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## Read Online Welch T Edward Man Of Fear The Codependency Pressure Peer Overcoming Small Is God And Big Are People When

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**KEY=PEOPLE - LACEY ALVAREZ**

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## Summary of Edward T. Welch's When People Are Big and God is Small

*Everest Media LLC* **Please note: This is a companion version & not the original book. Sample Book Insights: #1 The author's life was controlled by other people's opinions. He was always shy and self-conscious, but never considered it a problem until he was nominated for a senior award. Then he felt like a total failure. #2 I had no answers, but the events of the day certainly brought these issues to the front of my mind. I was a Christian, but that didn't help me put up a fight. I still felt self-consciousness, being controlled by the opinions of others, or whatever it was called. #3 I had a conversion experience when I was a seminary student, and I realized that I didn't have to care about the opinions of others. I could simply be aware of God's opinion of me, which was rooted in the finished work of Jesus. #4 I thought my treatment was working, until I got married. Then I realized that I was still being ruled by the opinions of others. I wasn't feeling fine, but I wasn't motivated to investigate further.**

## Themelios, Volume 35, Issue 2

*Wipf and Stock Publishers* Themelios is an international, evangelical, peer-reviewed theological journal that expounds and defends the historic Christian faith. Themelios is published three times a year online at The Gospel Coalition (<http://thegospelcoalition.org/themelios/>) and in print by Wipf and Stock. Its primary audience is theological students and pastors, though scholars read it as well. Themelios began in 1975 and was operated by RTSF/UCCF in the UK, and it became a digital journal operated by The Gospel Coalition in 2008. The editorial team draws participants from across the globe as editors, essayists, and reviewers. General Editor: D. A. Carson, Trinity Evangelical Divinity School Managing Editor: Brian Tabb, Bethlehem College and Seminary Consulting Editor: Michael J. Ovey, Oak Hill Theological College Administrator: Andrew David Naselli, Bethlehem College and Seminary Book Review Editors: Jerry Hwang, Singapore Bible College; Alan Thompson, Sydney Missionary & Bible College; Nathan A. Finn, Southeastern Baptist Theological Seminary; Hans Madueme, Covenant College; Dane Ortlund, Crossway; Jason Sexton, Golden Gate Baptist Seminary Editorial Board: Gerald Bray, Beeson Divinity School Lee Gatiss, Wales Evangelical School of Theology Paul Helseth, University of Northwestern, St. Paul Paul House, Beeson Divinity School Ken Magnuson, The Southern Baptist Theological Seminary Jonathan Pennington, The Southern Baptist Theological Seminary James Robson, Wycliffe Hall Mark D. Thompson, Moore Theological College Paul Williamson, Moore Theological College Stephen Witmer, Pepperell Christian Fellowship Robert Yarbrough, Covenant Seminary

## Lies Women Believe

## And the Truth that Sets Them Free

*Moody Publishers* Counter the lies that keep you from abundant living. Satan is the master deceiver and his lies are endless. And the lies Christian women believe are at the root of most of their struggles. "Many women live under a cloud of personal guilt and condemnation," says Nancy DeMoss Wolgemuth. "Many are in bondage to their past. Others are gripped by fear of rejection and a longing for approval. Still others are emotional prisoners." In best selling Lies Women Believe, Nancy exposes those areas of deception most commonly believed by Christian women—lies about God, sin, priorities, marriage and family, emotions, and more. She then sheds light on how we can be delivered from bondage and set free to walk in God's grace, forgiveness, and abundant life. Nancy offers the most effective weapon to ounter and overcome Satan's deceptions: God's truth!

## 21 Day Inner Healing Journey

## A Personal Guide to Healing Past Hurts and Becoming Emotionally Healthy

*XO Publishing* A step-by-step guide to emotional health that guides you from toxic thoughts, emotional wounds, and bondages from your past into total inner healing. Through 21 daily lessons and personal application exercises, this incredible book helps you transform your life and relationships.

