

# Urban Initiative Biblical Counseling Newsletter

July-September 2008



Since God restored our marriage in 1988, He has blessed us by placing Biblically wise men and women in our path. We thank God that many of these individuals have committed themselves to develop written resources. Their goal is to provide tools to help fellow believers effectively apply the truth of the Scriptures as they learn how to become more like Christ.

*“And the things that thou hast heard among many witnesses, the same commit thou to faithful men, who shall be able to teach others also”*

*2 Timothy 2:2*

We rejoice that God has granted us the amazing privilege of opening the Bible, and coming alongside struggling people for the past 19 years.

## A Testimony of God’s Grace

We have often said that most of our closest friends are former counselees. This is true of a couple we met in 1991. They have gladly agreed to share how God has worked in their lives.

Becky and Kevin grew up in Bible believing churches raised by Christian parents. Various experiences in their background shaped the way they interpreted life circumstances, communicated, and solved problems.

As a young person, Becky made a profession of faith but was not a mature growing Christian. When marriage difficulties arose, Becky’s responses revealed her heart, and things began to deteriorate. Her knowledge of God was very small, and she had no Biblical tools to help her handle the struggles in her life.

As a young boy, Kevin had said the sinner’s prayer at Bible camp, but was not given guidance and direction after that. This often left him wondering what the purpose of life was, leaving him feeling isolated and angry, with few friends, feeling he didn’t fit in. When he and Becky married, Kevin’s expectations of marriage were what he had seen in his own parents, talking and togetherness. When Becky did not fulfill his expectations Kevin became angry and bitter. He could not see that his own attitudes and actions were sabotaging the closeness and communication he longed for.

Instability and changes in employment added to the strife between them. Despite his Christian upbringing, Kevin’s thoughts and actions were those of an unbeliever: angry, abusive and vindictive. In November of 1991 they were at a crisis point and Becky left. Kevin felt hopeless.

*“Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.” Galatians 6:7*

In his hopelessness Kevin began searching in the Bible to find a particular verse that someone had given to him. Instead, our Sovereign God directed him a different passage that the Holy Spirit used to grip his heart:

*“This poor man cried out, and the LORD heard him, and saved him out of all his troubles.” Psalm 34:6*

Kevin did just that, he cried out and asked Christ to be his Savior. As a new person in Christ, Kevin says, “I realized that in order for Becky to come back, I would have to get counseling.” He went to a church seeking help. The pastor referred him to a Christian psychologist, to whom Kevin poured out his heart for an hour. However at the end of the visit, he was told they could not help him.

When God wants to work in the hearts of individuals, He often chooses trials. He also places people in our path to accomplish His will. After the disheartening visit with the psychologist, God used Becky’s father to direct Kevin to Jerry. This godly “prayer warrior” had been praying for his son-in-law every day for 13 years.

*“...the effectual fervent prayer of a righteous man availeth much” James 5:16b*

In their first meeting Jerry spoke with Kevin about the situation and about the Redeemer. They continued to get together weekly for discipleship. Kevin later commented: “Finally I went to counseling that had Biblical answers and gave hope. I recognized the responsibility I had for her leaving.”

Becky was suspicious and angry about Kevin’s change. She realized that if Kevin changed she would have to deal with her own sin and the problems in her marriage. Praise God for giving her a willing heart.



Kevin and Becky with five of their seven children

When they both submitted to the One who redeemed them, they reunited, and began the process of changing and growing. A few months later they were both baptized at Chisago Lakes Baptist Church. Later that year, they renewed their marriage vows in a ceremony at their home, surrounded by family and friends. Through God’s grace their marriage struggles had not ended in divorce. As they approach their 30<sup>th</sup> wedding anniversary, their little family also has grown, from two to seven beautiful children and 2 grandchildren. They remain our dear friends, and like us, they are still growing.

## **Ministry Update**

### Opportunities to Speak and Teach

Pastor Clarke Poorman graciously invited us to speak at Grace Baptist Church in Waseca in May. We each taught during separate Sunday School classes for the men and women, then Jerry brought the morning message titled, “There Are Pretenders Among Us”. God is good to present us such a privilege, and we welcome these opportunities.

### Counseling Study and Discussion Group

New faces are always welcome to this interactive study designed for lay people to become more skilled in counseling, first for themselves and to minister to others. The class meets every other Friday morning from nine to eleven at Family Baptist Church.

### Support of the Ministry

Financial gifts are always welcome and needed, as our support is at approximately 60%. However, we are also blessed by the creative ways in which some individuals have demonstrated their love and support. For example, we have been given free haircuts, Starbucks coffee beans, venison, chickens, fish, bread, rhubarb,

apples and pies. Others have shoveled snow, mowed our lawn, or helped us with our yard work. We want to thank the many friends of the counseling ministry for their sacrificial support and labors of love.

