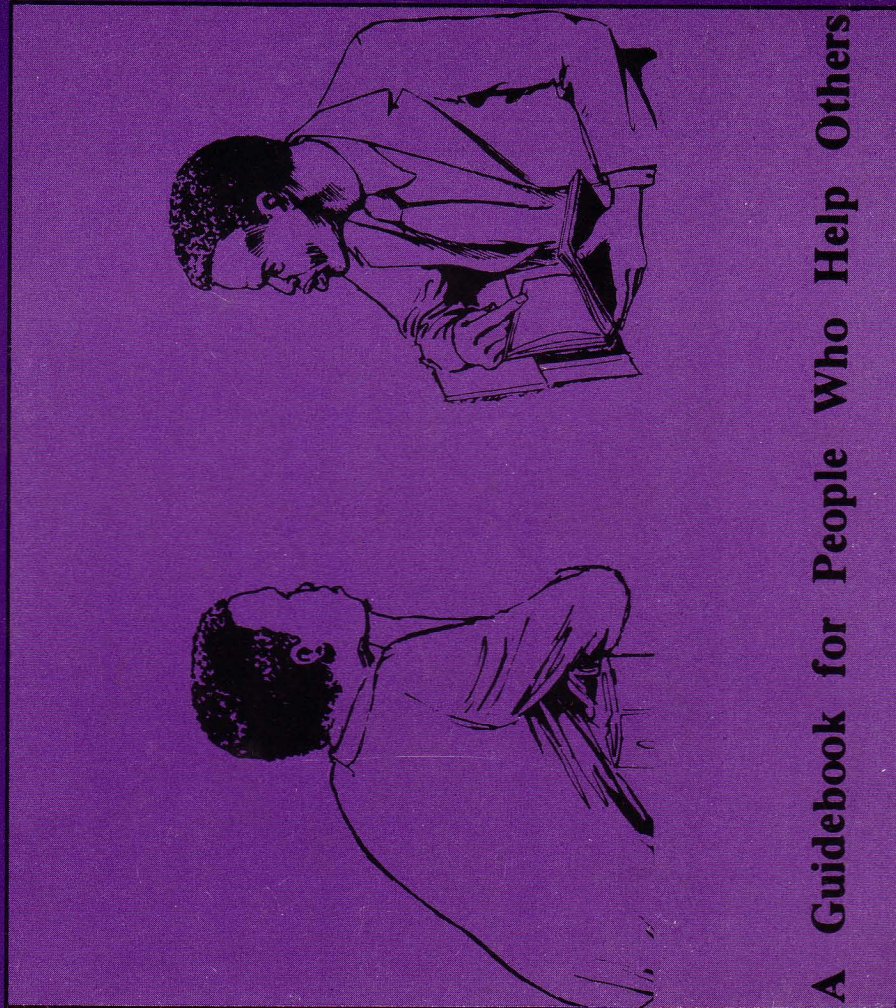


HOW TO HELP



A Guidebook for People Who Help Others

- Refreshing and cleansing Acts 3:19-21
- God's kindness Joel 2:12-13
- Accept God's peace Philipians 4:6-7
- Stop sinning to avoid guilt Psalms 38:1-4
- God is faithful to forgive 1 John 1:8-9
- Forgive yourself Philipians 3:13-14

See: "I have committed a serious sin," "My husband and son are not Christians," "My children are not faithful Christians."

See also: Crisis and Depression.

■ **TEMPTATION** see "I have strong unchristian desires."

■ **UNEMPLOYMENT** no work with salary

Be patient and keep trying to find a job. Read James 5:10-11.

God will help you find work. Read Deuteronomy 31:8.

- Ask in faith for a job James 1:2-8
- Believe and have hope Romans 15:13
- Get new knowledge Proverbs 4:4-5; 6:6-11
- Never be lazy Romans 12:11
- God will be with you Psalms 23:1-6

Suggest: Use time in Bible correspondence course, volunteer church work, etc. See: "We need food and money." Also see: Crisis, Injustice and Depression.

■ **WIDOWHOOD** life of a woman whose husband has died

Seek the comfort of God's Word. Read Isaiah 54:4.

Find strength for your loneliness. Read Romans 8:35-37.

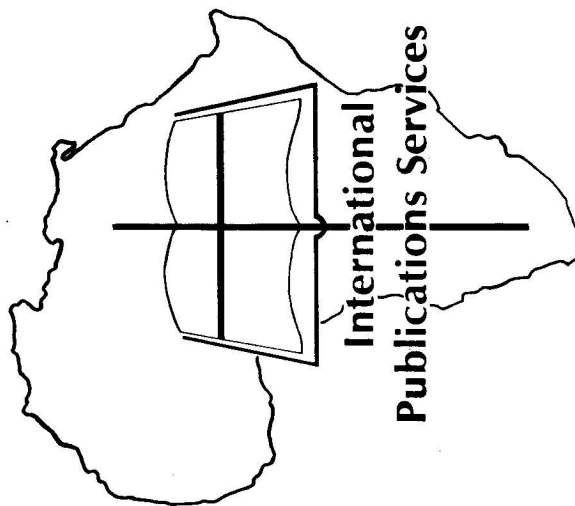
- Your feelings are normal Job 19:13-15
- Commit this loss to God Job 5:8-11
- The way of comfort John 14:18-20; 25-28
- Seek the care of your church 1 Timothy 5:3-16
- Ask and receive Luke 11:9-11

See in this book "There's been a death in our family." Also see: Crisis, Depression and Aging.

■ **WITCHCRAFT** see "perhaps I have an evil spirit, or a curse on me." See also: Satan.

HOW TO HELP

A Guide book for People Who Help Others



By
Harold Cummins

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■ **POVERTY** .. see in this book "We need food and money."
See also: Unemployment, Crisis.

■ **PREGNANCY** see "Our daughter is pregnant." See also: Barrenness.

■ **PREJUDICE** a biased opinion, pride, tribalism
Christ's plan to overcome prejudice. Read Matthew 5:38-48.

Treat everyone as your brother. Read Romans 14:10-13; James 2:1-4.

- How prejudice works 1 John 2:9-11
- Judge not Luke 6:37-38
- Prejudice defeated Matthew 7:12
- Love is the answer to prejudice 1 John 4:11-12
- God's way out of prejudice James 4:8

See also: Bitterness, Adversity.

■ **SATAN** the evil one, the devil, prince of demons
Understand his character. Read Luke 8:29; Ephesians 2:2; James 4:7.
Know his purpose. Read Mark 4:15; Job 2:4-5; Luke 4:6-8.

- He is our accuser Revelation 12:10
- Satan's power over unbelievers John 8:44
- Limited with Christians 2 Corinthians 11:14-15
- Christ's victory over Satan Mark 3:25-27
- A Christian wins over Satan James 4:7
- Fight against Satan Ephesians 6:11-16
- Overcome Satan Revelation 12:10-11

See "Perhaps I have an evil spirit," and "I have committed a serious sin." Also see: Fear and Sin.

■ **SEX** ... see "Our marriage is a failure," "Our daughter is pregnant," "We want to get married." See also: Adultery and Barrenness.

■ **SICKNESS** see in this book: "I am sick."

■ **SIN** evil, mistake, failure, guilt
Turn to the Lord in repentance. Read Deuteronomy 4:30-31.
Accept God's full forgiveness. Read Ephesians 1:7.

■ INJUSTICE unfairness, inequality

Blessed are those who suffer injustice. Read Matthew 5:11-12.

Turn to God when treated unjustly. Read Hebrews 4:15-16.

- Christ is your example Philipians 2:3-8
- God is your security Psalms 23:1
- God is your strength Deuteronomy 33:27
- Christ is with you Matthew 18:20
- Place your burden on God Psalms 55:22
- Do justice yourself Micah 6:8

See also in this book: Bitterness and Hate

■ LACK OF POWER without strength

God's power is perfect in weakness. Read 2 Corinthians 12:8-10.