## Lies Women Believe/Companion Guide for Lies Women Believe- 2 book set

*Moody Publishers* This set includes Lies Women Believe and the Lies Women Believe Companion Guide. In Lies Women Believe, bestselling author Nancy DeMoss Wolgemuth exposes those areas of deception most commonly believed by Christian women—lies about God, sin, priorities, marriage and family, emotions, and more. She then sheds light on how we can be delivered from bondage and set free to walk in God's grace, forgiveness, and abundant life. "Many women live under a cloud of personal guilt and condemnation," says DeMoss. "Many are in bondage to their past. Others are gripped by fear of rejection and a longing for approval. Still others are emotional prisoners." Satan is the master deceiver and his lies are endless. And the lies Christian women believe are at the root of most of their struggles. In the Lies Women Believe Companion Guide, DeMoss divides the study into ten sessions for individuals or small groups. Each chapter includes the following features: In a Nutshell: Gives you an overview of the chapter to be studied from Lies Women Believe and reminds you of the lies discussed within that chapter. Exploring the Truth: Offers a daily personal study for you to complete during the course of the week between your small group meetings. Each day's study includes a few pages to read from Lies Women Believe and then questions to answer under the subtitles "Realize," "Reflect," and "Respond." Walking Together in the Truth: Provides questions to be discussed when your small group meets. Now there is a resource that will help you go deeper with the truths from DeMoss's best-selling book Lies Women Believe. These penetrating questions will make you and your friends think and wrestle with the Truth as you search the Bible for answers to tough issues. Truth is not just something to know but something to live out in the laboratory of life as you apply the Word to real-life situations. The Companion Guide for Lies Women Believe is ideal for small groups, Bible Studies, and Sunday school classes.

## Running Scared

### Fear, Worry, and the God of Rest

*New Growth Press* In this faith-bolstering book, best-selling author Edward T. Welch investigates the roots of fear in the human heart and the ramifications of living in the grips of anxiety, worry, and dread. *Running Scared* explores how fear inescapably takes root in all of our lives—and how our race for the good life finds us all too often “running scared.” Welch encourages readers to discover for themselves how the Bible is full of beautiful words of comfort and peace for fearful people. Everyone is afraid of something, and Welch guides readers to see how Jesus enters in to fear. Within thirty topical meditations, Welch offers sound biblical theology, gospel answers, and moment-by-moment, thoughtful encouragement for those in a heart and mind battlefield of rampant, panic-stricken fear. This comprehensive primer on the topic of fear, worry, and the rest of God will have readers retreating to Scripture for invariable constancy, stalwart care, and robust comfort rather than human independence, control, and self-protectiveness. *Running Scared* affirms that, through Scripture, God speaks directly to our fears, including: Money and possessions People and their judgments Death, pain, suffering, and punishment Welch's lively text provides convincing evidences that humanity's struggle against active and dormant fears are countless. He presents the good news that God provides both the remedy and the cure for this malady in the person of Jesus Christ, the work of the Holy Spirit, and through powerful, life-altering promises in Scripture. Far more than merely another psychology "self-help" guide, *Running Scared* serves as a biblical road map to a life of serenity and security.

## The Single Dad Detour

### Directions for Fathering After Divorce

*Kregel Publications* Conventional wisdom holds that fathers have few parenting skills and that mothers always know best. The single father is often considered a mythical creature, found only in sitcoms as an object of humor or pity. Where does that leave real single dads? Too often, it makes them susceptible to overcompensation or apathy. Tez Brooks knows those feelings all too well. He's traveled that road with his own children after an unexpected divorce. *The Single Dad Detour* is the result of his journey and the lessons he's learned along the way. It's a guidebook for the rocky road of single fatherhood, extending encouragement, confidence, and challenges, using specific examples from dads who've survived parenting and have hope to offer. There are no unreachable requirements for perfect fatherhood here and no twisty theological mysteries—just authentic, down-to-earth wisdom from one dad to another.

