overcome struggles is through the Word of God. CCTC believes that at the core of every addiction is a spiritual problem. Each group will be facilitated by two trained counselors who have been certified by CCTC. The program will last 24 weeks, with the opportunity for continuing Bible study at the end of the program. Each group will meet on Monday nights for about an hour and a half. Participants will be given a study guide and have homework between sessions.

CCTC CERTIFIES FIVE!

The **Twenty Fifth Annual Graduation Ceremony** was held on **August 20th** at **Third Presbyterian Church**. Five students received a certificate of completion for the BTP Program. Also, five people, who have finished an internship in Biblical Counseling, were recognized. The graduates and their home church are listed below, as well as portions of the testimonies of the Interns.

Biblical Training Program

Madeline M. DeFazio – West End Presbyterian Church

Jennifer Glover – Mt. Olive Baptist Church

Cathy Grubbs – West End Assembly of God

Judith Henderson – Richmond Outreach Center

Kim A. Warburton – Four Mile Creek Baptist Church

Internship Program

Michael Barry – Grace Bible Church

Today, I want to testify to a faithful God, a merciful God, who seeks me. I started this training in 1992, and it is now 2010, so you can see that it requires a faithful, long-suffering God to wait me out and carry me through. I want to tell you how He has used the counseling center in that process. I have to admit that this seeking me out reminds me of when He sought out Adam and Eve as they were hiding from Him. I want to share two examples where he found me hiding, although I didn't even realize that I was.

He sought me while taking the Biblical Problem Solving class. I was awed as I reflected on His holiness while reading *The Holiness of God* by R.C Spoul. I was engaged while answering in great detail, on paper, questions about a number of Biblical passages which were required reading. But God has a way of cutting through the right answers and getting to the heart of the matter. For me His knife was the application questions. I was asked questions about what was going on in my life. You see I was having a great deal of conflict with my son at the time. Often, in the midst of conflict recorded on the paper before me, my recorded actions were in contradiction to the “right” answers that I had earlier recorded. It was here in week 5 that God gave me a loving shake to bring me into a bit of reality. (Kind of like the Sermon on the Mount.) He used the grader to point out this incongruent perspective in a loving and very direct way. The comment went something like “this is pure murder”. Ouch! That hurt. God knew that I needed that. I started to see that I was claiming to love God, giving the “right” answers, but I was not loving my son. God continued to change my heart. He led me to greater acceptance of personal responsibility for my sin against my son and my God. Attitudes and platitudes began to give way to confession and pursuit of relationship.

In the fourth year of training my fourth son was born and I took what turned out to be a 12 year sabbatical from formal training. God did not take a break! Fast forward 12 years and you will find me in the Methodology for Marriage Counseling course studying Ephesians 5 and reading *Sacred Marriage* by Gary Thomas. Intimacy was the topic and God was pursuing still. I found myself longing for a closer relationship with my wife. I really began to reflect on my marriage as a picture of Christ and His bride, the church. I came to the realization that unconfessed sin against my wife was a barrier to true intimacy with her and with Him. God was softening my heart. Our family was busy and I found it difficult to find the “right” time for confession. I was living psalm 32 which states “³ For when I kept silent, my bones wasted away through my groaning all day long. ⁴ For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah” With the family visiting grandma in WV I had a lot of time to *Selah*. How merciful He showed Himself in their return. I arranged an evening alone with my wife. I shared, she shared, and His love shown through my bride. Aside from the blessing of intimacy with my wife and my Lord, what a life lesson this was on the ramification of sin.

I would love to go on telling of His faithfulness but then I would be relying on the mercy of many. (That’s you.) As for me, His mercy is the context from which I am compelled to counsel. It is my desire, as I am sure that it is His, that many would come to know that He is our merciful deliverer. As He says repeatedly through the prophet Isaiah “*I am the Lord, and there is no other*”. To Him be the glory forever. Amen

Carol Talley – Bonnie Brae Church of Christ

I was asked for a testimony of how CCTC played/plays a role in my life. And as many years as I have been coming to the classes I do not remember Luke 10:38-41 being part of the curriculum. Well, what is wrong with Martha? Martha who, you ask, you know, Mary’s sister. I found that I was no different than her. See, I could not tell, what the problem was. I can be so blind until God opens my eyes. Martha was distracted. I had never noticed that in the Scripture before until now. Distracted? Distracted is not a good word. Aren’t we all distracted every minute of our lives sometimes? Mary sat at Jesus feet just listening from him. Oh what peace she experienced.

Sometimes, reading Scriptures for the lesson plan of the week, made me read Scripture. I benefited from it as it helped me to grow and to help others. The words that I have read, have increased my vocabulary for prayer for others. Here is an example. I have read “He rescued me because He delighted in me”. Doesn’t that make you want to look up and delight in God because he is delighting in you. I found when I pray for others, I can pass that right along to them. Wouldn’t I want them to have the joy too?

