



# CHAPIN CHRISTIAN COUNSELING & GRACE CHAPEL

## “COUNSELOR’S CORNER”

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Chapin Christian Counseling & Grace Chapel, 211 E. Boundary St., Chapin, SC 29036  
[www.chapinchristiancounseling.com](http://www.chapinchristiancounseling.com) or [www.gracechapel.biz](http://www.gracechapel.biz) [bjccm@sc.rr.com](mailto:bjccm@sc.rr.com) 803.941.7104

## Dealing With Anger

By Rev. Dr. BJ Phillips

The Bible doesn't say never get angry. It says "Be angry, and do not sin." God gave us the emotion of anger to let us know that something is wrong with the situation we are in and we must either stand and fight or flee the situation to protect ourselves from danger.

So, what should a Christian do with their angry feelings? They should not indulge that anger, if they do, they will just do or say things that they will later regret. There are many ways that we learn to deal with our anger. Some people "*Stuff*" their anger and eventually they experience feelings of overload or overwhelm because years of pent up resentment will erupt like a volcano and the sparks will fly into a flaming rage that we have difficulty getting under control.

The healthy way to deal with our anger is to handle it as quickly as possible—the Bible says, "*before the Sun goes down.*" **Ephesians 4:26-27** says "*Be angry, and do not sin: do not let the sun go down on your anger, nor give place to the devil.*" You might be thinking how in the world can I do that, I'd never get any sleep.

I want you to notice that it does not say that

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you need to resolve the problems before the Sun goes down. When dealing with our anger the idea is to handle it quickly, don't keep mulling it over and over in your mind.

Dealing with Anger is a Four Step Process

1. Know what the anger is about—Analyze the Problem
2. Lovingly Confront the person or situation to begin the resolution process
3. Learn how to Offer and Receive Forgiveness to/from the other person/people.
4. The last step is Reconciliation

Forgiveness doesn't mean that what the other person did or said to you is right or okay. It just means that you aren't going to carry the hurt around with you every day. You choose to let go of the pain and move on. We can help you do this. Call for an appointment or Attend one of our Saturday Seminars.

of life. **Philippians 4:11** says: "*Not that I speak from want, for I have learned to be content in whatever circumstances I am.*" We too can learn to be content no matter what our circumstances may be. The *Prophet Micah* provides us with three requirements to have a positive attitude about life. In Micah 6:8 he tells us:

1. "**Do Justly**"—We must be honest with ourselves and live honestly with God and others.
2. "**Love Mercy**"—We need to learn to make things right. If we have a problem with someone we need to take the initiative to make things

## How to Have a Positive Attitude

By Rev. Dr. BJ Phillips

Our attitude becomes a way of life but the good news is that we can choose to change our attitude. Some people enjoy their bad attitude because they get attention and sympathy which inflates their egos. A positive attitude comes not with freedom from problems and difficulties, but with freedom in spite of them. The Apostle Paul's attitude was that he had "learned to be content whether he had much or little of the necessities

## Our Wedding Services

By Rev. Dr. BJ Phillips

We offer several options for each couple:

### **Chapel or Garden Weddings:**

Small Weddings: Bride & Groom only \$200.00

Family Weddings: up to 30 guests \$250.00

Romantic Memories: 31 - 100 guests \$500.00

We charge an additional fee for garden weddings due to the extra set up time required for garden services.

Our ministers will perform your Wedding at your location for a fee of \$200.00. These services also include your 1<sup>st</sup> Communion as a married couple.

We serve those couples who:

- Those who may not belong to a church, synagogue or other religious organization
- Those whose family minister is unwilling to travel to their location
- Those who are divorced and their church will not perform the ceremony
- Those who want to include their children or parents in the ceremony
- Those who want a Christian church wedding but are on a limited budget



## Child Development

By Rev. Dr. BJ Phillips



There is a great need for the healthy environment of Christian adults in the lives of our children as mentors, teachers, and coaches as well as a need to support and encourage parents in caring for their own children. There are three factors that affect the kind of adults our children will become:

(1) Who God created them to be, (2) the environment in which they grow up and (3) the choices that they make. Let's look at each one of these areas a little closer.