## Baptist Bulletin

### Resisting Gossip

### Winning the War of the Wagging Tongue

*CLC Publications* With gossip being so prevalent in our culture, it can be hard to resist listening to and sharing stories about other people's business. But what does God say about gossip? In *Resisting Gossip*, Pastor Matt Mitchell not only outlines the scriptural warnings against gossip, but also demonstrates how the truth of the gospel can deliver believers from this temptation.

## When People Are Big and God Is Small

### Overcoming Peer Pressure, Codependency, and the Fear of Man

*P & R Publishing* Overly concerned about what people think of you? Welch uncovers the spiritual dimension of people-pleasing and points the way through a true knowledge of God, ourselves, and others. - Publisher.

## Help! I Feel Ashamed

*Shepherd Press* A mini-book helping people who are experiencing guilt and shame. Do feelings of shame baffle you or hold you hostage? Shame can overwhelm us, leading to confusion, fear, and desperate behavior. This mini-book uses case studies and practical examples to examine the true causes of shame and present hope through Jesus Christ, the Savior who loves you and can restore you, regardless of your past. Learn to answer shame his way and find victory.

## Strength for the Journey

*Xulon Press* The Reverend Dr. Kenneth Q. James, a native of New York City, is the second son of three children born to the late Earl M. and the late Joan E. James. He is a graduate of Clinton Junior College in Rock Hill, South Carolina; Livingstone College in Salisbury, North Carolina, from which he graduated in 1980 with honors; and Hood Theological Seminary in Salisbury, North Carolina, from which he graduated in 1984. Dr. James earned the Doctor of Ministry degree from Hood Theological Seminary in Salisbury in May, 2006. Entering the Christian ministry in 1975, he was ordained to the ministry by the late Bishop Herbert Bell Shaw, and was ordained an Elder in the A.M.E. Zion Church by the late Bishop Ruben L. Speaks in 1984. Dr. James has served as pastor of Pierce Chapel A.M.E. Zion Church in Clarkton, North Carolina, Blackwell Chapel A.M.E. Zion Church in Jamestown, New York, Bailey Avenue A.M.E. Zion Church in Buffalo, New York (which he organized in 1987), Duryee Memorial A.M.E. Zion Church in Schenectady, New York, and currently, Memorial A.M.E. Zion Church in Rochester, New York. Dr. James is committed to working with youth. He is the Director of Evangelism for the Western New York Annual Conference, and Secretary of the Western New York Annual Conference, and serves as a board member representing the Northeastern Episcopal District on the Bureau of Evangelism of the A.M.E. Zion Church. Dr. James is a member of the Alpha Phi Alpha Fraternity, Inc. He is also Adjunct Assistant Professor of Preaching at Northeastern Seminary at Roberts Wesleyan College in Rochester, New York. He is the author of *The First Yes: Rediscovering the Integrity of the Call to Preach*. He has one son, Frank, and two granddaughters, Ajaya and Ajanae.

## Peacemaking Women

### Biblical Hope for Resolving Conflict

*Baker Books* **Women have a strong desire for relational connections. Relationships between women can be especially enriching, but when conflict arises, they also can be especially damaging. Too many women approach conflict as if they were unbelievers—with gossip, spiteful actions, bitterness, and even hatred. In *Peacemaking Women*, Tara Klena Barthel and Judy Dabler offer a meaningful, lasting message to lead women out of conflict to a state of peace where they can live as representatives of Christ to one another and well as unbelievers. With advice that is firmly rooted in Scripture, the authors bring sound, practical help for women who want to know what the Bible says about conflict resolution and how to achieve peace in their relationships with God, self, and others.**