Power is gained by laying aside sins. Read Hebrews 12:1.

- Unbelief robs us of power Matthew 17:19-20
- Use God's armour Ephesians 6:10-17
- God's Spirit is powerful 1 John 4:4
- Power belongs to God Psalms 26:11
- God is powerful in you 2 Corinthians 13:3-4
- Praise God's power Psalms 21:13
- Strength out of weakness Hebrews 11:32-34

See also: Fear and Depression.

■ MARRIAGE ... see "We want to get married," "Our marriage is a failure." See also: Children and Polygamy.

■ PAIN See "I am sick."

■ POLYGAMY having more than one wife.

God's ideal is one wife only. Read Genesis 2:22-24.

God wants faithfulness to one wife. Read Malachi 2:14-16.

- Problems of polygamy Deuteronomy 17:17
- Ideal picture of marriage Psalms 128:1-6
- Live peaceably at home Romans 12:16-21
- Live in harmony Romans 15:5-6

See also in this book "Our marriage is a failure." See: Bitterness, Crisis, Anxiety.

INTRODUCTION

"My husband has met another woman in the city. They now live together! Why is he doing this to me? We have five children and I am a faithful Christian. What can I do to save my marriage?" What could she do? How would you help this woman?

"Our daughter has terrible headaches. She lies awake at night and often screams out, saying many nonsense things. As her whole body begins to pain her, she starts kicking and fighting with anyone near her. Then finally she goes limp and unconscious. Our relatives believe the trouble is witchcraft. Can you help us?" How would you help with such a problem?

Our only child died last month. Since his birth seven years ago, my wife has been barren. We have tried to have other children but have failed. My parents insist that I take a second wife. As a Christian, I feel this is wrong. What am I to do?" Could you help this couple?

In the town or village where you live, many people have similar problems. Sickness, barrenness, divorce, witchcraft and unemployment are problems which people face. They feel sorrow, fear, anger, pain, guilt and worry.

This book will help you with many problems. The purposes of the book are:

- A) to help you understand more about human problems,
- B) to assist you in learning the main methods of helping people solve their problems,
- C) to help you locate quickly what the Bible says about major problems.

So, here is a concise handbook for Christian leaders who wish to help people solve their problems.

NOTE: A code of squares and circles is utilized to help in the use of this book. Each square ■ represents a *problem*. Each circle ● is a part of the biblical *answer*.

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PART 1 EXAMPLE AND PRINCIPLES 6

How to use this book and how to begin helping others.

PART 2 HELPING PEOPLE WHO HURT 14

Step by step ways to counsel people who have problems.

PART 3 GOD'S ANSWER TO OUR PROBLEMS 40

Other problems, with Scripture references. A way of gaining and giving help from the Bible.

Also see: Backsliding, Crisis and Depression.

■ **FAMILY PROBLEMS** ... see in this book "Our marriage is a failure," "Our children are not faithful Christians," "My husband and son are not Christians." See also: Children and Crisis.

■ **FEAR** dread, terror, cowardice

Put your trust in the Lord. Read Psalms 56:3.

God is our strength. Read Psalms 46:1-2.

- Believe God's promises Numbers 13:30
- God will give strength Isaiah 41:10,13; 12:2
- Do right and fear not 1 Peter 3:13-14
- The Lord is your helper Hebrews 13:5-6
- Love casts out fear 1 John 4:18
- God gives power over fear 2 Timothy 1:7
- Trust in God Proverbs 29:25

See also in this book: Anxiety and Crisis.

■ **GRIEF** see in this book "There has been a death in our family." See also: Anxiety and Fear.

■ **GUILT** see "I have committed a serious sin." See also: Crisis and Depression.

■ **HATE** dislike, resentment.

Blessed are you even when hated. Read Luke 6:22.

Do good to those who hate you. Read Luke 6:27.

- Jesus was hated, too John 15:18-21
- Love is the answer Romans 13:9
- Let love continue Hebrews 13:1
- Hate is foolish Titus 3:3-4
- Turn the other cheek Matthew 5:39
- Love those who hate you Luke 6:32-36

See "I am very angry." See also: Bitterness.

■ **HOSTILITY** ... see in this book "I am very angry." See also: Hate and Bitterness.

■ **HUNGER** .. see "We need food and money." Also see: Crisis.

■ **ILLNESS** see "I am sick." See also: Depression.

■ **IMMORALITY** see "My daughter is pregnant, but not married." See also: Adultery.

■ **CRISIS** serious difficulty, tragedy, disaster
 God will give the spiritual strength. Read Psalms 3:1-6.
 You can bear the tragedy. Read 1 Corinthians 10:13.

- Christ, victor over evil Hebrews 13:6
- God will not fail you Deuteronomy 31:8
- Strength for all things Philippians 4:13
- Ask for help Psalms 34:6
- Help of the Comforter John 14:26
- Wait upon the Lord Isaiah 40:29-31

See also in this book: "There has been a death in our family," "Our marriage is a failure." Also see: Anxiety.

■ **DEATH** ... see in this book: "There has been a death in our family." Also see: Crisis.

■ **DEPRESSION** extreme sadness, deep unhappiness, feeling hopeless.

God's grace is sufficient. Read 2 Corinthians 12:9.

Base your happiness on hope in Christ. Read Romans 12:12.

- You can overcome this Job 23:8-10
- God's hands heal Job 5:17-18
- The joy of the Lord Nehemiah 8:9-10
- Be content with life Philippians 4:11
- Be happy in God Habakkuk 3:17-18
- God is the source of joy Psalms 104:34
- Peace of mind 2 Thessalonians 3:16
- Thank and praise God Psalms 61:5, 8

See a doctor. Some medicines can help with depression.

See also in this book: "I am not happy," Adversity, Anxiety.

■ **DESPAIR** see "I am not happy." Also see: Anxiety, Depression.

■ **DIVORCE** ... see "Our marriage is a failure." Also see: Crisis and Polygamy.

■ **DRUNKENNESS** see in this book "My husband drinks very much."

A LIST TO ASSIST YOU IN FINDING HELP QUICKLY

SUBJECT	PAGE	SUBJECT	PAGE
Adultery	24, 25, 41	Happiness	18, 19, 41, 44
Adversity	18, 19, 41	Hate	14, 15, 43, 45
Aging	41	Hostility	14, 15, 43, 45
Alcoholism	23, 24, 27, 42	Hunger	28, 29, 45
Anger	14, 15, 42	Illness	16, 17, 41, 45
Anxiety	18, 19, 42	Immorality	22-25, 45
Backsliding	38, 39, 42	Injustice	46
Barrenness	42	Lack of Power	46
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Children	38, 39, 43	Money	28, 29,
Christian Growth	38, 39	Pain	16, 17
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Conflict	14, 15, 43	Poverty	28, 29, 47
Crisis	6, 7, 17, 44	Pregnancy	24, 25, 47
Death	6, 7, 44	Prejudice	47
Depression	18, 19, 41, 44	Salvation	36, 37
Despair	18, 19, 44	Satan	34, 35, 47
Divorce	20, 21, 44	Sex	24-27, 47
Drunkenness	26, 27, 30, 31, 44	Sickness	16, 17, 41, 47
Failure	20	Sin	22-25, 38, 47
Family		Temptation	26, 48
Problems	20, 21, 36-39, 45	Unemployment	28, 29, 48
Fear	18, 19, 45	Unhappiness	18, 19, 43
Food	28, 29	Widowhood	6, 7, 41, 44, 48
Grief	6, 7, 18, 19, 45	Witchcraft	34, 35, 48
Guilt	22, 23, 45	Witnessing	36, 37
Habits	26, 27, 30, 31		

PART 1 EXAMPLES AND PRINCIPLES

On the *left-hand page*, suggestions are given for helping someone with a specific problem. On the *right-hand page*, helpful Scriptures are given.

