

GOOD NEWS FOR REAL LIFE



INTRODUCTION

Real life can be hard. The effects of sin and suffering hurt each of us in many different ways. It could be the horrors of abuse, an ongoing struggle with addiction or the daily burden of anxiety.

We can feel overwhelmed and unsure where to turn — whether in our own struggles or for others we’re supporting. Wonderfully, **the gospel of Jesus Christ truly is good news for real life.**

This Good News for Real Life series of events and resources is designed to help us see how knowing God — Father, Son and Holy Spirit — can make all the difference in even the most painful circumstances of life. We value professional experts and specialists who can often help in particular ways. We also have

pastors and biblical counsellors who can come alongside those who are struggling. But this series is to help all of us — as ordinary believers, friends, parents, spouses, small group or youth leaders — play our part to “encourage one another daily” (Hebrews 3:13) in the joys and struggles of life.

The following pages contain short introductions to some common pastoral struggles. Think of them as conversation-starters to help us begin to understand and respond to complex issues. Not as experts but as brothers and sisters in Christ — pointing one another to Jesus with words of hope and grace. In other words: to walk together as those with good news for real life.

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The infographics on pp21–22 were first published in *Walking with Domestic Abuse Sufferers* by Helen Thorne (IVP, 2018)

For other talks, videos and resources from this series go to dundonald.org/GNRL



DISCIPLING PEOPLE WITH ADDICTIONS

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WHAT IS AN ADDICTION?

An addiction is a compulsive dependence on a substance or a behaviour. Commonly people struggle with addictions to alcohol, drugs (prescription or illicit), pornography, gambling, shopping, eating, work or even exercise. Addictions have a strong biological component (there can be a genetic predisposed to addictions and there is significant biochemical action in addictions which makes it physically hard to stop) and also a strong link to our internal desires (the addiction gives us something we want whether that is comfort, purpose, an illusion of intimacy or something else). People often have a love-hate relationship with their addiction – they loathe themselves for engaging in it but often pursue it so wholeheartedly they will do so at the expense of relationships,

work or family responsibilities & their faith.

WHY DO PEOPLE GET ADDICTED?

No-one sets out to become an addict. Addicts are people who have usually experienced some significant pain, who have turned to a substance or behaviour for some momentary relief and, because that relief has felt so good, have kept turning to it. After a while, the effectiveness of the substance or behaviour diminishes so they have to drink more, watch more, shop more to get the same impact or relief. These strong desires combined with the very real impact the addiction has on the body's neurotransmitters means it becomes desperately hard to stop. People usually keep their addiction hidden due to deep shame.

WHAT WON'T WORK?

Telling someone to stop is rarely effective. Pointing to Bible verses reminding them not to be addicted to much wine (**TITUS 2:3**) has its place but won't promote change. To help an addict, we need to (1) help them bring their dark behaviour into the light (2) address the root pain that first started the behaviour (3) show that turning to Jesus is better by far and (4) be willing to walk alongside them in a journey that is likely to include many relapses. Medical supervision will be useful for all but essential for addictions to alcohol and drugs.

HOW CAN WE HELP AN ADDICT?

- Show that church is designed to be a place where addicts change (**1 CORINTHIANS 6:9–11**)
- Listen to them and encourage them to be open with key friends (**JAMES 5:16**)
- Dwell on the character of God and their true identity in Christ (**EPHESIANS 1**)
- Use the Psalms to help them ask the Lord for comfort in their past / present distress (**PSALM 3, 61**)
- Explain the model of change set out in the Bible

(**EPHESIANS 4:22–24**) and identify one thing to put off and put on (work in baby steps eg spend a month replacing the belief “I am hopeless” with the truth “I have hope” by memorising and reinforcing one key verse)

- Teach them about their call to holiness (**1 PETER 1**) and remind that God equips for this
- Pray with them: for comfort, a desire to be different, strength and perseverance
- Help them repent and believe their Father's forgiveness when they fall (**LUKE 15:11–32**)
- Mutually discern practical strategies to fight and flee temptation (**EPHESIANS 6**)
- Model perseverance in your own battle with sin – show them how to keep going!

FURTHER READING

Addictions, A Banquet in the Grave by Edward Welch (P&R publications)

DISCIPLING PEOPLE STRUGGLING WITH ANOREXIA



WHAT IS ANOREXIA?