### A Small Book for the Anxious Heart

### Meditations on Fear, Worry, and Trust

*New Growth Press* **Fear and anxiety are chronic struggles for many people that are only intensifying and increasing. Best-selling author Edward T. Welch shares the comfort and peace of Jesus in fifty brief readings for those who wrestle with fear. *A Small Book for the Anxious Heart* is a small but powerful devotional to remind men and women of the encouraging, beautiful words in Scripture to anxious people. While many books on fear and anxiety exist—promising to help men and women manage their struggles with methods and formulas—this devotional reaches deeper into Scripture, making the Word of God more accessible. Don't put a Band-Aid on your fear and anxiety; rather, learn to bring your fear to Jesus, relying on his Word. Welch has been counseling for over thirty-eight years and is the author of more than a dozen books, including *A Small Book about a Big Problem*, *Running Scared: Fear, Worry and the God of Rest*, *Shame Interrupted*, *When People Are Big and God Is Small*, and many others. Jesus cares for us, and in these readings, Welch invites readers to trust him for today, knowing he goes before us always.**

### When I Am Afraid

### A Step-by-Step Guide Away from Fear and Anxiety

### Fight Your Fears

### Trusting God's Character and Promises When You Are Afraid

*Baker Books* **What are you afraid of? You could probably fill this page with a list of your fears. Fears about the future; fears about your health, job, and family; fears about inadequacy and failure (and maybe success); fears about how much fear itself seems to affect your decisions, plans, and growth in this life. You might even fear what God thinks about your fears. After all, in his Word God commands us not to be afraid hundreds of times. But how is this possible? We're troubled by evil, we're slammed with bad news, and we can't know what tomorrow will bring. How can we learn to trust God and not be afraid? Kristen Wetherell is in the fight with you. She is a fearful fellow traveler on the road of the Christian life, making strides alongside you in this battle. In *Fight Your Fears* she carefully searches 10 of God's great and precious promises, equipping you with the practical tools to overcome the fears and anxious thoughts that are robbing you of your joy. Each chapter ends with Scripture exercises, a memory verse, questions to ponder, and a prayer. Discover truths that will bring peace to your soul as you learn to fear God and nothing else.**

### Growing Downward

### The Path of Christ-Exalting Humility

*Reformation Heritage Books* **Author Nick Thompson recognizes that pride is our worst enemy. If pride is our chief foe, then humility is our chief friend, even though its company may be painful. But spiritual growth is a descent—we must grow downward. Defining humility as “the downward disposition of a Godward self-perception,” Thompson walks us through the practical implications of this definition, leading us to embrace a God-centered perspective on the self. With winsome illustration and warm pastoral instruction, *Growing Downward* shows us that the path of humility, though difficult, is the way to true meaning and fulfillment in Jesus Christ. Table of Contents: Preface Introduction: Toward a Definition of Humility Part One: Existential Humility 1. Dependent Creatures 2. Covenantal Creatures 3. Temporal Creatures Part Two: Ethical Humility 4. Fallen Sinners 5. Delusional Sinners 6. Hopeless Sinners Part Three: Evangelical Humility 7. Represented Believers 8. Foreloved Believers 9. Adopted Believers Part Four: Ecclesiological Humility 10. Devoted Members 11. Imperfect Members 12. Missional Members Part Five: Eschatological Humility 13. Grave-bound Mortals 14. Judgment-bound Mortals 15. Eternity-bound Mortals**

### Burdens Do a Body Good

### Meeting Life's Challenges with Strength (and Soul)

*Hendrickson Publishers* **Are you dealing with heavy challenges in your life? Here are some "weight-bearing" exercises for a healthy body and soul! Lifestyle coach Howe and orthopedic surgeon Foetisch offer you inspirational wisdom and sound medical tips to help you deal with loss, parenting issues, financial setbacks, illness, and more. A practical guide for contemporary women! 133 pages, softcover from Hendrickson.**

### Developments in Biblical Counseling

*Reformation Heritage Books* **Are you looking for a brief introduction to what the biblical counseling movement is and how it has changed over the years? In *Developments in Biblical Counseling*, J. Cameron Fraser turns a journalistic eye to this question and presents a concise assessment. Introducing us to the formative work of Jay Adams, Fraser outlines several themes of biblical counseling that became foundational for the movement as a whole and observes how the movement received criticisms from outside and made necessary**

developments from within. He points out that some of these developments have an affinity with Puritan approaches to counseling that Adams rejects but may point in a more consistently biblical direction. Table of Contents: 1. Some Foundational Views of Nouthetic Counseling 2. Some Criticisms of Nouthetic Counseling 3. Some Developments in Biblical Counseling 4. Biblical and Puritan Counseling