AN EXAMPLE

■ “THERE HAS JUST BEEN A DEATH IN OUR FAMILY.”

HOW TO HELP:

1. Go immediately to the home where death has occurred. You are needed *now* as a Christian friend.
2. Listen to those who sorrow. Listen with a heart that cares. Gently remind the grieving persons that God is sufficient for *all* things.
3. If the deceased person was a Christian, you may remind those who grieve that their loved one's spirit is now with God. He or she is out of pain and is fully happy.
4. If the deceased person was not a Christian, it is still possible to comfort those who grieve by listening with Christian love. You may speak briefly of the loving-kindness of God, and read such Scriptures as Psalms 27:7-11 and 2 Peter 3:8-14.
5. If requested, assist with a funeral. Prepare a sermon which is thoroughly biblical. People need God's Word about life and death.
6. Continue to help those persons whose lives have been upset by death. You may assist as decisions are made.
7. Guide those who grieve to make whatever changes are necessary. They need to look into the future with faith. They should make their plans according to the Scriptures. Help them to seek joy in sorrow, knowing both the blessings of death for Christians and the strength of God for life.

Be patient until God is ready. Read Ecclesiastes 7:8.

Simple trust in God often helps. Read Hebrews 11:11.

- God's gift in due time 1 Samuel 1:11-20
- May be a test of faith James 1:2-4
- Patience with joy Colossians 2:11-12
- The Lord gives Job 1:21
- Receiving promises by faith Hebrews 11:32-34
- Being content Philippians 4:11-12

See also in this book: Anxiety, Adversity.

■ BITTERNESS hate, resentment, hostility.

Bitterness brings trouble. Read Hebrews 12:15.

The answer is forgiveness. Read Matthew 18:21-22.

- Bitter words Psalms 64:3-4
- Warning and solution Ephesians 4:31-32
- Seriousness of hate Proverbs 26:24-26
- Jesus' answer John 13:34-35
- Return love for hate Matthew 5:38-41
- Forgiving one another Colossians 3:12-15

See also in this book: “I am very angry.”

■ CHILDREN parent-child problems

Children are God's gifts. Read Genesis 33:5.

Duties of parents. Read Ephesians 6:1-4.

- Love your children Titus 2:4
- Give your children to God 1 Samuel 1:24
- Lead each child to Christ Matthew 19:13-14
- Teach about God Deuteronomy 6:4-7
- Do not provoke them Colossians 3:21
- Help from God Philippians 4:6-7

See also in this book: “Our children are not faithful Christians,” “Our marriage is a failure.” See also: Barrenness.

■ CONFLICT see in this book “I am very angry.”

Also see: Bitterness

- Wisdom and age Proverbs 3:16-18
- An opportunity to teach Psalms 34:11-14
- Children should help parents 1 Timothy 5:4
- Christ's promise John 14:1-6

■ **ALCOHOLISM** see in this book, "My husband drinks very much."

■ **ANGER** see in this book: "I am very angry." also see: Bitterness

■ **ANXIETY** frustration, stress, despair, fear
Anxiety is overcome by faith. Read Psalms 37:1-5.

- Live only one day at a time. Read Matthew 7:25-34.
- Help from the Holy Spirit Mark 13:11
 - The upward look Luke 21:25-28
 - God's control Romans 8:28
 - Helped by prayer Philippians 4:6
 - Riches of the Spirit 2 Corinthians 6:10
 - Ask and receive Luke 11:9-11
 - God's care 1 Peter 5:6-7

See also in this book: "I am not happy." Also see: Adversity.

■ **BACKSLIDING** turning away from God, faithlessness

Backsliding comes from counterfeit faith. Read 2 Timothy 3:8

God's Word is a safeguard. Read 2 Timothy 3:13-17.

- Spiritual growth 2 Peter 1:5-9
- God and his Word Acts 20:32
- Power in prayer 1 Thessalonians 5:16-18
- Abiding in Christ John 15:4-9
- Be grounded in truth Ephesians 4:13-16
- Use God's armour Ephesians 6:10-20
- God's assurance John 10:27-29

See also in this book: "My children are not faithful Christians."

■ **BARRENNESS** childlessness, inability to conceive

What God says about DEATH:

Read and explain these Scriptures. Use your Bible whenever possible. Otherwise, read the Scriptures directly from this book.

● Let not your hearts be troubled; believe in God, believe also in me. In my Father's house are many rooms; if it were not so, would I have told you that I go to prepare a place for you? And when I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also (John 14:1-3).

● He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning nor crying nor pain any more, for the former things have passed away (Revelation 21:4).

● We know that in everything God works for good with those who love him, who are called according to his purpose (Romans 8:28).

● For I am sure that neither death, nor life, nor angels nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord (Romans 8:38-39).

● The Lord is my shepherd, I shall not want. Even though I walk through the valley of the shadow of death, I will fear no evil, for thou art with me, thy rod and thy staff, they comfort me (Psalms 23:1,4).

● Behold, God is my salvation; I will trust, and will not be afraid; for the Lord God is my strength and my song (Isaiah 12:2).

Other Scriptures which may be read at later visits are:

- Psalms 34:1-8
- Psalms 91:1, 14, 16
- Psalms 116:1-15
- 1 Thessalonians 4:13-18
- 1 John 4:10-21
- Revelation 21:22-27

See also in this book: Crisis and Depression. See list on page 5.

■ ADULTERYsexual relations outside of marriage

You shall not commit adultery (Exodus 20:14).

And Jesus said, "Neither do I condemn you; go, and do not sin again" (John 8:11).

- A serious mistake Proverbs 6:32
- Let none be faithless Malachi 2:13-16
- God will judge Hebrews 13:4
- Love is the answer Ephesians 5:28-29; Titus 2:4-5
- Forgiveness of sins Ephesians 1:7
- God can cleanse 1 John 1:9
- Forgiveness for adultery Psalms 51:1-3
- A new beginningPhilippians 3:13-14

See also in this book: "My daughter is pregnant"; "I have committed a serious sin"; "Our marriage is a failure"; "I have strong unchristian desires".

■ ADVERSITY hardship, affliction, trials, misery
(Nothing) can separate us from the love of God (Romans 8:38-39).

Pray and humble yourself before God. Read 2 Chronicles 33:12-13.

- Leads us to God's Word Deuteronomy 8:2-3
- Corrects and disciplines us Hebrews 12:5-11
- Purifies our faith 1 Peter 1:5-8
- React in joy to hardship James 1:2-4
- Rejoice in suffering Romans 5:3-4
- God provides help Psalms 34:19
- Be patient in adversity Psalms 130:1-6

See also in this book: "I am not happy", and "I am sick".

See also: Anxiety.

■ AGING Old age, infirmity

Growing old is part of God's plan. Read Psalms 71:17-18.

Old age can be a time of pleasure. Read Psalms 91:14-16.

- A time of wisdom John 12:12
- Spiritual beauty Proverbs 16:31
- Fruit in old age Psalms 92:12-15
- Use life wisely Psalms 90:12

— Quick Help for Our Problems —

On the following pages you will see a list of topics or subjects. These topics are some of the most common human problems. Scripture references are given under each topic.

Here is the way to use this part of the book:

1. *Turn to the topic* in which you are interested. It may be fear, worry, doubt, failure or any other problem which people have.
2. *Notice the sub-headings* which help you to select certain Bible verses.
3. *Look up the Scriptures* in your Bible and *read* them to the person you are helping.
4. *Explain the meaning* of the verses, applying them to the problem with which you are dealing. *Allow time for comments or questions.* You may wish to request the person you are helping to *memorize and meditate* upon some special verse.