Anorexia is an eating disorder where women and men deliberately try to lose excessive amounts of weight in order to control some deeply painful emotions – it might include extreme dieting, the use of laxatives or excessive exercise. People often think they're fat when they are dangerously thin. Anorexia can impact people physically (at its most severe it is life-threatening), emotionally (it is often associated with depression) and socially (people can often withdraw from situations where meals are being eaten).

HOW DOES ANOREXIA FUNCTION?

Sometimes life is desperately hard: people are bullied, people are exposed to perfectionistic

environments and people are abused (physically or sexually). These experiences can lead us to feel that life is out of control, that we are horrible people or that we somehow need to change before we are acceptable to God and others. Sometimes people respond to these pressures by thinking things like, "if I could just be thinner, I would be more successful", "I may not be able to control much in life, so I am going to control what I eat" or "being sexually abused was horrible so I am going to make sure my body looks as asexual as possible now". Sometimes these thoughts are conscious, sometimes subconscious, but they encourage people to lose as much weight as possible – and to keep on losing weight even when it is medically dangerous to do so. Sadly, there are some "pro-ana" communities online which encourage those struggling

with anorexia to keep focused on starving themselves and not listen to family, friends, doctors or pastors who are trying to help.

WHAT WON'T WORK?

While encouraging people to increase their food intake gradually is good, telling people to "just eat" won't work. People struggling often say that being made to eat feels like being raped and simply increasing someone's food intake doesn't solve the underlying struggles.

HOW CAN I HELP SOMEONE WHO IS STRUGGLING WITH ANOREXIA?

- Encourage them to see their doctor and dietician. Medication and advice may help.
- Listen to their story. How have they been hurt? What future fears do they have?
- Listen to what false beliefs they hold about themselves – and God
- Share words of comfort and love (**PSALM 27**) – explain what life could be like if they can conquer their eating disorder (give them something wonderful to aim for)
- Share stories that help them see

the sovereignty of God (**GENESIS 37-50**)

- Share how God sees them (**EPHESIANS 1**) and dwell on his loving, powerful nature
- Encourage them to remember that God grows us through his gentle grace not through us treating our bodies harshly (**COLOSSIANS 2**)
- Encourage them to express their emotions in song / art / writing and prayer
- Encourage them to live as Jesus wants even when life is hard (**PHILIPPIANS 1**)
- Help them to fight the temptation (**EPHESIANS 6**) – and encourage accountability
- Help them to worship Jesus as their good, wise, sovereign King who is always right

FURTHER READING

A New Name by Emma Scrivener (IVP)

DISCIPLING PEOPLE WITH ANXIETY

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WHAT IS ANXIETY?

Anxiety is a sense of worry, fear or dread. It can be mild (eg dis-ease or tension at a pending house move) or severe (where palpitations and panic attacks may be a frequent part of life). It can be related to a real event (eg the approach of exam season) or a more generalised sense of dread (something bad is going to happen). One of the most serious forms of anxiety disorder is Post-Traumatic Stress Disorder (PTSD) where people can experience flashbacks to traumatic events, feel constantly “on edge” (hyper-alert) and may engage in avoidance behaviour (eg not going out) or numbing behaviour (eg drinking alcohol in an unhealthy way) to reduce the sense of fear. Anxiety can make concentration and sleep hard – events with big crowds (eg parties or even church) can feel

overwhelming. Mild anxiety is a very common experience. More severe anxiety benefits from medical intervention.

WHAT CAUSES ANXIETY?

We live in a broken world. All of us know what it is to have tough things in our past, stressful things in our present and uncertain things in our future. The more significant these experiences, the more likely we are to feel anxious. We all have bodies that don’t function as they should too – those with a genetic predisposition, a history of addiction, a biochemical imbalance in brain chemicals or those on certain medications can be more likely to experience anxiety.

PRACTICAL STRATEGIES

When someone is feeling anxious,

it is useful to encourage them to breathe deeply and slowly – to employ relaxation techniques – and, if feeling panicky, to engaging in grounding techniques (eg counting backwards while tapping each finger in turn). Meditation (especially meditating on a biblical theme) and art can be useful, as can exercise and medication. Putting in time-management strategies and rest also have a part to play.

HOW CAN WE POINT AN ANXIOUS PERSON TO JESUS?