## Drama Free

### Finding Peace When Emotions Overwhelm You

*Harvest House Publishers* "All the World's a Stage"—What Part Will You Play? You know what drama is...in your circle of friends, your workplace, your extended family, and in the unexpected circumstances of life. But has it gotten to be too much? Truth is, we've all been both actor and audience when it comes to life's dramas. But here's another truth: You don't have to let it sweep you away. Discover a biblical script for a more peaceful life as you learn how to... dial down the drama in your own life respond appropriately to situations that would otherwise escalate incorporate "scene changes" to eliminate inevitable drama view high-maintenance individuals through the eyes of Christ become an anchor in the storms that swirl around you The world may be a stage—but you can find freedom from the drama.

### Will Medicine Stop the Pain?

### Finding God's Healing for Depression, Anxiety, and other Troubling Emotions

*Moody Publishers* Twice as many women as men will experience depression sometime in their lifetime, and episodes for women are likely to start at earlier ages, last longer, and recur more frequently, according to the American Academy of Family Physicians. Many women are given medication to treat the disease, but medication alone does not always address the underlying emotions which trouble the mind and spirit. Counselor Elyse Fitzpatrick and Dr. Laura Hendrickson provide biblical guidance on how to balance medical intervention with biblical encouragement.

### Help I'M Cheating on God

*Xlibris Corporation*

### Rusty Dearest

### A great love story forged by the great war

*Xlibris Corporation* This is a story of my father who went to war as a soldier. Years after he passed away of cancer, our mother passed on to join him. We found among countless family mementos, most of them worthless a nondescript cardboard box filled with hundreds of letters he had written to her from the battlefields of France and Germany. His letters were very clear that in his time of need, a trial of terror fueled by Nazi bombs, she had been his salvation. She and their baby son gave him the reason he needed to stay alive. There in ink and sometimes pencil, he told her again and again of his dreams for the future while he lived each day in a world of foxholes and nerve shattering explosions, where each day death came to call. For him and every other soldier on either side, tomorrow was one day closer to the end, whatever that might be. In his letters he told her again and again she was the greatest love he could ever know. "Rusty Dearest" is their story.

### Who Needs a Friend When You Can Make a Disciple?

*Shepherd Press* If believers are not careful, church can be reduced to a mere social club. Barbara and Gina demonstrate how to find a cherished friendship through the process of discipleship. They have often observed, when women come to a new church, they seem to be on an endless search to "find a friend" so they can "feel" a part or "feel" connected. Often this leaves them discontent in their search. A more biblical and satisfying way is by developing discipleship relationships in the body of Christ. *Who Needs a Friend When You Can Make a Disciple?* defines and highlights some practical "how-tos" to help women implement biblical ways to practice and sustain discipleship relationships. Barbara and Gina's aim in sharing their personal story is to show women the impact discipleship can have on their spiritual growth as they find a cherished friend.

### Shame Interrupted

### How God Lifts the Pain of Worthlessness and Rejection

*New Growth Press* In *Shame Interrupted*, bestselling author Edward T. Welch empowers readers to live in light of the gospel of God's grace, which breaks the lingering power of shame. Providing immediate application to every reader's spiritual journey, Welch's book guides men and women to seek freedom from the shame of their own relational and sexual brokenness. Shame controls far too many of us, and the Bible addresses the issue of shame from start to finish. *Shame Interrupted* reminds readers that God cares for the shamed, and that through Jesus, they are covered, adopted, cleansed, and healed. *Shame Interrupted* creates a safe place to deal with shame, shining a light on the dynamics of sin and how it is overcome through the power of Christ. By identifying with our shame on the cross, Jesus gives believers freedom from the paralyzing effects of sin and shame. As someone who is familiar with the effects and crushing weight of shame—and the overwhelming freedom found in Christ—Welch invites readers to find confidence in the cleansing work of Christ in this raw and brutally honest book. By examining the depths of the human heart, Welch has made accessible invaluable tools for counseling, soul care, and pastoral work. *Shame Interrupted* dwells on hope and healing, providing gospel answers to difficult questions.