The Bible is God's Book - the greatest book ever written. The Scriptures should become a reference book for spiritual development.

You may use this part of the book in three ways: first, when helping a small group of people in discussing their problems; second, when helping one person solve his problem; and third, when preparing to teach or preach about any of these topics.

Teaching or preaching on these subjects is important. For example, classes for young people may be conducted to teach the Christian view of life, love, sex and marriage. Seminars for marriage improvement can assist married persons in growth toward a more mature, loving and tender marriage relationship. A series of sermons on any of the subjects covered in this book could assist the members of your church in Christian growth.

Thus, by using this list of topics with sub-headings and Scriptures, you can quickly find God's answers to our problems.

10 BASIC PRINCIPLES FOR HELPING OTHER PEOPLE

On the two preceding pages you were given an example of how to use this book. You read about a step by step method of assisting someone who had a death in his family. You were also given Scriptures to use as you respond to the needs of those who grieve.

Learn from this book by reading through it. Note carefully on page 5, "A list to assist you in locating help quickly." Many major problems are listed with page numbers. When a problem arises in the lives of people whom you may help, look up that particular problem. Study carefully all suggestions and Scriptures. Be prepared either to read the Scriptures related to the problem directly from this book, or read the verses as listed from your Bible.

Now let us examine some general principles of helping other people. Of course, do not expect to find simple answers to human problems. Each person and each problem is different. Hurt does not heal easily. And each hurt is different. Nevertheless, there are *some basic things to do* which may help. Here are 10 important principles:

1. *Take time to care.* Christians must become "people who care." All around us are people who hurt. They face life's tragedies like divorce, depression, aging and death. But how easy it is to sit back and do nothing! You, as a Christian leader, should develop the special gift you have of *listening love*.
2. *Find time to be available.* Do not appear too busy to listen to a person who hurts. Christians must be involved with people in trouble. So, open yourself to another person's crisis. Keep your "door of attention" always open.
3. *Discover problems.* Some people will tell you directly about their difficulties. If so, good. You can proceed to help them as suggested in this book. But if you think a problem exists, and a person hesitates to share it, what can you do? In such a situation you may say, "Many people these days are having trouble with fear, sorrow, anger, poverty and so forth. I would be happy to help you if you are having *any*

difficulty. Do you have a problem which you would like to talk with me about, so that I might help you?"

4. *Listen with Christian love.* This means to care like God cares about the person who has a problem. It means listening intently so you can gather all the facts. To listen with Christian love is to listen carefully so that, later, a *solution* to the problem can be found. It is important to discover the person's true needs. So, give full attention to all that is being said. While the other person is speaking, do not think about what you are going to say next. Instead, just listen. Quick answers don't usually help. At first, spend much more time listening than speaking. Listen as you would like others to listen to you.

Here is an example of these first four principles: Pastor Timothy heard of a woman in his community who died. So, he took time to visit at the home where the death occurred. After greeting the husband of the woman who died, Pastor Timothy said: "I have heard the sad news about the death of your wife."

Husband: "Yes, this happened yesterday."

Pastor: "This must be a difficult time for you. When I heard about your wife, I was reminded of my son's death two years ago. It was a sad time for all of us. If you wish, tell me about your wife."

Husband: (He speaks for several minutes of his wife and her illness and death.)

Pastor: (After listening carefully without interrupting, says,) "Oh, I'm sure you are really feeling this loss of your wife. And how are your children reacting to their mother's death?"

Pastor Timothy helped the husband because he took time to care and to be available. He learned about the problem and he listened with Christian love. Then Pastor Timothy continued helping by using the following principles.

What the Bible says about CHRISTIAN GROWTH:

When the time and occasion seem right, read and explain these Scriptures to your children:

- (God said) You shall lay up these words of mine in your heart... and you shall teach them to your children, talking of them when you are sitting in your house (Deuteronomy 11:18-19).
- Do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord (Ephesians 6:4).
- Like newborn babes, long for the pure spiritual milk, that by it you may grow up to salvation (1 Peter 2:2).
- He who has my commandments and keeps them, he it is who loves me (John 14:21).
- I came that they may have life, and have it abundantly (John 10:10).
- Ask, and you will receive, that your joy may be full (John 16:24).
- Friendship with the world is enmity with God (James 4:4).
- Man shall not live by bread alone, but by every word that proceeds from the mouth of God (Matthew 4:4).
- Let us consider how to stir up one another to love and good works, not neglecting to meet together (Hebrews 10:24-25).
- Attend to the public reading of scripture, to preaching, to teaching (1 Timothy 4:13).
- Do your best to present yourself to God as one approved, a workman who has no need to be ashamed (2 Timothy 2:15).

Suggest that your children enroll in a Bible correspondence course. See also in this book: Backsliding, Sin, Family Problems. See list on page 5.

“OUR CHILDREN ARE NOT FAITHFUL CHRISTIANS.”

HOW TO HELP:

1. Listen with love to the parents who may be grieving over the way of life their children live.
2. If the children no longer live at home with the parents, continuing prayer for the grown-up children may be the best things to do. Also, suggest that a time together with these older children be arranged. Then, the parents may patiently and humbly share with their children what God is teaching them from the Bible. (See Scriptures on the following page.)
3. If the children still live at home with the parents, suggest the following:
 - A. Take much time to be with your children and to know their needs and problems.
 - B. Look for opportunities every day to show God's love and your love to your children.
 - C. Develop faithful habits of church attendance, Bible study and prayer together.
 - D. Maintain a closeness with your children so you can bring them closer to Christ.
 - E. Remove the obstacles in your family which may be preventing Christian growth.
 - F. Develop patience and trust.
 - G. Be sure that your children have really accepted Christ as Saviour and Lord. If any of them have not, use the suggested plan given in this book under “My husband and son are not Christians.”
4. Pray for opportunities to share God's Word together as given on the following page.

5. *Ask questions wisely.* To assist a person with his problem, you must know the *facts* about the difficulty. You should also try to understand the *feeling* behind the facts. So, listen carefully to the full details of the answers to questions such as the following:

- A) What do you really think *the problem* is?
- B) How do you *feel* about this situation?
- C) What have you *done* about it?
- D) What else do you think *should be done*?

E) What do you think *God* wants done about it?

6. *Re-state the problem.* Briefly summarize the situation as you now understand it. Use some of the same words which were used by the person with the problem. This summary of what you have heard gives an opportunity to clear up any mistakes in facts or feelings. It avoids the possibility of trying to solve a situation which you do not understand. You have now examined the event, learned much about what caused it, and what feelings exist about the problem.

7. *Start correcting inaccurate thoughts.* Point out that many difficulties in life are caused by **WRONG THINKING**. Often the real problem is not so much what happens to us, but how we think and feel about ourselves in the situation. Faulty thinking is at the root of many difficulties. Therefore, help the person who has unsolved problems to substitute more accurate thoughts for incorrect thoughts.

For example, Mrs. Matheu felt frustrated and depressed. She went to talk with Pastor Timothy's wife, Grace.

Mrs. Matheu: “Oh, I am so stupid. I never do anything right. How awful I am!”

Grace: “Wait now, please tell me what has happened.”

Mrs. Matheu: (She takes about ten minutes explaining her situation, and answering questions from Grace.)

Grace: “Let me briefly re-state what you seem to be telling me.” (After that summary, Grace continues:) “Now, let's try to correct some of those feelings you have about yourself. I don't find you stupid at all, as you suggested. You are not doing everything wrong, so let's have a careful look at some of the incorrect things you are telling yourself.”