I am here to tell you through God and the CCTC, doors have been opened for me about relationships with my family, friends and co-workers. It has been a steady moving escalator going up from day to day. My Christian family is the most important people here on earth to me. I know how these people feel because I am no better than they are. It is God who loved me first.

What I have learned is that I am the one who is to be holding a serving platter to serve others consistently. Do I do it all the time, I am afraid not. I am a sinner.

And who would have thought, that all my life, people have told me I can do it. I am sorry to say, that I have tried and tried to believe that many times, but it just never kicked in. There’s even a book about that. “The Little Engine That Could”. He said “I think I can, I think I can, I think I can”. Well, when I said that, it just never clicked. However, when I kept reading Philippians 4:13, God was opening my eyes to what it meant. This was one of the memory verses, we had to learn. (I am grateful of that) The Bible is true and so I’ve found “I can do all things through Christ who strengthens me”. What a break through!

God giving you power to do anything He wants you to do. The devil tries to use our fear of failure against us, but God has other plans. May God Bless each one of you for being here to support us and CCTC.

P.S. Mom and dad, I love you.

Janet Ware – West Creek Community Church

Taking the courses at CCTC has been an incredible journey for me. God began to meet with me with such intensity that it has literally reshaped my life. CCTC has been used of God to take me into a deeper depth in my relationship and love of God and a deeper understanding of His character. I have been challenged to dare to take God at His Word. The work was very hard at times and honestly part of me wanted to give up, I would say to myself. What are you doing?? Are you crazy? You can't do this? It is true that I can't, but God can and I just couldn't stop. I felt like God was encouraging me to press forward. CCTC made me study like I have never studied before and caused me to get inside myself to a place I don't know that I've been too often (my heart issues)

There's a question that I have learned through this 4 year process that helps me to define and fine tune my life and the question is what does it look like? What does Biblical love look like? What does real change of heart look like? What does walking out my faith look like? What does trusting God in my present circumstance look like? What does being real look like? What does submission to my spouse look like? The answers sometimes were as tough as the questions.

CCTC has been a sifting process. Every believer has been called to the ministry of modeling true Biblical love, by intentionally stepping into another's life in what ever capacity God would lead. CCTC can well equip you for that. God has put into place a wonderful group of staff that has served me in a powerful way and I felt like they have personally taken me by the hand and taught me to walk the Word and now are sending me out to do likewise. And I have been equipped to give as I have been given, to serve as I have been served by giving sound Biblical counsel as well as being equipped to challenge, direct, encourage, strengthen and evangelize others. I have already seen positive results as I have used the Biblical principles, taught by CCTC, to counsel others. Their purpose has been clear from the beginning, to first give glory to God and to do what they do, out of love and gratitude to God for all He has done for us. I am sincerely grateful to God for CCTC.

Jill Wells – Christ Community Church

I am not a person who can tell you the exact date I was saved. With me it has been a gradual but constant process, something akin to saying the sun comes up at 6 am but if you are outside at 4:30 when do you say it got light for you? Or how do you know the exact moment when it got dark? Now I find I am standing in the light and..... But I am ahead of myself.....

How did I get here? It was just over 3 years ago that I was living in a deep hole. I was very depressed, it had gotten very dark, and I liked it in my dark hole. Having lived in this state for some

time and having heard how one can get out of a depression I knew I had to accomplish something no matter how small. One day God gave me the motivation to start one thing. So the thought was to clean out the old magazines in the bookcase. A small task but it needed doing and maybe I would feel a bit of relief if I "accomplished" something.

Out came the magazines and the first thing to fall on the floor was a form for registration to take classes at some counseling center. I remembered this had been brought to me by my son and daughter-in-law a while ago. I could call....but the registration date had passed last week. I decided to make a call to see when the next class started. At this point God puts Debbie Garber in my life. She says yes, classes started this past week but if you come down today and get a CD for the first class you can get started Monday. Did I mention this was 2pm on Friday? I was down and I don't make decisions quickly. This center place closes at 5. But Deb said she would stay if I was coming. I told her I would call back before 4. I called my husband, and being the supporter of my adventures that he is, he said; pray and I will support your decision. I called Deb back and was registered by 3:30. My plan: to take one class, I had no other plans; but God did.

At the end of the first classes I thought this is a nice Bible study (in fact it has been the best I have ever had) so I signed up for the next class. I knew lots of people who should take this. I had no idea God was at work on me. But by the end of the first two classes I was beginning to notice a small change in me. I was learning that what the Bible really said and what I thought it said were different. I had an incorrect view on what relationships, with people and Jesus were all about, and it wasn't about me.

Suddenly I was being challenged on my old thinking and for the first time that was a good thing. I had always wanted mercy for me and judgment for others. One of the first big changes came as I realized I was more than ready to hear I was wrong and willing to accept help and correction. I had always been a person who had to be right. I am not completely over this but I have made much progress. Being a work in progress is an exciting way to live. And not having to be right all the time is very freeing.