### From Sin to Disease

## The Medicalization of Addiction and Its Influence on How The Southern Baptist Convention Approaches Ministering to Those Who Struggle with Mind Altering Substances

*Wipf and Stock Publishers* Since Benjamin Rush first introduced the disease of wills as the cause of alcoholism, a steady and slow infiltration of the disease model has infected how the church treats those who struggle with addictions. The first organization that truly sought to remove the soul care of addicts from the church was Alcoholics Anonymous (AA), through their bestselling *The Big Book of AA* and the introduction of the 12 Steps. AA's influence on how the church confronts addiction still reverberates today, with many of the ministries that address addiction firmly rooted in what can be found in AA literature. Addictions were once viewed as an issue caused by sin and best addressed through faith and prayer. Currently addiction is seen through the lens of disease. The ramifications are consequential as more church members are struggling with addictions than ever before. Tracing the progression of addiction from sin to disease will reveal that the SBC and its churches have been negligent in understanding the underlying foundations of AA and the influence that the medicalization of substance abuse has had on how churches approach what should be classified as a sin issue.

### Themelios, Volume 37, Issue 3

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### Seeing with New Eyes

### Counseling and the Human Condition through the Lens of Scripture

*New Growth Press* Have you ever had the experience of getting angry, upset, or worried about something only later to discover some crucial fact you hadn't known? Or have you ever been delighted with something or someone, and later found out you'd been had? Something you had not taken into account explained everything in a different way. You had no reason at all to be upset or happy. When you began to see more fully, everything changed. *Seeing with New Eyes* is a book about taking into account something that changes everything. The goal of *Seeing with New Eyes* is to help the reader see God in the counseling context. How can we see what he sees, hear what he says, and do what he does? As we grasp this, we will become more thoughtful in understanding people, and more skillful in curing souls.

### Catalog of Copyright Entries

### Third series

### Crushing Codependency and Relational Idolatry

### A Stone's Throw from Freedom

*WestBow Press* After years of living behind walls to hide her guilt and shame, author Mary Lehman describes her journey from shame-based religion to a grace-based relationship with the Three In One. For God to get her attention, it took the death of her husband and the separation from someone with whom she had developed an unhealthy codependent friendship. Because, in the past, Mary had fallen into an inappropriate relationship, she recognized the slippery slope she was on. Amid the months of grief and desperation, she made the decision to never go down that road again. Seeking God, she came to realize He had put her on a path where she could receive His deliverance from codependency and relational idolatry. Since then, Mary has overcome the spiritual abuse, internalized shame, and habits of risk-taking that kept her in bondage for decades; she has renewed her mind with the gospel of grace. As her new identity, she has put on Christ. Now, applying the story of David and Goliath, Mary shares her journey in detail and describes her newfound peace and freedom. This is the narrative of a woman who has found transformation within her faith, escaping the mental and emotional traps that had kept her from healing and joy.