- Remember that tough times and anxiety are both normal – Jesus taught on them because he knows we will struggle with them (**MATTHEW 6**). Listen to their struggles
- Reflect on the person and provision of God – he is deeply relational (**1 JOHN 3:1**) and worthy of our trust. He provides for his people one day at a time (**EXODUS 16**)
- Reflect on the presence of God – people’s struggles are not hidden (**PSALM 139**) and they are not alone (**PSALM 46**). Reinforce this with a favourite song not just reading!
- Use metaphors and narratives

from the Bible to explore our true security: God is leading and protecting (**PSALM 23**), he’s a rock and refuge (**PSALM 18**), he’s sovereign over all things (**MARK 1-8**) and bringing good out of hard things (look at Joseph and/or Ruth – there is a plan, though we don’t want to over-promise what God will give us now!)

- Encourage prayer – turning to the Lord in hope not to our fears in despair (**PHILIPPIANS 4:6**)
- Discuss how the church community can be most helpful in spurring on (**HEBREWS 10:24**)
- Encourage perseverance – anxiety won’t exist in the life to come, so we can keep going now (**REVELATION 21**)

FURTHER READING

Running Scared: Fear, Worry and the God of Rest by Edward Welch (New Growth Press)

DISCIPLING PEOPLE STRUGGLING WITH DOMESTIC ABUSE



WHAT IS DOMESTIC ABUSE?

Families are supposed to be places of safety and love but all too often they are places of pain. Domestic abuse is the term that describes the worst of that pain. It covers a range of problems between adults in the family home including: violence, threats, sexual coercion, emotional manipulation and the exercise of control by removing someone's access to friends, money or freedom. It can occur between husbands and wives, grown-up siblings or adult children and their parents – both women and men can be victims.

HOW DOES DOMESTIC ABUSE WORK?

It often begins with one person seeking more control – and assuming they are entitled to get

that control. Maybe they want something simple like a quiet life, an ordered home, but they want it so much they are willing to wound others to get it. At first, the demands for order may seem reasonable but then threats and fear are introduced. Soon one person lives under the power of another, feeling they have no voice of their own. Violence may be meted out when the victim fails to comply with their abuser's unreasonable demands. Victims often remain silent assuming no-one will believe their relative could ever act in that way – or assuming they deserve the pain they are receiving.

WHAT IMPACT DOES DOMESTIC ABUSE HAVE?

The effects of domestic abuse can be devastating. Sometimes

the physical wounds can require hospitalisation – sometimes they even lead to death – but even when violence is absent, the victim can quickly lose their sense of identity and hope. They may believe their abuser's lies that the problems in the home are all the victim's fault. They tend to see themselves as useless, worthless individuals who fail at every turn. And they often earnestly believe that if they could just try harder, everything would be OK. Sometimes they think God must view them in the same way, that their heavenly Father is a hard task-master who sees them as unlovable and expects them to work at being better before they can be accepted.

HOW CAN I HELP SOMEONE WHO IS STRUGGLING WITH DOMESTIC ABUSE?

- Believe them and listen to their story – show them they are not alone
- If there is risk to life, call 999 – if children are involved, notify the safeguarding team
- Pray for them and the person hurting them
- Help them understand that violence and manipulation is never OK (**AMOS 2**)

- Help them see that biblical submission is not the same as accepting abuse (**EPHESIANS 5**)
- Ask if they want to report ongoing abuse and, if they do, offer to stand by them
- Encourage them to get medical help and to explore housing / legal options
- Help them see themselves as God sees them (**EPHESIANS 1**)
- Help them see we are saved, and called to live, by grace not law (**EPHESIANS 2**)
- Help them know that God wants them to have a full life (**JOHN 10**)
- Help them to run towards God when they are feeling scared (**PSALM 18**)
- Help them see the power of the Spirit who equips them to move towards freedom

FURTHER READING

Walking with Domestic Abuse Sufferers by Helen Thorne (IVP)

HELPLINE

National Domestic Violence helpline: 0808 2000 247

DISCIPLING PEOPLE STRUGGLING WITH PORNOGRAPHY



WHAT IS PORNOGRAPHY?

Pornography is sexually explicit material that is watched by others for pleasure. Pornography use can include looking at explicit pictures, sexting, watching free videos or subscribing to sites that offer films and the opportunity to discuss their content. Pornographic material may depict heterosexual or homosexual sex – some pornography may include adults, children or animals being harmed.

WHY DO PEOPLE USE PORNOGRAPHY?

It is common to use pornography – many men and women use it on a regular basis, some become addicted and watch it several times a day – but few people admit to having a problem in this area. Many begin in their teens, they think it

will help them find out what sex is like. Others use it because they feel lonely and the excitement it brings helps them to feel alive. Still others use it because they are in a difficult relationship and they think it will help release sexual tension. Some use it to help them relax at the end of a stressful day. A few use it because they have been abused and watching it helps them feel more in control of their sexual experiences. For all, it has big consequences.

