

# STANDING FIRM

## 30 years of ministry

**BCF** BIBLICAL  
COUNSELING  
FOUNDATION

FALL/WINTER  
2004

## Two New Tools for discipleship

BCF is pleased to announce two new tools for discipleship, personal study, and application:

### ***The Student Workbook for the Self-Confrontation Bible Study***

The ***Student Workbook*** is designed to lead you through a personal life-application study of God's Word using the ***Self-Confrontation*** manual as a reference. The format is similar to the Self-Confrontation Course, highlighting key topics and Scriptures (the ***Self-Confrontation*** manual contains much more material than there is time to cover in a course), but developed in a self-study format.

Following the directions in the ***Workbook***, you study Scripture passages, read portions of the ***Self-Confrontation*** manual, and answer questions about specific Bible references and how you can apply to your own life what you are learning. The questions are designed to learn God's truth (through the Holy Spirit) about each topic area rather than being discussion or opinion-oriented. Homework involves determining a specific problem to overcome as part of the study. The Bible study will take 24 weeks if you spend an average of 20-30 minutes a day.

The ***Workbook*** can be used:

### **1) In personal devotions:**

The ***Student Workbook*** is a great way to devote your study time to God's Word on a daily basis, with a focus on the application of the Scriptures to your life. You can just look up the Scripture references listed in the ***Student Workbook***, or you can dig deeper by looking up other references in the corresponding sections of the ***Self-Confrontation*** manual.

### **2) In one-on-one discipleship:**

You can go through the Bible study together with another person. Both of you would do your homework during the week and review the answers to the questions and key points when you get together. A leader's guide is available if you should need assistance in this one-on-one application.

### **3) In a small group discipleship setting:**

Similar to the one-on-one situation, a small group could use the ***Student Workbook*** to go through the Self-Confrontation Bible Study. The homework would be done during the week; then the group would meet to go through the questions and answers and to cover the key points. The private problem area on which each student would

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# Testimony

We at BCF are always delighted to hear of the Lord's tremendous work in the lives of those who have been affected, in some way, by the ministry He has given to us. Many who are involved with teaching, or supporting BCF through financial giving or prayer are also blessed to hear such testimonies. If you have a testimony of how the Lord has used the ministry of BCF in your life, you can write or email us.

About a year ago, I hit rock bottom. My life was a mess – my marriage, my relationship with my kids, with the Lord, and my health. I got to a point where I just couldn't function. I went to a Christian psychiatrist and counselor and was diagnosed with depression/anxiety disorder, panic attacks, obsessive-compulsive disorder, and adult ADD. Ok, no wonder I felt bad! I was put on anti-depressants, anti-anxiety medication, and Ritalin. Things seemed to be a little better; the pain was certainly dulled, along with everything else! But the problems and my inability to deal with them were still

there. A friend told me about a Bible study she read about called Self-Confrontation. Learn to live victoriously! It sounded great until I showed up and found out what it was really about! In-depth self-examination – no way! But God said, "Yes, you're staying. Have a seat and listen." By the sixth lesson it hit me – hard. I was convicted that my problem wasn't disorders and diseases that I could hide behind and justify my behavior. I had a Sin problem! I had a self-centered life, not God-centered. I wasn't a "doer of the Word" and I was not loving and obeying God. After confessing years of sin, I felt stripped

and broken and didn't know what to do. How do I live now? But God is faithful! God loves it when we get to that point. He says, "Now I can use you; now I can teach you." He showed me that all the answers for a Christ-empowered victorious life are in His Word, and my daily surrender and obedience to it.

I have been off all medication for six months now. Praise God! I'm not depressed; I have joy. I'm not panicked or anxious; I have peace. I'm not obsessed – well, except with Jesus – but that's a good thing to me. As far as ADD – I can concentrate and focus just fine as long as my focus is on the Lord.

The minute I take my eyes off of Him, I'm lost and the symptoms come back. The Lord is restoring my relationship with my husband and children and Him. And I know that in "all things God works for the good of those who love Him..." Romans 8:28-29.

The biblical counselors who have been trained in Self-Confrontation are unlike any other counselors I've been to, and I've tried them all, from secular to support groups to Christian counseling. Biblical counselors use biblical principles – God's Word – as the only standard for living, loving, solving problems,

and dealing with any experience or trial...Using techniques from Self-Confrontation, the counselors lovingly and gently helped me find the root cause of the sin in my life and led me to and through God's Word, teaching me how to solve sin patterns and problems and think, act, and live biblically. In other words, I was shown how to live God's way, not the world's way. It has been a life-changing experience that has brought me closer to the Lord and given me the answers I needed to live victoriously in Christ.

## BCF In-Person

God has greatly blessed the ministry of BCF with staff members who are dedicated to the sufficiency of God's Word and continuing discipleship/counseling. Many of you have talked on the phone with or received correspondence from one of us, but we thought it would be good to place a face with the name. We also hope you will join in thanks to the Lord for providing just the right people for the daily ministry necessities.