### Relovutionary

### Philosophy for True Human Flourishing

*WestBow Press* "RELOVUTIONARY" clearly demonstrates that Jonny King has something of value to say to the church in these days. I commend his book to you." —Jeff Crosby, Publisher, InterVarsity Press/USA PHILOSOPHY FOR TRUE HUMAN FLOURISHING Each person without exception is desperate for flourishing. Every individual hungers and aches to live an expression of the good life. This compulsion inside is as automatic as it is intuitive. This general human longing reflects a common drive for meaning, and not just for the Christian. Still, most intimately know they can't entirely do life their way. Whilst the majority readily confess, they haven't the sufficient means, or even the necessary power. After all, look at what happens when a global pandemic shuts down life?! The fact we rarely arrive at contented satisfaction becomes life's own rolling stone. Do you have a present vision? Are you confident of the process? What about any worthwhile or ultimate goal? This living challenge becomes even more practically specific for the Christian. What if someone asked you for the content of a faithful and fruitful life for Christ? What would you say? Now factor in these challenging and confronting cultural times. How would you reply? After all, you sincerely love Jesus, and passionately want to live for Him, which means you're entirely motivated to offer something not only realistic, but true. But can you? The good news is that in your hands contain the opening lines, where RELOVUTIONARY intends to be your own personal guide. Volume One introduces this idea, setting the coordinates for the reader's unfolding navigation. The context is huge, only increasing any anticipation on this series' comprehensive value. This Is Your Life has been genuinely engineered for any curious reader wanting an answer to the absurdity of existence, and for

every genuine follower of Jesus Christ, determined to live a life worthy of His calling. There is no greater promise or purpose than living for Jesus—no matter age, stage, time, or place—which means there should be no further reading delay. WELCOME TO THE LIFE: RELOVUXIONARY

## Feelings and Faith

### Cultivating Godly Emotions in the Christian Life

*Crossway* Weaves together biblical exposition and practical application to demonstrate how emotions relate to the Christian life. Emotions are a vital part of what it means to be a human being made in the image of God and redeemed in Jesus Christ. But often our emotions confuse and mislead us. So what is the proper place for emotions in a Christian's walk of faith? In *Feelings and Faith* Brian Borgman draws from his extensive biblical knowledge and his pastoral experience to help readers understand both divine and human emotions. After laying a biblical foundation he moves on to practical application, focusing on how Christians can put to death ungodly emotional displays and also cultivate godly emotions. This biblically informed, practical volume is helpful for pastors, counselors, and serious-minded Christians who wish to develop a full-orbed faith that encompasses their emotional life.

## Harnessing the Harassment of Human Fears

### Tactical Tales/Timeless Truths

*WestBow Press* Are you weighed down by oppressing phobias? You can harness your fears with the tactical help of timeless truths. In this guide, author Mark L. Graham explores his lifelong struggle with various fears in an effort to help others find hope, comfort, and godly wisdom. He seeks to help you change the way you approach irrational fears. By looking to the Bible for guidance and exercising faith in Jesus Christ, you can: understand your weaknesses and vulnerabilities; fend off fears that have no basis in reality; and harness legitimate fears to achieve great things. With surprising candor, Graham shares the fears he has faced as an athlete, pastor, and person. Step by step, he shares faith-based strategies and proven steps to overcome the fears that hold you back the most. Instead of trying to eliminate fears with a chemical fix, mood-altering drug, or caffeine high, it's time to do what God intended you to do: master your fears at every turn, time and time again. By doing so, you'll move closer to the Lord as you start *Harnessing the Harassment of Human Fears*.

## Blame It on the Brain

### Distinguishing Chemical Imbalances, Brain Disorders, and Disobedience

*New Growth Press* Have you ever been surprised at how some people have accused their brain, making it responsible for some of their bad behavior? As human problems seem to get both deeper and more widespread, people are desperate for solutions and the quicker the better! How wonderful it would be, many think, if the right pill or genetic alteration could solve our problems! As Christians, we are not so naive, however. We know that we cannot blindly accept everything we hear as God's truth. Information we receive about brain functioning is viewed the same way we view any information, whether it is about finances, parenting, or the causes of our behavior: we view it through the lens of Scripture. And that requires us to be thoughtful, careful, and prayerful as we hear and assess the latest scientific discoveries. Viewing brain problems through the lens of Scripture, Edward T. Welch distinguishes genuine brain disorders from problems rooted in the heart. Understanding that distinction will enable pastors, counselors, families, and friends to help others— or themselves— deal with personal struggles and responsibilities. While focusing on a few common disorders, Dr. Welch lays out a series of practical steps adaptable to a wide range of conditions, habits, or addictions.