8. *Emphasize the search for a solution.* The main two purposes in talking about problems are: 1) To minister to human growth in the Christian life, and 2) to help persons find solutions to their problems. This book takes the position that troubled people desire SOLUTIONS. Of course, you are not to give quick advice nor simple solutions for every problem. But the main goal toward which you and the troubled person work is: A SOLUTION. A solution involves change: change in thinking and action.

9. *Use selected Scriptures.* The correct use of God's Word moves people toward satisfactory solutions. Do not just read from the Bible without having listened to the person. Remember the above eight principles. You are now ready to begin the use of selected Scriptures as given in this book. The Word of God is a powerful Word. God is able to set the troubled person free. This book is arranged to help you use the Bible with care, accuracy and confidence. After reading and explaining several Scriptures, pray for God's Spirit to aid the person in discovering God's solution to his need.

10. *Set a time to meet again.* It may help to meet with the individual or family after about one week for further discussion. Assure the person that you will be praying that God will continue working in his life to help him solve the problem.

What the Bible says about SALVATION:

Read and explain these points and Scriptures to a person who needs salvation. Find the verses in your Bible.

1. *God gave us life and many blessings.*

God created man in his own image...male and female he created them (Genesis 1:27).

Every perfect gift is from above, coming down from the Father (James 1:17).

2. *God's greatest gift to us is his Son Jesus.*

In many and various ways God spoke of old to our fathers by the prophets, but in these last days he has spoken to us by a Son (Hebrews 1:1-2).

God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life (John 3:16).

3. *You can accept God's gift now by repenting and believing in Jesus.*

If we confess our sins, he is faithful and just, and will forgive our sins and cleanse us from all unrighteousness (1 John 1:9).

Believe in the Lord Jesus, and you will be saved, you and your household (Acts 16:31).

After the above are done, it may be good to pray a short prayer to receive Christ, such as: "Dear Jesus, I need you. I want you. Forgive me of all sin. I accept you by faith. Thank you for coming into my life. Amen." Or allow him to pray as he wishes.

After prayer, say: "Now that you are a new Christian, it will be good for you to read the Bible, pray and put your life into the church." Continue to share with the new believer about each of these matters, answering any questions which may arise.

"MY HUSBAND AND SON ARE NOT CHRISTIANS."

1. Agree that a Christian wife does have a big responsibility in the salvation of her family.
2. Point out, however, that a wife must respect even her non-Christian husband. She needs also to be patient in her witness. Showing patient Christian love is essential in winning a husband or child to Christ.
3. Explain that both a Christ-like life and a spoken witness for Christ are necessary. A pure, gentle, sweet life, together with the spoken witness, will usually win a family to faith in Christ.
4. Point out that knowing what to say and how to say it are things that that can be learned. See the step by step plan of witness given on the next page. (The pastor should also lead short training courses on "How to Witness for Christ.")
5. Another "way to witness" is as follows: the wife can refer to the three stones used with the cooking fire. All three stones are necessary to hold the cooking pot. Likewise, there are three important matters in becoming a Christian: Jesus, the Bible and the church. The wife can then speak of these three important matters in her life.
6. Encourage the wife also to remember the following:
 - A. She may speak of the power of Christ when difficult times occur, such as illness, bad news, death, etc.
 - B. There are times to speak of Christ and times to be silent.
 - C. Speak often to God in silent prayer about the family.
7. Offer your time and witness to seek to win the husband and son to Christ.

DO NOT

1. Do not talk only about problems; speak also about GOD'S SOLUTIONS. Insist on obedience to God, regardless of how one *feels*.
2. Do not overlook the importance of HOPE. With God's Word and God's Spirit, there is always hope for God's people.
3. Do not speak as if you had all the answers. Guide people as *they make their own decisions*.
4. Do not pry into unrevealed secrets.
5. Do not fail to aim for CHANGE in thinking and behaviour.
6. Do not attempt to change that which can not be changed. Learn to accept and to lead others into acceptance.
7. Do not miss key words and important feelings. Be attentive and genuine in your interest.
8. Do not try to win arguments or give advice on all matters. Your love and interest are more important than any advice you give.
9. Do not act unwisely by counselling alone with a person of the opposite sex.
10. Do not fail to give a Christian witness. Seek to bring non-Christians with their problems to Christ as Saviour and Lord. See in this book: "My husband and son are not Christians," page 34.
11. Do not tell anyone else about the problems you are discussing. What is spoken to you in private, must be kept private.
12. Do not become discouraged if you are unable to help everyone.
13. Do not fail to put counselling insight from this book into your preaching and teaching.
14. Do not overlook the importance of classes or small group seminars to instruct your church concerning the Biblical solutions to problems.
15. Do not forget to prepare your own heart daily through prayer.

PART 2 HELPING PEOPLE WHO HURT

Here are step by step ways to counsel people who have problems.

"I AM VERY ANGRY."

HOW TO HELP:

1. Assist the person who is angry to understand his anger. He has probably taken offense because of what someone has said or done to him.
2. Explain to the angry person that anger can destroy his happiness. Anger is like a raging fire. It is like poison.
3. Tell him that anger is usually caused by: A) living under pressure, or B) wanting something very intently, or C) hurt feelings, or D) our fears and our pride.
4. Read now with the angry person the Bible verses on the opposite page. After reading the verses, continue with the suggestions on this page. Quarrels and disputes need to be settled quickly.
5. Tell him that God can provide solutions to the problems which caused the anger. Pushing anger down within oneself is not good. Instead, anger must be handled God's way.
6. Point out that God's way is TO FORGIVE THE OTHER PERSON. This is what Jesus has commanded. We must forgive because of our love for Christ. Forgive because we have been forgiven by God. Forgive as many times as God forgives us.
7. Suggest to the angry person that he go soon to the person with whom he is angry. He should ask to be forgiven; he should forgive. He can win back his brother or sister. This is done by *giving* of himself and his time so that a new relationship - without anger - is built.

What God's Word says about WITCHCRAFT and EVIL SPIRITS:

Use these verses, explaining their meaning:

(Jesus said), All authority in heaven and on earth has been given to me (Matthew 28:18).

Whatever you ask in prayer, believe that you receive it, and you will (Mark 11:24).

Submit yourselves therefore to God. Resist the devil and he will flee from you (James 4:7).

He (God's Spirit) who is in you is greater than he who is in the world (1 John 4:4).

Power belongs to God (Psalms 62:11).

He (God) gives power and strength to his people (Psalms 68:35).

Jesus rebuked him (the evil spirit), saying, "Be silent, and come out of him!" And the unclean spirit...came out of him (Mark 1:25-26).

Demons also came out of many, crying, "You are the Son of God" (Luke 4:41).

The seventy returned with joy, saying, "Lord, even the demons are subject to us in your name!" (Luke 10:17).

Jesus said, "Peace I leave with you; my peace I give to you.... Let not your hearts be troubled, neither let them be afraid" (John 14:27).

God did not give us a spirit of timidity, but a spirit of power and love and self-control (2 Timothy 1:7).

Read these Scriptures also:

Philippians 4:6-7

Psalms 54:1-7

2 Corinthians 4:7-10

Hebrews 13:6

Galatians 5:1

Ephesians 6:10-18

See also in this book: Fear, Satan, Sickness.

"OUR SON SPEAKS NONSENSE - IS HE BEWITCHED?"