**God's Unique Creation:** God creates each person to be unique, with different personality traits, levels of intelligence, physical characteristics, and even differing energy and activity levels. King David, while writing **Psalm 139:13-14** said—*"You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made."* As parents we need to encourage and guide the development of each child's uniqueness.

**Jeremiah 29:11** "For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future."

### **A Nurturing Environment:** In **Proverbs 22:6**

Solomon encourages parents to *"train up a child in the way that he should go and when he is old he will not depart from it."* God, the heavenly Father, models His love in people's lives and they in turn have the privilege and responsibility of loving their children just as God continually loves their parents.

**Ability to Choose:** God has created each person with the ability to make choices. As children grow, parents have increasingly less control over the choices their children make. Some of the choices they will make are life changing. It is our

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Grace Chapel

## Four Laws of Communication

By Rev. Dr. BJ Phillips

Communication is the key to successful relationships. We tend to get along best with those we understand the most. In order to understand each other better we must learn to express our thoughts and feelings in a way that others will appreciate. Good communication helps us to see into the hearts and minds of those we wish to understand and communicate with. The **“Four Laws of Communication”** helps us to clarify our expectations, solve our problems and communicate our deepest needs, feelings and frustrations in a non-threatening way.

God is a perfect example regarding how powerful our words can be for developing and maintaining good relationships with others. From the beginning God created us with a capacity for interpersonal communication. God’s rules of communication are expressed in four basic commands found in Ephesians 4:25-32:

**Law # 1—“Stop lying and start telling the truth”** (Ephesians 4:25 *“Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.”*) Most Christian couples will stare in disbelief if their counselor suggests they might be lying to each other. Lying is a constant problem in human conversation and it keeps us from genuine communication. There are lies of commission (speaking a specific untruth) and lies of omission (leaving vital information out of the

conversation altogether).

**Law # 2—“Keep current”** (Ephesians 4:26-27 *“In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold.”*) God clearly states that going to bed angry with each other is a sure way to allow the devil to drive a wedge into a relationship. The relationship can be reestablished even though the issue cannot be immediately settled. The point is that we should take responsibility for offending each other, attempting to deal with the issues, and seeking and granting forgiveness is necessary because initiating reconciliation is the responsibility of the offender and the offended person.

**Law # 3—“Tackle the Issue, not the Individual”** (Ephesians 4:29-30 *“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”*) This law focuses on the control and intent of our speech. Paul indicates that we must choose and control the content of our speech. We must learn to choose words that build up the other person in the relationship. You may say, “but that’s not how I feel.” We sinned against God, yet He forgave us and sent Jesus to save us with the Good News that He had forgiven our sin and desired to reconcile us to Himself. We should always focus on and discuss ways we can

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## Annual Labor Day Concert

By Rev. Dr. BJ Phillips

We want to invite you to our Sixth annual Labor Day Concert. Each Year we enjoy watching the Labor Day Parade as it passes right in front of Grace Chapel and the Counseling Center.

There are many beautiful, and some very funny, floats from many of the local businesses and churches. You also have an opportunity to shake hands with many of the Federal & State politicians that are running for office in the current election year.

After the parade is over we begin our gospel concert. This year we will be hosting entertainers from four of the local churches in Chapin:

- **Bob Patterson** from Chapin United Methodist
- **Bill Stockdell** from Mt. Horeb Lutheran Church
- **Kahn & Deborah Chaddock** from Chapin Baptist Church
- **The St. John AME Choir** will be with us this



year.

We sell snacks and drinks to raise funds for the outreach ministry of Grace Chapel. The greatest outreach that Grace Chapel helps to fund is Chapin Christian Counseling. This counseling center provides Individual, Marriage, & Family Counseling. They also provide Pre-marital Counseling and Wedding Services from a Christ Centered perspective. The Chapin Christian Counseling’s mission is to *“Encourage Emotional, Physical, and Spiritual Healing Through the Application of Scriptural Truths”*. We work hard to meet the Counseling & Spiritual needs of the families in Chapin and the surrounding areas of Little Mountain, Prosperity, Newberry, Ballentine & Irmo.