#### Testimony of Clarke Poorman, pastor of Grace Baptist Church, Waseca

“I have known Jerry and Karen Hime for nearly twenty years and have been greatly blessed by their passion to assist others in their lives where there is great need. Whether it is evangelism the people need in their lives or whether it is a deeper, victorious Christian walk, the Himes are extremely capable to assist them in the Truth of God’s Word. They were part of Woodcrest Baptist Church (where I pastored in Mpls) for twelve years. I have witnessed daily their dedication to the cause of Christ and their burden to be of help to others. They are a remarkable couple who have learned to live what they teach. Any Bible-believing pastor could have confidence in recommending Jerry and Karen to some of their problem cases that they feel they themselves can not adequately help.”



#### Prayer request for the “Prayer Warrior” Anne Kittleson

Our dear Anne, who faithfully prays for us and the counseling ministry, has been living with pancreatic cancer for some time. It is apparent that the Lord who is most precious to her will take her to be with Himself soon. For the counselees who have granted their permission to be on her prayer list, those prayers will be greatly missed. For us, we will be losing one who has become as dear to us as our own family. Pray for her as she walks this path of suffering on this earth, that she will travel with peace, joy and much grace.

*“I thank my God upon every remembrance of you” Philippians 1:3*

#### A Story of Counseling

Mentoring and discipling fellow believers ought to be the goal of every Christian, since many find themselves stuck in the same sinful habit patterns year after year. They want to stop being angry, bitter, anxious or discouraged, but they don’t know how!

Recently we met with a person who knows that her thoughts and actions have not pleased God. Although she has tried to change, she has been frustrated by her repeated struggle with life dominating sins. With genuine sincerity and urgency she said: “I want to be different, but no one has been able to tell me how to change!” That would be the heart cry of many believers.

Praise to our Lord, He promises to provide the power to accomplish lasting change for His glory. He not only gives us answers to that question but He uses frail human beings to come alongside one another to help!

### **Ministry Tools**

Wayne Mack has written three workbooks that we heartily recommend to believers to help them grow in their Christian walk. These tools will assist them to find God’s solutions to various problems they encounter:

- *Homework Manual for Biblical Living Vol 1 Personal and Interpersonal Problems* (timelesstexts.com)
- *Homework Manual for Biblical Living Vol 2 Family and Marital Problems* (timelesstexts.com)
- *A Christian Growth and Discipleship Manual: A Homework Manual for Biblical Living Vol 3* by Wayne Mack with Wayne Johnston (focuspublishing.com)

Additional recommended reading:

*To Be or Not To Be a Church Member? That is the Question!* by Wayne Mack:

In it he answers questions such as: Should you commit yourself to membership in a local church? Isn't just being a Christian enough? Anyhow, where does the Bible say that we have to become members of a church...why can't I just attend and get involved? Dr Mack argues conclusively and clearly for church membership. (cvbbs.com)

We believe that in order in order to effect lasting change, it is essential to not only read and study the Scripture, but also to learn how to apply its truth to daily living. In his book *The Self Confrontation Manual* John Broger provides a great tool to help the believer to do this. We have taken the liberty to modify his Bible Study and Application Format (with permission to copy) based on this Scripture model:

*“All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works.” 2 Timothy 3:16-17*

We regularly use this tool to help ourselves and other individuals to put the truth of a particular Scripture into the heart. As believers, we all need to be taught how to put off old habits of thinking and responding, to renew the mind, and to put on new habits. God promises His help and blessing when our goal and motive is to glorify God and become more like Christ.

**Bible Study and Application Format (based on 2 Timothy 3:16-17)**

<b>Biblical Reference</b> A passage that I need to learn to apply in my life	<b>Teaching:</b> What is the commandment or principle?	<b>Reproof:</b> How have I failed to live by it in the way I think, feel and respond?	<b>Correction:</b> what do I need to do instead in the ways I think, feel and respond?	<b>Training in righteousness:</b> What is my specific action plan?
Eph 4:29 Write out the entire passage	Write in your own words the meaning of the verse Use commentaries or study Bible notes to help you get as much out of the passage as possible	Answer these questions with specific examples:  What do I say to myself when.....?  What do I want? (this reveals motive)  How do I feel?  What do I do?	Answer each one of the examples from “reproof” column, with a specific, correct Biblical response, one that would be pleasing to God	What do I need to do in order to ensure long term change in the way I think, feel, or respond?  . Memorize key passages related to the problem . Journal your thoughts . Ask for an accountability partner . Study the character and attributes of God

We would like to make this and other ministry tools available via email: [jwhime@aol.com](mailto:jwhime@aol.com)

To contact Jerome or Karen Hime: Phone 612-522-1854 Jerome’s cell: 612-281-9932  
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