HOW TO HELP:

1. Accept the fact that witchcraft causes great fear. Witches are believed to cause many kinds of trouble: chronic illness, mental disorders, barrenness, birth defects and death of cattle and people. Anything which is *believed to be real* must be treated as real.
2. Listen with sympathy to people who are troubled about witchcraft. Even Christians may believe that other people can harm them by evil magic.
3. Tell the parents of the son who is speaking nonsense that there are Christian solutions to most problems. Three things can be considered:
 - 1) Request Christians to pray very much for their son, 2) Take him to a good doctor, 3) Bring the son to you for help.
4. If the young man comes to you, do the following:
 - A. Listen as he tells of his trouble if he will talk. Try to find out if he is a true believer in Christ.
 - B. Tell him of God's power over Satan.
 - C. Read and explain the Scriptures on the next page.
 - D. Call upon God in prayer to defeat Satan. Pray that the power of Christ will give total victory.
 - E. Continue in prayer to thank God for victory.
5. Offer continuing support for the son and his parents. A person who is emptied of the fear of witchcraft needs to be filled with God's Spirit, God's power and God's Word. Show the family ways by which this can be done.
6. Set a date and place to meet and talk with these people again.

What God says about ANGER:

Use these verses when discussing anger. Read the verses and explain briefly their meaning.

- Be not quick to anger, for anger lodges in the bosom of fools (Ecclesiastes 7:9).
- A soft answer turns away wrath, but a harsh word stirs up anger (Proverbs 15:1).
- He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city (Proverbs 16:32).
- You have heard that it was said to the men of old, "You shall not kill; and whoever kills shall be liable to judgment." But I say to you that every one who is angry with his brother shall be liable to judgment; whoever insults his brother shall be liable to the council, and whoever says, "You fool!" shall be liable to the hell of fire (Matthew 5:21-22).
- A new commandment I give to you, that you love one another; even as I have loved you, that you also love one another. By this all men will know that you are my disciples, if you have love for one another (John 13:34-35).
- Know this, my beloved brethren. Let every man be quick to hear, slow to speak, slow to anger, for the anger of man does not work the righteousness of God (James 1:19).
- Create in me a clean heart, O God, and put a new and right spirit within me (Psalms 51:10).

Some other Scriptures to read are:

- Matthew 5:38-41
- Matthew 5:43-44
- Matthew 6:14-15
- Matthew 18:21-22
- 1 Thessalonians 5:15
- 1 John 4:7-8

See also in this book: Bitterness and Crisis. See list on page 5.

"I AM SICK."

HOW TO HELP:

1. Seek to bring courage, hope and joy to the person who is sick. He needs the strength which faith and hope can give. His pain and fear may be almost more than he can bear. So, bring the message of God's healing power and love.
2. Help the sick person to see that sickness may have a beneficial purpose. God may use the illness to teach patience or to teach gratitude for health.
3. Be sure medical help is sought if it is needed. Doctors and good medicine have brought health to many sick people. The knowledge that doctors have is a gift from God. To use medicine is to use one of God's gifts to us.
4. Remind everyone that Christians must not go to witchdoctors for help. This is a serious temptation for some people. But God has all power, and it is a sin to turn to witchcraft.
5. Offer those who are sick an opportunity to confess their sins. Some who are ill have bitterness against God. Others have a complaining attitude or some other unconfessed sin. Confession often aids healing.
6. Help the sick person, if he is unsaved, to believe in Christ as Lord and Saviour.
7. Pray for the sick person. Your prayer should be both an expression of faith in God and a guide for the sick. Relate your prayer to their needs, for there is power in prayer.
8. Seek strength from God through Bible reading. Leave a tract or list of Scriptures to be read *daily* in the home.
9. Be sure that the elders or some women of the church know of the sick person's needs. Christians should minister to the ill.

What God says to people desiring MARRIAGE:

Read and explain these Scriptures to persons planning marriage:

- God said, "It is not good that the man should be alone; I will make him a helper fit for him" (Genesis 2:18).
- He who finds a wife finds a good thing, and obtains favour from the Lord (Proverbs 18:22).
- Let marriage be held in honour among all (Hebrews 13:4).
- Husbands, live considerably with your wives, bestowing honour on the woman (1 Peter 3:7).
- Wives, be subject to your husbands, as to the Lord. For the husband is head of the wife as Christ is the head of the church and gave himself up for her (Ephesians 5:22-23,25).
- A good wife, who can find?
She is far more precious than jewels.
The heart of her husband trusts in her....
She does him good, and not harm,
All the days of her life.
Strength and dignity are her clothing....
She opens her mouth with wisdom (Proverbs 31:10-12; 25-26).
- Entreat me not to leave you,...for where you go I will go. And where you lodge I will lodge; your people shall be my people, and your God my God (Ruth 1:16).
- Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, endures all things (1 Corinthians 13:4-7).

See also in this book: Children, Adultery, Sex, Polygamy and Anxiety.
See list on page 5.

“WE WANT TO GET MARRIED.”

HOW TO HELP:

1. Begin by telling the couple that you will discuss the wedding ceremony later. Your first responsibility is to counsel the couple concerning the principles of Christian marriage.
2. Inquire sufficiently to determine if the couple seem ready and qualified for marriage. There may be problems such as parental disapproval, unresolved divorce issues or unusual differences in religion, age, etc. Therefore, if such problems cannot be settled, you may desire not to conduct the wedding.
3. Discuss the following matters with the couple:
 - A. Marriage is in God's plan.
 - B. Ways to make marriage happy.
 - C. Ways to solve problems in marriage.
 - D. Marriage based on Christian love.
 - E. Sex in marriage.
 - F. Responsibilities of parents for children.
 - G. Use of money in marriage.
 - H. Plan for family prayer-time at home.
 - I. Importance of continuing to be active in church.

(If you, as a church leader, need help in any of the above matters, buy and read *Christian Family Living*. Write to: Evangel Press, Box 28963, Nairobi, Kenya. It is available in English, French and several African languages.)

4. Request the couple to read a small book on Christian family life. (For example, give them *Everyday Life*, available free in English, French and many African languages. Write to: Scripture Gift Mission, Eccleston Street, London SW1W 9LZ)

5. Set another date to talk with the couple about any matters remaining from the above subjects. At that time you and the couple may plan the wedding ceremony.

What God's Word teaches about SICKNESS AND PAIN:

Read and explain these Scriptures:

- Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God (2 Corinthians 1:3-4).
- My grace is sufficient for you, for my power is made perfect in weakness (2 Corinthians 12:9).
- I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us (Romans 8:18).
- O Lord my God, I cried to thee for help, and thou hast healed me (Psalms 30:2).
- Now when the sun was setting, all those who had any that were sick with various diseases brought them to him, and he laid his hands on every one of them and healed them (Luke 4:40).
- He gives power to the faint, and to him who has not might he increases strength (Isaiah 40:29).
- Heal me, O Lord, and I shall be healed; save me, and I shall be saved; for thou art my praise (Jeremiah 17:14).
- (Jesus said) "I came that they may have life, and have it abundantly" (John 10:10).

Other verses to be read are:

Psalms 32:1-4
 Psalms 38:15-18
 Psalms 119:67, 71
 Isaiah 40:31
 2 Corinthians 1:6-7
 James 5:13-16

See also: Anxiety, Depression and Fear. See list on page 5.

"I AM NOT HAPPY."

HOW TO HELP:

1. Listen carefully to the person. An unhappy person usually feels lonely, gloomy and feels that things are rather hopeless. Show your love by being present when an unhappy person needs you.
2. Speak to the unhappy person about hope. The Bible has solutions to our problems. Christ really *is* the answer, and there is hope for all problems.
3. Advise the unhappy person to continue his work or household chores. Stopping one's work may simply make the problem worse.
4. Help him to think about other people and to do things for others. Unhappy people spend much time thinking only about their own problems.
5. Suggest that this unhappiness might be the result of sin. Unhappiness is a signal that something is not right. The unhappy person may need to confess and repent of hidden sin. He may be angry with himself, with other people and angry with God.
6. Read together now some verses from the Bible. On the following page several helpful Scriptures are given dealing with happiness.
7. Ask him to tell you the things that make him happy. He may need time to consider this. Encourage him to recall any happy experience of the last week or two.
8. Pray with him if possible. Pray a prayer of thanks for the love of God which forgives all sins. Thank God for his power which can solve problems.
9. Set a date and time for him to meet with you again soon.