WHAT ARE THE DANGERS OF PORNOGRAPHY?

Pornography distorts sex in profound ways. It removes sex from God's plan for marriage and makes it something to be experienced outside of a committed relationship. Watching pornography involves getting sexual

pleasure from people who we do not know – some of whom may have been the victims of human trafficking – it encourages us to treat other people as objects rather than precious individuals. Many of the scenarios seen in pornographic films are very painful and far from pleasurable but, as we view them, we train our bodies to expect that kind of behaviour in order to achieve arousal – this can make it more difficult to enjoy sex with a spouse. It also tricks us into thinking that comfort, love and pleasure are to be found online rather than in a loving and holy relationship with Jesus.

HOW CAN I HELP SOMEONE WHO IS USING PORNOGRAPHY?

- Help them to know they are not alone. Many people – including Christians – struggle
- Help them to see that God accepts sexual sinners (**JOHN 4**)
- Help them to say sorry for their pornography use (**PSALM 51**) and accept forgiveness
- Help them to see that God is sovereign over the difficulties of life (**MARK 1–8**)

- Help them to see that God is the best place to find comfort (**PSALM 71**)
- Help them work out when they are most likely to use pornography (keep a diary)
- Help them to see that change is possible – they are not trapped (**EPHESIANS 4**)
- Help them remember that the Spirit has equipped them for holiness
- Help them to long to treat themselves and others as precious people in the image of God (**GENESIS 2**) and to battle the temptation to watch pornography (**EPHESIANS 6**)
- Help them to be accountable (eg putting accountability software on their computer)
- Help them to remember that one day life will be perfect (**REVELATION 21–22**)

FURTHER READING

Purity is Possible by Helen Thorne (The Good Book Company) (for women)

Captured by a Better Vision by Tim Chester (IVP) (for men)

DISCIPLING PEOPLE WHO HAVE BEEN SEXUALLY ABUSED

WHAT IS SEXUAL ABUSE?

Being sexually abused is one of the most devastating experiences a person can go through. In children, it is the act of forcing someone under the age of 18 to engage in sexual activity to which they cannot give their informed consent. This might involve forcing them (or manipulating them) to watch pornography, to stimulate an adult or to have full intercourse. In adults, sexual crime can range from sexual assault (where a perpetrator touches someone inappropriately) through to rape (full intercourse against the will of the victim). Rape can be committed by a stranger, a friend or even a spouse. While girls and women are usually the victims of sexual crimes, men too experience this horrendous pain.

HOW DOES SEXUAL ABUSE EFFECT A PERSON?

Someone who has been sexually abused has been violated. Survivors can often feel the world is out of control, that they are worthless and unlovable and that the abuse must have been their fault (this is false guilt). They may feel dirty and assume they can never be clean. They may think other people cannot be trusted – especially people in authority.

Those who have been abused will often struggle with anxiety, depression, addictions or self-harm. A few will experience “flashbacks” where they relive the traumatic events. Many struggle with sex and relationships later in life: some may become promiscuous because they feel worthless, others will avoid sex because it has been painful in the

past, a few may begin to question their sexual preferences because they never again want to sleep with someone of the same gender as their abuser.

They may also struggle to relate to God. If their abuser was their dad, they might struggle to call God, “Father”. They might find it hard to accept that God loves them or could see them as acceptable. They may find it hard to understand what love is. They may struggle with the doctrine of God’s sovereignty because they don’t want anyone to have control over their life. They might be angry with God because he didn’t step in and stop the abuse.

HOW CAN I HELP SOMEONE WHO HAS BEEN SEXUALLY ABUSED?

- Listen to their story – help them know they don’t have to keep the past a secret
- Say that you believe them and that God knows their past too **(PSALM 139)**
- Ask if they want to report the abuse (it is essential to report ongoing child abuse)
- Help them understand that God is angered by abuse **(AMOS 2)**

- Help them to know that they can run to God safely when life feels hard **(PSALM 46)**
- Help them to trust God and to know it’s good to live under his authority **(PROVERBS 3)**
- Help them to see themselves as God sees them **(EPHESIANS 1)**
- Help them see that their relationship with God is secure **(EPHESIANS 2)**
- Gently help them to begin to forgive their abuser (in the power of the Spirit), acknowledging this may take many years and emphasising forgiveness does not mean allowing their abuser to hurt them again
- Help them to live in light of the future rather than the past **(1 THESSALONIANS 5)**
- Help them to remember life will be perfect one day and justice done **(REVELATION 21)**
- Ask if they would like to meet with a biblical counsellor who can help

FURTHER READING

Recovering from Child Abuse by David Powlison (New Growth Press)

DISCIPLING PEOPLE STRUGGLING WITH DEPRESSION



WHAT IS DEPRESSION?