## Natalie Shonerd

You may already be familiar with Natalie Shonerd's name if you have corresponded with the BCF office within the past year-and-a-half. Natalie has been familiar with the ministry of BCF for more than ten years, and, as she began to pray about returning to work part-time, she came to the conclusion she would only do so if she could work for BCF. At the very time she prayed, the Lord had made it clear to us that we needed to have someone devoted strictly to responding to the increasing volume of correspondence we receive at the office. Praise the Lord for the way in which He directs!

Natalie is one of a very rare group; she happens to be a native Southern Californian. She was born in a small town close to the border of Arizona, and grew up in farming communities. Currently, she, her husband, and their youngest of three daughters live in

Palm Desert. They attend a church in Palm Desert, where Natalie is involved in the choir in Women's Bible Study.

In addition to her work with BCF, Natalie has just finished home-schooling their youngest daughter Bekah, who graduated from high school in June. As an exciting addition, Bekah is also working for BCF, in the shipping department. In Natalie's own words, she says: "When I decided to go back to work I knew the Lord wanted me to only work at BCF. I'm so glad I listened. It is wonderful to work with Christians who are attentive to their relationship with others, as well as the Lord."

Just as is true of the rest of the BCF staff, it is obvious that Natalie was given to us by the Lord for the blessing of many worldwide. We praise the Lord that He directed her to co-labor with us to serve you.

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work would not be discussed in class.

The **Workbook** is a vital tool for working either with a new believer, with someone who is struggling in specific areas of his life, or with anyone else with whom you would like to examine deeper the "solid meat" of God's Word. The **Student Workbook** will be available 2 January, 2005.

The **VICTORY OVER FAILURES PLAN** booklet.

This second new development in our materials is a tool that can help you deal with any problems of life with full expectancy of complete and lasting change, having victory over the sin that keeps you from having a joyful,

vibrant, growing relationship with the Lord. The **VICTORY OVER FAILURES PLAN** is a major revision of the former **VICTORY OVER FAILURES WORKSHEET** contained in the **Self-Confrontation** manual. The plan provides an easier-to-follow, step-by-step procedure for identifying problem areas, applying biblical "put-offs" and "put-ons", and developing specific plans for change.

The plan is divided into a series of simplified worksheets, not just one large worksheet, including "Description of the Problem," "List of Specific Failures to Live God's Way," "'Put-offs' and 'Put-ons'", "Daily Practices Plan", "Overcoming Temptations Plan" and the "Forgiveness/Reconciliation Plan."

The worksheet approach is just an organized way to write down how

you plan to put God's Word into practice, in the power of the Holy Spirit.

Development of a **VICTORY OVER FAILURES PLAN** is not just a one-time exercise, but is an organized, biblical approach that you can use throughout your life to deal with tests, temptations, and sin. You can also use it in helping others with their problems.

The new **VICTORY OVER FAILURES PLAN** worksheets have also been incorporated into the **Student Workbook**. We anticipate seeing how the Lord will use these materials to help believers.

The booklet is now available for purchase.

# Special Notice

The prices of BCF courses will be increasing 1 January, 2005 by the following amounts:

Concentrated Courses \$20  
Teacher Training \$10  
Weekend Seminar \$5

Courses scheduled after 1 January, 2005 will be under the new Course Price schedule.

## Partnering in Prayer

Please put this section in a place where you and your family will be reminded to join with us at BCF in prayer. Please pray for:

- Praise the Lord for those who are working on translations of the **Self-Confrontation** manual and other materials. Pray for health, stamina, and wisdom as they work on these large tasks.
- Upcoming BCF training courses. Pray that those desiring to attend courses from other countries may be able to obtain visas, and finances needed for travel expenses and attendance.
- Churches and teachers preparing to teach the Self-Confrontation course.
- Support for our first missionary family with BCF, the Nygrens, whose primary responsibility is for our worldwide Spanish ministry.
- Our staff, volunteers, and board members. Pray that the Lord would continue to challenge, encourage, and strengthen each one as they minister to many.

If you would like to know how you can pray in detail for the ministry of BCF, we have included in this issue the September - January Praise & Prayer Bulletin. You can also visit our website and download the Bulletin. Just click on "Mailings" at the top of the webpage.

If you are receiving duplicate mailings, or if your address has changed, we would greatly appreciate your notifying us so that we can make appropriate changes.

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## Donating to the ministry

If you are led to make a donation for the continuing ministry of the Biblical Counseling Foundation, you can send a check to the address below or donate online, using your credit card. Just click on "Contact Us" in the top menu, and then click on "Donations."

BCF is a nonprofit organization, and your donation is tax deductible. We appreciate your continued partnership with us through prayer and financial support as the Lord provides.

If you would like extra copies of Standing Firm for distributing to others, please contact our office. There may be a charge for postage.