Help from the Bible for DRUNKENNESS:

Explain carefully these verses of Scripture when helping people with the problem of alcohol.

- Do not be deceived: "Bad company ruins good morals." Come to your right mind, and sin no more (1 Corinthians 15:33-34).
- And do not get drunk with wine, for that is debauchery; but be filled with the Spirit (Ephesians 5:18).
- Who has woe? Who has sorrow? Who has strife? Who has complaining? Who has wounds without cause? Who has redness of eyes? Those who tarry long over wine, those who go to try mixed wine (Proverbs 23:29-30).
- Wine is a mocker, strong drink a brawler; and whoever is led astray by it is not wise (Proverbs 20:1).
- Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved (Psalms 55:22).
- Finally, brethren, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things (Philippians 4:8).
- The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is thy faithfulness. "The Lord is my portion," says my soul, "therefore I will hope in him." The Lord is good to those who wait for him, to the soul that seeks him (Lamentations 3:22-25).
- I have learned the secret of facing plenty and hunger, abundance and want. I can do all things in him who strengthens me (Philippians 4:12-13).

See also in this book: "I have strong unchristian desires," "My husband and son are not Christians" and "I have committed a serious sin." Also see: Anxiety, Crisis and Depression. See list on page 5.

“MY HUSBAND DRINKS VERY MUCH.”

HOW TO HELP:

1. Recognize that his problem seems hopeless. Alcohol is a habit-forming drug which ruins millions of lives. However, *there is hope*.
2. Take one step at a time until the problem is finally overcome. Explain the importance of living one day at a time.
3. Explain why heavy drinking occurs: friends who drink, unhappy home life, fears, failures and addiction to the drug of alcohol.
4. The alcoholic responds more to kindness, understanding and firmness than he does to scolding and threats. Condemning the fault is useless; guidance in overcoming the habit is needed.
5. Arrange to talk personally with the alcoholic. Help him understand and admit his serious drinking problem. Assist him in seeing the tragic results in his body and in his family if his drinking continues.
6. Introduce the alcoholic to the power of God. The gospel of Christ has rescued thousands of alcoholics - even when everything else had failed.
7. Try to lead the alcoholic to full salvation in Christ. See pages 36 & 37 for suggestions. Conversion to Christ can bring emotional and spiritual health.
8. Teach the alcoholic how to receive God's power daily. Encourage regular morning and evening Bible reading and prayer.
9. Help him to find a new set of non-drinking friends. He could be greatly helped by one or more Christian friends who themselves have overcome alcoholism

What the Bible says about HAPPINESS:

Read and explain these Scriptures to the person who is unhappy.

- Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help and my God (Psalms 42:5-6).
- (Jesus said) “Come to me, all who labour and are heavy laden, and I will give you rest” (Matthew 11:28).
- Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God (Philippians 4:6).
- We have peace with God through our Lord Jesus Christ (Romans 5:1).
- May the God of hope fill you with all joy and peace in believing (Romans 15:13).
- I have learned, in whatever state I am, to be content (Philippians 4:11).
- God will supply every need of yours according to his riches in glory in Christ Jesus (Philippians 4:19).
- Hitherto you have asked nothing in my name; ask, and you will receive, that your joy may be full (John 16:24).
- Restore to me the joy of thy salvation, and uphold me with a willing spirit (Psalms 51:12).

Other Scriptures which should be read are:

John 15:10-11
 Matthew 5:12
 1 Thessalonians 5:16-18
 Psalms 51:1-2
 James 4:8
 John 16:32-33
 Psalms 103:1-5
 Psalms 102:1-2

See also in this book: Depression and other related problems. See list on page 5.

“OUR MARRIAGE IS A FAILURE.”

HOW TO HELP:

1. Recognize that you alone cannot totally solve marriage problems. Your aim is to help both husband and wife solve their problems for *themselves*.
2. Try to calm the emotions so you can find out how and why the conflict has occurred.
3. Make every effort to see both the husband and wife together. Help each of them to realize that they *both* contribute to the conflict.
4. Help the couple to identify the *real* problems in their relationship.
5. Hear the problems without taking the side of either the husband or wife.
6. Offer suggestions to help the couple deal with day-to-day tensions. For example, suggest that each person do two or three deeds for the other person every day.
7. Help the husband and wife to set small daily goals. These goals are aimed at improving a couple's way of behaving toward each other.
8. Instruct them to pray for each other and even to pray with each other if they are Christians.
9. Be willing to give *time* in re-building a marriage. Encourage the couple to talk with you several more times. Work with them toward the goal of their relating well to each other in order to achieve a happy marriage.
10. Do not discuss marriage problems with anyone except the persons concerned.

What the Bible says about POVERTY:

A careful explanation of these Scriptures may be helpful when dealing with poor and needy people.

- For the needy shall not always be forgotten, and the hope of the poor shall not perish forever (Psalms 9:18).
- As for me, I am poor and needy; but the Lord takes thought for me. Thou art my help and my deliverer; do not tarry, O my God! (Psalms 40:17).
- A good name is to be chosen rather than great riches, and favour is better than silver and gold (Proverbs 22:1).
- When the poor and needy seek water, and there is none, and their tongue is parched with thirst, I the Lord will answer them, I the God of Israel will not forsake them (Isaiah 41:17).
- Blessed are you poor, for yours is the kingdom of God. Blessed are you that hunger now, for you shall be satisfied. Blessed are you that weep now, for you shall laugh (Luke 6:20-21).
- The Lord does not let the righteous go hungry, but he thwarts the craving of the wicked. A slack hand causes poverty, but the hand of the diligent makes rich (Proverbs 10:3-4).
- So we built the wall; and all the wall was joined together to half its height. For the people had a mind to work (Nehemiah 4:6).
- Aspire to live quietly, to mind your own affairs, and to work with your hands (1 Thessalonians 4:11).
- If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him (Matthew 7:11).

See also in this book: Unemployed and Depression. See list on page 5.

“WE NEED FOOD AND MONEY.”

HOW TO HELP:

1. Try to discover exactly how seriously they need food and money. Some persons who claim this problem are not truly needy.
2. On the other hand, real poverty is painful. So, you must listen carefully to those persons who come for assistance.
3. Some churches prefer to have special benevolence committee which considers each request. They decide who really needs help. The committee may use special church funds or food collected for the poor. It may also be possible to provide a temporary work opportunity.
4. You, as a church leader, may further help by guiding toward an understanding of the *causes* of poverty. This may be an opportunity to teach briefly about hard work and the careful use of whatever money one has.
5. The underlying cause of poverty may be an injurious habit such as drinking. In such a case, follow the suggestions given elsewhere in this book. (Example, see: “My husband drinks...” page 30.
6. Inquire as to how the family views the need. Often relatives can help when they understand the problem.
7. If hunger is widespread, such as following a drought or flood, you may need to act toward getting government or mission aid.
8. Your church should cooperate with community or government projects aimed at hunger prevention. This may be nutritional food growing, water or grain storage, cash crops, handicrafts, etc.
9. You, yourself, should inquire among the church members to find out if any employment can be provided for the needy person.

What the Bible says about MARRIAGE:

Use the verses when helping persons who are having problems in their marriage.

- Let all bitterness and wrath and anger and clamour and slander be put away from you, with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you (Ephesians 4:31-32).
- Do nothing from selfishness or conceit, but in humility count others better than yourselves. Let each of you look not only to his own interests, but also to the interests of others (Philippians 2:3-4).
- Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, endures all things (1 Corinthians 13:4-7).
- Wives, be subject to your husbands, as is fitting in the Lord. Husbands, love your wives, and do not be harsh with them (Colossians 3:18-19).
- Let marriage be held in honour among all, and let the marriage bed be undefiled; for God will judge the immoral and adulterous (Hebrews 13:4).
- Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body (1 Corinthians 6:19-20).