We all feel sad from time to time – that is a normal part of life in a fallen world – but sometimes the feelings of being low become more extreme. Depression is a condition where feelings of sadness and hopelessness become so dominant that daily living is significantly affected for weeks, months or years. People struggling with depression tend to lose motivation for things they used to enjoy, find it hard to engage with other people and, at times, lose the desire to keep going. Depressed people often feel that they are “bad” or “useless”. At its worst, depression can result in suicidal thoughts and actions.

WHAT CAUSES DEPRESSION?

There is no one cause of

depression. Sometimes it is associated with low levels of serotonin (or other biochemicals). Sometimes there can be a genetic predisposition to struggling with depression. Sometimes it follows a traumatic event such as abuse, a bereavement or witnessing an accident. Sometimes it is related to guilt over things done in the past. Sometimes it is associated with us wanting something too much – e.g. single people wanting to be married so much that they can see no point in life without a spouse. Depression is often a mixture of two or more of these things. While it is possible to work out some of the causes that may be behind a person’s depression, we should always show humility – we can never fully understand what is going on in someone else’s mind.

WHAT WON'T WORK?

Telling someone to “think positively” or “just get on with life” won’t work. Depression is difficult to overcome, some people may continue to struggle with depression throughout their lives. Telling someone to “just take some medication” won’t solve the problem – it might help alleviate some of the symptoms, and it is definitely worth considering, but taking medication rarely addresses all the underlying causes. Avoiding conversation about suicide won’t help either. It is important to allow people to be honest about their desires and gently encourage them to keep going. Suicide is not an unforgivable sin but it is not what God wants for his precious children.

HOW CAN I HELP SOMEONE WHO IS STRUGGLING WITH DEPRESSION?

- Listen to their story. What hurts, fears and struggles do they have?
- Remind them that God is generous with his forgiveness and comfort (**ROMANS 8**)
- Ask them to describe how they see themselves and how they see God

- Encourage them to see their doctor. This is particularly urgent if they are suicidal
- Share how God sees them (**EPHESIANS 1**) and pray they will believe these truths
- Help them to remember that, with God, there is always hope (**PSALM 62**)
- Encourage them cry out to God in their pain (**PSALM 63**)
- Encourage them to take exercise and to journal / express their emotions through art
- Remind them that God is sovereign over all things (**MARK 1–8 / COLOSSIANS 1**)
- Help them to wait patiently for the day when life will be perfect (**REVELATION 21–22**)

FURTHER READING

Looking Up from the Stubborn Darkness by Edward Welch (New Growth Press)

DISCIPLING PEOPLE STRUGGLING WITH SELF-HARM



WHAT IS SELF-HARM?

Self-harm is the act of deliberately causing oneself physical pain or injury in order to bring about some kind of emotional relief. It can include cutting, burning, taking overdoses, pulling out hair, punching walls and depriving oneself of oxygen. The aim is not to end life but to manage emotions so people can keep on living.

HOW DOES SELF-HARM WORK?

There are 4 main ways in which self-harm functions:

- Punishment. Sometimes people feel guilty. Sometimes they don't know what to do with the guilt. By punishing themselves, they can feel a little less guilty for a while

- Cleansing. Sometimes the pressure builds up. It can feel as if people are going to explode with stress. By putting a hole in their body, people can feel as if they are letting out the pressure for a few hours
- Control. Sometimes people feel as if life is completely out of control – everything they do is at the mercy of others. By hurting a small section of their body, people can feel as if they have a least a little control over a small patch of skin
- Sensation. Sometimes people suppress emotions, they push them down so far they end up feeling nothing. By causing themselves pain, people can begin to feel alive

Self-harm works for a little while but the relief doesn't last. It becomes like an addiction.

HOW DOES SELF-HARM BEGIN?

Usually, 3 things have happened in a person's life before they start self-harming.