I am beginning to change, but now accepting the help of the Holy Spirit, I am realizing that I had been trying to do this alone. This was huge for me. I had spent years trying to do this on my own steam with no success. To realize I am not in control, but God is, and I never will be, really takes the pressure off. I had wanted to be the one worshipped and served. When I heard this phrase for the first time, I thought, "Yea right, I don't think I'm God". But I really did.

I can't tell you when the exact moment was; I think it was gradual as I begin to say- WOW- a light bulb moment. For the first time I knew I was a sinner, I really knew it. I had most likely heard this in churches over the years but I had not heard it. My reaction to that was I was angry that no one had ever really explained this to me. To find out that my life is all a ministry and not just the "project" I am currently working on. This has changed most of what I do. The next light bulb moment ... This is not my ministry but it belongs fully to God. God is good and in control. One more light switch goes on and I do not have to be perfect to be in ministry; now called my life.

So where am I now? To see myself using all my training is exciting and still scary for me. I hope the part of being scared stays with me as it keeps me dependent on God. I am forever changed and I can't go back to where I was; I don't want to. In this process of counseling I see God is refining me as much as those I am learning to love. In Proverbs 17:3 ***The crucible is for silver, and the furnace is for gold, and the LORD tests hearts.*** He is testing mine and I am thankful for this, I don't always enjoy the process and I sometimes head back to my deep dark hole. I am quicker to realize that heading for the dark place is a sin and I don't have to go there. I can head to Christ. I can't say I never start down that path any more but it is less often. I have an actual mental image of my dark place and lately I've noticed there is a light shining part way down the hole. And a ladder hangs on the side. I did not install the ladder but I am grateful that CCTC has shown me how to use the ladder and I am grateful to God and those He has put in my path to get me out of that very dark place and for allowing me to learn to comfort others as I have been comforted.

Deborah Whitfield – Shiloh 7th Day Adventist


How has CCTC helped me throughout my training? Christian Training and Counseling Center has helped me to fall deeper in love with my Heavenly Redeemer, knowing that He (God) has individuals that not only talk the Bible, but truly live it. I say this because I am visually impaired and CCTC staff looked beyond my disability, and saw; and continue to see God's ability to use me. Perhaps there were some skepticism and challenges in the beginning. But God uses skepticisms and challenges to show us our heart and true motives. In addition, through this, He shows how much He truly loves us. I remember being asked by several individuals "How will you use this training?" They did not know that I was already serving in the ministry with youth and disabled individuals; but needed a more profound way of allowing God to teach me in the ministry in which I was and am involved. Or so I thought. I initially came to learn how to help others, not realizing that I too am a work in progress; needing help. I needed help with my frustrations relative to dealing with

me and others with disabilities. You know I was periodically getting angry because I was and am being used by God to open the eyes of many that tend to put limitations on disabled individuals. I liked the idea of being used by God; however, I do not like the idea of being a pioneer; which I am in many instances. Through CCTC God has given me a better way to channel this frustration and anger, and I now look forward to the challenges.

In addition, being at CCTC has helped me with my relationship with my Heavenly Redeemer in such a manner that I am now viewing nationalities, diverse cultures and races in a more pronounced perspective. I have always respected people no matter what culture or race they were and are of. My earthly father taught my siblings and me this. Consequently, serving as a grader and a counselor here, with individuals of diverse cultures and races has truly helped me to better understand how to allow God to teach me to minister to individuals hearts and not their attitudes. I ask my Heavenly Redeemer sometimes, "What is it that I must learn today, how do I cast my cares upon you (my emotions, fears and doubts). And who will you allow me to launch into the deep with today?" Knowing fully well there will be some fears on my part. However, the more I allow God to take me to that water, as He did with Moses and the Israelites, and I move under His guidance; those fleshly fears dissipate.

One of the most important things that I have learned at CCTC is that I must continually place my hope and trust in my Heavenly Redeemer. And by doing this, this will determine the solution to issues that I might face in life, my acceptances of God's will and plan; as well as, where I will spend eternity. While I allow God's precious Holy Spirit to keep me focus on the ultimate goal, I then can freely and unselfishly impart this wisdom and knowledge to those that He allow to cross my path.

Currently, I am serving as the Virginia Disabilities Coordinator for the Seventh-Day Adventist Church; as well as on the North American Division Board. In addition, I am currently ministering with my husband, assisting him with many of the youth in my church. I have been asking God where is it now that you would like me to serve? And what are some of the areas in my life that I need to trust you more in? I can truly say that wherever He leads me, He will give me the ability and wisdom to follow Him. And I am looking forward to the new challenges, as He purifies my heart, to be used in finishing this work soon, that we might be with Him for eternity.


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