Other Scriptures to be read are:

Proverbs 5:1-4; 15-20
Ruth 1:16
Ephesians 5:22-24
Psalms 18:22
Hebrews 12:4-7
1 Peter 3:1-6

See also in this book: Adultery, Bitterness and Children. See list on page 5.

“I HAVE COMMITTED A SERIOUS SIN.”

HOW TO HELP:

1. Begin by stating that God is ready to forgive sin. You can be completely cleansed of sin and guilt. However, it is necessary first to understand more about sin and its results.
2. Inquire as to the nature of the sins or mistakes which are causing the worry and guilt feelings. Attempt to discover the heart of the problem. Find out how the person feels about his or her sins.
3. Point out that knowing we have done wrong is the first step in overcoming sin. To admit that we are guilty and unclean opens the door for God's grace.
4. If the person who feels guilty is not a Christian, lead him to accept Christ as Saviour. When sin is the problem, salvation from that sin is the solution. (How to lead someone to become a Christian is explained in another part of this book. See page 36).
5. For Christians, the following five steps are important in overcoming sin and guilt:
 - A. Confess. Read 1 John 1:9. Confession is God's answer. Guilt is God's way of saying, "You have sinned." Confession is our way of saying, "I agree; I have sinned." Lead the person to confess his sin to God in prayer.
 - B. Accept God's forgiveness. Read Ephesians 1:7. God's grace is far bigger than your sin.
 - C. Put right your sin with whomever you have sinned against. Read Matthew 18:15-16.
 - D. Forget it. Read Philippians 3:13. Forgive yourself just as God has already forgiven you.
 - E. Move on. Read Philippians 3:14. Move on by praising God for his cleansing and peace. Move on by becoming busy in service of other people.
6. Remind the person with the sin and guilt problem that these above five steps are to be followed regarding any future sins, failures or mistakes.

What the Bible says about DESIRES and HABITS:

- Truly God is good to the upright, to those who are pure in heart. But as for me, my feet had almost stumbled, my steps had well nigh slipped (Psalms 73:1-2).
- I was stupid and ignorant, I was like a beast toward thee. Nevertheless I am continually with thee; thou dost hold my right hand. Thou dost guide me with thy counsel, and afterward thou wilt receive me to glory. Whom have I in heaven but thee? And there is nothing upon earth that I desire besides thee. My flesh and my heart fail, but God is the strength of my heart and my portion forever (Psalms 73:22-26).
- No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your strength, but with the temptation will also provide the way of escape, that you may be able to endure it (1 Corinthians 10:13).
- Do not be deceived; God is not mocked, for whatever a man sows, that he will also reap. For he who sows to his own flesh will from the flesh reap corruption; but he who sows to the Spirit will from the Spirit reap eternal life (Galatians 6:7-8).
- Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things (Philippians 4:6-9).
- Do not love the world or the things in the world. If any one loves the world, love for the Father is not in him. For all that is in the world, the lust of the flesh and the lust of the eyes and the pride of life, is not of the Father but is of the world (1 John 2:15-16).

“I HAVE STRONG UNCHRISTIAN DESIRES.”

HOW TO HELP:

1. Explain that desires, both good and bad, are common to all people. Everyone has desire for food, love, sex, sleep, etc. Problems come when desire gets out of control.
2. Inquire as to which specific desires are causing trouble. Is it lust, or desire for money? Has desire caused an injurious habit to develop?
3. After learning which unchristian desires are causing problems, suggest that the desires be given to God in prayer. He created us, so our minds and bodies belong to him. The Spirit of God can help us get our desires under control.
4. Read together these three Scriptures: Colossians 1:16; Romans 6:13; 1 Corinthians 6:12-20. Take time to explain the meaning of these verses.
5. Set up a plan of Scripture meditation. This can bring our thoughts in line with God's Word. Memorizing special verses, such as those on the following page, gives strength when troubled with unchristian desires.
6. Set a date as a goal for freedom from the problem. With both God's help and determination, freedom can usually be gained within a few weeks or months.
7. Now bring these desires to God in prayer. Encourage the person with the problem to pray frequently each day for full control over his desires.
8. Suggest that these three questions be answered when tempted by unchristian desires:
 - A. Can I do this for the glory of God?
 - B. What should I do instead of this act?
 - C. What would Jesus do?

What God says about SIN and GUILT:

Use these verses to help explain sin, guilt and forgiveness:

- Come now, let us reason together, says the Lord: though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall be like wool (Isaiah 1:18).
- For a brief moment I forsook you, but with great compassion I will gather you. In overflowing wrath for a moment I hid my face from you, but with everlasting love I will have compassion on you, says the Lord, your Redeemer (Isaiah 54:7-8).
- Let us then cast off the works of darkness and put on the armour of light; let us conduct ourselves becomingly as in the day, not in revelling and drunkenness, not in debauchery and licentiousness, not in quarrelling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires (Romans 13:12-14).
- For from within, out of the heart of man, come evil thoughts, fornication, theft, murder, adultery, coveting, wickedness, deceit, licentiousness, envy, slander, pride, foolishness. All these evil things come from within, and they defile a man (Mark 7:21-23).
- Repent therefore and turn again, that your sins may be blotted out, that times of refreshing may come from the presence of the Lord (Acts 3:19).
- But God shows his love for us in that while we were yet sinners Christ died for us (Romans 5:8).
- “I, I am He who blots out your transgressions for my own sake, and I will not remember your sins” (Isaiah 43:25).

“OUR DAUGHTER IS PREGNANT - BUT NOT MARRIED.”

HOW TO HELP:

1. Pregnancy, with no intention of marriage, is a frequent and difficult problem. The family of the pregnant, unmarried girl may be very angry and frustrated.
2. Gather the facts about the situation by listening carefully. Ask such questions as: What has happened so far? What has been done toward a solution?
3. Try to give hope. This may be done by saying: “God is ready to help you and your daughter.” Read now Psalms 147:3.
4. Advise against abortion. To take the life of the unborn child is not God’s solution.
5. Avoid blaming only the daughter. The father of the unborn child has also sinned. Mistakes have been made by the parents also.
6. Arrange a plan to talk with the daughter soon. An effort should also be made to talk with the father of the unborn child.
7. In talking with the daughter, do not condemn her. Help her to know she has made a serious mistake. She should now accept the results.
8. Encourage the daughter to prepare maturely to become a mother. She should continue to live as normal a life as possible. For example, she probably should continue her education or seek special vocational training. Becoming a prostitute is certainly not God’s desire.
9. Point out that the baby to be born is blameless. He or she should be loved by the mother and family.

What the Bible says about SEX SINS:

- The body is not meant for immorality, but for the Lord (1 Corinthians 6:13).
- Let not sin therefore reign in your mortal bodies, to make you obey their passions. Do not yield your members to sin as instruments of wickedness, but yield yourselves to God (Romans 6:12-13).
- Do not love the world or the things in the world. If any one loves the world, love for the Father is not in him. For all that is in the world, the lust of the flesh and the lust of the eyes and the pride of life, is not of the Father but is of the world. And the world passes away, and the lust of it; but he who does the will of God abides forever (1 John 2:15-17).
- If we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just, and will forgive our sins and cleanse us from all unrighteousness (1 John 1:7-9).
- Cast all your anxieties on him, for he cares about you (1 Peter 5:7).
- I have swept away your transgressions like a cloud, and your sins like mist; return to me, for I have redeemed you (Isaiah 44:22).
- He heals the brokenhearted, and binds up their wounds (Psalms 147:3).

See also in this book: Adultery, Backsliding, Marriage and Sin. See list on page 5.