

Ambassador Bible Fellowship

1827 E 3rd Street, Meridian ID 83646 (church office)

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Greetings in the Name of Jesus, The Wonderful Counselor!

Thank you for the privilege of allowing us to work together with you on the issues that are confronting you at this time. In order to make our first session as profitable as possible, I would ask you to give careful attention to your initial homework assignment. Reading, reflecting and responding to the questions in the booklet entitled *Help! I Want to Change* will introduce you to better understand the purpose and goals of biblical counseling as well as provide your counselor with more information about your present concerns, problems and/or needs.

1. Read the booklet *Help! I Want to Change*, Jim Newheiser
 - a. ABF Office: \$5.00 (Hard Copy)
 - b. Kindle: \$2.99
 - c. Logos/Faithlife: \$2.25

2. **Personal Application Projects**: Type out your answers to each of the following questions, instructions using MS Word, Pages:
 - a. Write down three areas of your life in which you are eager to change. How have unbiblical methods of change led to your failure?
 - b. Memorize: Romans 6:11 (NASB, 95 Update) - *Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus.*
 - c. Write down what you can say to yourself, when tempted, about how your union with Christ enables you to resist sin.
 - d. Write down five practical ways in which you can learn to feed on Christ and find satisfaction in him.
 - e. Write down your understanding of how God's law applies to you as a Christian. Do you tend to misuse the law, either by ignoring it or as a means of self-righteousness?
 - f. Write out a prayer of thanksgiving for the changes God has already accomplished in your life.

3. Once the following items:
 - a. completed *Personal Data Inventories* (PDI)
 - b. signed copy of *The Ambassador Bible Fellowship Biblical Counseling Consent Form*
 - c. written answers to the booklet, *Help! I Want to Change*

are received by:

- a. mail to ABF, 1827 E 3rd Street, Meridian ID 83646 in a sealed envelope (Attention: Bruce Groves)
- b. email (scanned/digital copies to: bruce@abfmeridian.org)

then Bruce or another ABF counselor will contact you to schedule your first counseling session.