- They have experienced pain: physical, sexual, emotional abuse or other difficult events such as early bereavement or growing up in a perfectionistic environment
- They have believed wrong things about themselves, the world and God: the pain they have experienced has encouraged them to think things like, "I am worthless", "Everybody hates me", "The world is out of control"
- They have come across self-harm in the life of a friend or on the internet

HOW CAN I HELP SOMEONE WHO IS SELF-HARMING?

- Listen to what life is like and the pain they are experiencing
- Encourage them to see their GP
- Help them to see that God knows them and understands them **(PSALM 139)**
- Help them to see that God accepts those who feel shame **(JOHN 4)**
- Help them to see that God

cares when people get hurt **(AMOS 5)**

- Help them to see that God is sovereign, powerful and good **(MARK 1-8)**
- Help them to see themselves biblically **(EPHESIANS 1)** – full of hope **(EPHESIANS 4)**
- Help them to work out when they are most likely to self-harm (by keeping a diary)
- Help them to find other ways of expressing their emotions (eg sport, writing, music)

FURTHER READING

Self-Injury, When Pain Feels Good by Edward Welch (P&R Publishing)

USING INFOGRAPHICS IN PASTORAL CONVERSATIONS



When life is hard, people can often have big questions about God's identity and their own.

If a person has been hurt badly by others, they might wonder if God is similarly cruel or unsafe. If they have been bullied, they may begin to wonder if they really are as useless or as worthless as their tormentor has said. Whatever pain or hardship we have been through, it is easy to lose sight of who God is and who he has made us to be.

The following infographics are examples of sheets that can be used to help people refocus on God's greatness and the fact that they are "fearfully and wonderfully made" (Psalm 139:14). In conversation, they can be used in different ways:

- As we pose the question, "How do you feel about what's written

here?" we can tease out where our view of God and self is different to what the Bible says. Infographics can "diagnose" where our understanding of God and ourselves has become distorted by the pain of the world

- As we quickly read every verse on the sheet, one after the other, we can get a big picture of just how wonderful God is and how generous he has been to us. Looking at everything in overview can leave us with a sense of awe that can lead into a time of prayer or praise
- As we pick just one verse on the sheet to look at in more depth we can begin to address our distorted thinking in more detail and help each other recover a true sense of God's glory and the value of who he has made us to be

HOW DO THE PSALMS DESCRIBE GOD?

The infographics are arranged in two columns. Each infographic consists of a title, a descriptive word, and a small icon.

- A STRONGHOLD** (PSALM 18:2) with a castle icon.
- A SHEPHERD** (PSALM 23:1) with a shepherd and sheep icon.
- A REFUGE** (PSALM 46:1) with a house icon.
- A HIDING-PLACE** (PSALM 32:7) with a globe icon.
- A SHIELD** (PSALM 84:11) with a shield icon.
- A DEFENDER** (PSALM 65:5) with a sword icon.
- THE MIGHTY ONE** (PSALM 132:2) with a crown icon.
- THE LORD GOD ALMIGHTY** (PSALM 89:8) with a crown icon.
- A FORTRESS** (PSALM 91:2) with a castle icon.
- THE LIVING GOD** (PSALM 144:2) with a heart icon.

ADDITIONAL RESOURCES

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COURSES

- Real Change by Andrew Nicholls and Helen Thorne (New Growth Press)

WEBSITES

- Biblicalcounselling.org.uk
- Ccef.org

If you would like to do some further reading on pastoral care, the following resources may be of help:

BOOKS

- Caring for One Another by Edward Welch (Crossway Books)
- Instruments in the Redeemer's Hands by Paul Tripp (P&R Publishing)

WHAT IS TRUE
OF ME WHEN I AM A
CHRISTIAN ?

GUARANTEED

 EPHESIANS 1:4

AN INHERITANCE

LAVISHED

 WITH
GRACE

 EPHESIANS 1:8

ADOPTED

PREDESTINED TO BE

 EPHESIANS 1:5

CHOSEN

BEFORE THE
BEGINNING OF TIME

 EPHESIANS 1:4

CALLED

TO BE HOLY
& BLAMELESS

 EPHESIANS 1:4

REDEEMED

THROUGH HIS BLOOD



FORGIVEN

MY
SINS



INCLUDED

IN CHRIST

 EPHESIANS 1:3

SEALED

WITH THE PROMISED
HOLY SPIRIT

 EPHESIANS 1:13

PEACE

GIVEN



 EPHESIANS 1:2

SPIRITUAL BLESSING

BLESSED WITH EVERY



 EPHESIANS 1:3

loved

 EPHESIANS 1:4





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