## A Small Book about a Big Problem

### Meditations on Anger, Patience, and Peace

*New Growth Press* *A Small Book about a Big Problem* by biblical counselor and psychologist Edward T. Welch guides readers to look carefully at how their anger affects them and others through short, daily meditations. In a fifty-day reading plan journey, Welch unpacks anger while encouraging and teaching readers to respond with patience to life's difficulties. This biblically wise resource is a useful tool for pastors, counselors, and lay helpers who are working with people who struggle with a short fuse. In *A Small Book about a Big Problem*, Welch invites readers to consider how everyone can find anger in their actions and attitudes, but Jesus, the Prince of Peace, is the only one who can empower his people to grow in patience, peace, and wholeness. How many times today have you been irritated? Frustrated? Anger is so common—yet it also hurts. It not only leaves a mark on us, but it also leaves a mark on others. The wounds we inflict on ourselves and others because of anger—loss of intimacy, trust, security, and enjoyment in our closest relationships—give us compelling reasons to look closely at our anger and lift our eyes to Christ.

## Depression

### Looking Up from the Stubborn Darkness

*New Growth Press* Best-selling author Edward T. Welch delivers a clear picture of gospel hope in *Depression: Looking Up from the Stubborn Darkness* for those who struggle. In this life-changing guide, Welch shares biblical wisdom and examines how the rich treasures of the gospel apply to our everyday lives in the midst of suffering and depression. The peace, comfort, and hope of Christ are laid out in front of the reader instead of "cure-all" formulas—offering a compassionate perspective on the complex nature of depression. With biblical understanding, Welch moves past the mere symptoms of depression and shines the light of Christ on every page. Through his own personal empathy and long counseling experiences, Welch addresses one of the most common issues people face today. *Depression: Looking Up from the Stubborn Darkness* provides practical help for a particular kind of suffering, cultivating compassion generated by the love of Jesus. This is a must-have resource of anyone suffering with depression or walking alongside someone suffering with depression.

## The Historical Collections of the Topsfield Historical Society

Vol. 6 includes "The Celebration of the two hundred and fiftieth anniversary of the incorporation of the town of Topsfield, Massachusetts, August 16-17, 1900."

### Depression

#### The Way up When You Are Feeling Down

*New Growth Press* **Lost ambition. Emotional numbness. Fear and withdrawal. Fatigue. Marks of what is commonly called depression. If you are one of the many people suffering from depression, there is hope and there is help a way up when you are down. Even if you don't feel like doing anything, this booklet provides manageable steps for getting started on the path that leads out of depression. In Depression: The Way Up When You Are Down, biblical counseling expert Edward T. Welch helps us understand the spiritual issues involved, whether one's depression is caused by physical problems or results in them. Getting to the heart of what depression says and means, Welch guides us through a process of dealing with depression biblically and effectively.**

### Homosexuality

#### Speaking the Truth in Love

*Resources for Changing Lives* **Homosexuality is the hot issue of the day, says Edward T. Welch in this booklet. Even more than abortion, it will confront the church throughout this generation, forcing us to listen, study, and respond wisely. How can we answer claims that the Bible does not prohibit committed homosexual relationships? Or that science proves that homosexuality is genetic, not a chosen lifestyle? Welch supplies us with timely biblical and biological insight into homosexuality. Just as importantly, he calls us to examine our attitudes in order to minister to homosexuals truthfully, compassionately, humbly, and persuasively.**

### Bipolar Disorder

#### Understanding and Help for Extreme Mood Swings

*New Growth Press* **Everyone feels better some days than others, but some people struggle with exaggerated and unrestrained mood swings. These kinds of mood swings have come to be known as mania, manic-depression, or bipolar disorder. Bipolar disorder is confusing and difficult both for those who struggle with it and for those who care for them. Edward T. Welch acknowledges how difficult bipolar disorder is for everyone involved, describes its effects, and then applies God's Word to this serious, life-dominating struggle. When those who have bipolar disorder learn to understand the challenges of mania and depend on God instead of their own impressions, then mania will not stand in the way of their having rich relationships with God and others.**