Grace Chapel meets each Sunday morning at 10:30 AM and we invite you to visit with us for worship services at that time. We also have a mid-week Bible Study in the

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right with them.

3. **“Walk Humbly”** with God—We need to ask God to search our minds & our hearts to see if we are wicked in any way, just as David did in **Psalm 139:23-24** *“Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any wicked way in me, and lead me in the way everlasting.”*

While so many in the world are wrapped up in possessions, entertainment, achievements, and other earthly enticements, believers know that earthly things will never truly satisfy them.

Christians who spend time daily in God’s Word and in prayer, who cast their cares upon the Lord, and who seek to obey His Word in all circumstances will have the presence of God in their lives and the peace of God in their hearts. Then they can truly say, like Paul, “I have learned to be content in all things.”

We need to start each day with surrender to the Lord, and ask Him to help us to do justly, to love mercy, and walk humbly with Him. If we stay close to Him daily it will produce a positive attitude that results in dynamic living for Christ. We can help you in this process, just give us a call.

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responsibility to teach our children that with every choice they make, there will be a consequence. Each person is in charge of their choices but God is in charge of the consequences and the consequences will need to be met fully before we are completely done with the choice that we have made. God tells us in **Deuteronomy 30: 15-18** about the choices that He gives us: *“See, I have set before you today life and good, death and evil, in that I command you today to love the LORD your God, to walk in His ways, and to keep His commandments, His statutes, and His judgments, that you may live and multiply; and the LORD your God will bless you in the land which you go to possess. But if your heart turns away so that you do not hear, and are drawn away, and worship other gods and serve them, I announce to you today that you shall surely perish;... “*

If we can help you with implementing these three factors in your children’s lives please give us a call.

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Counseling Center. Chapin Christian Counseling has a Thursday evening *Women’s Support Group* that meets from 6:30—8:30 PM and a *Healing Service* the 1<sup>st</sup> Thursday evening of each month beginning at 6:30 PM.

Chapin Christian Counseling also rents out their parking lot on Labor Day to help raise funds for the ministry. The cost is \$5.00 per vehicle for the whole day but you need to be in the lot by 7:30 – 8:00 AM before the streets are closed off for the parade.

The funds raised at the Annual Labor Day Concert helps to provide these services to the community. We hope that you will come out on Labor Day and watch the parade with us and enjoy the concert afterward.

Come on out and enjoy Labor Day with us, we are very close to the center of town where all the vendors are set up.

This Year’s Theme Is: **Hooked On Chapin**

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reconcile the problems/issues. The other person is not the problem/issue. The Problem is the Issue; stay focused on changing the circumstance or the problem/issue. Don’t focus on trying to change the person, you will fail every time.

**Law # 4—“Pro-act, don’t Re-act (Ephesians 4:31-32** *“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”* All emotions listed in this scripture are reactionary and retaliatory. They destroy communication. They force defensiveness because they directly attack the other person. The scripture in verse 32 is positive pro-action that leads to a solution, not further conflict.

This passage in Ephesians provides a biblical frame of reference for good communication. Nothing illustrates a principle better than learning how to apply it to your own experience. We become what we think and speak, so let us learn to speak the truth in love and grace.

We can help you learn good communication skills.

**Remember The Choice is Yours**

**Chapin Christian Counseling  
& Grace Chapel**

211 E. Boundary Street  
Chapin, SC 29036

**Phone:**

803.941.7104

**Fax:**

803.345.0112

**E-Mail:**

bjccm@sc.rr.com

*“Encouraging Emotional, Physical and  
Spiritual Healing Through the  
Application of Scriptural Truths”*

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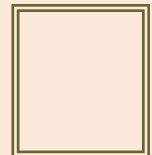
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& Grace Chapel

211 E. Boundary Street  
Chapin, SC 29036



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