

# GRACE —EQUIP—

GRACE EQUIP  
Discipleship Counseling—Level Three  
“Advanced Issues”  
Spring 2026  
Instructors: Grace Community Church Pastors/Elders

## **COURSE DESCRIPTION:**

This course is designed for those desiring to pursue a more in-depth understanding of discipleship/counseling. Topics covered include anger, worry, fear, depression, medical issues, learning disorders, and other specific subjects and situations. Case studies will be discussed.

## **COURSE OBJECTIVES:**

- A. To enrich and improve the student’s personal life and relationship with Christ
- B. To help the student view all of life, including problem areas, as part of the worship process that takes place within the heart of man
- C. To increase the student’s confidence in the sufficiency and superiority of the Scripture for handling all the personal and interpersonal problems of life
- D. To help the student understand the place and role of counseling in the church
- E. To encourage a distinctly biblical way of looking at people and their problems
- F. To challenge the student to build his/her own counseling practices on solid, biblical theology
- G. To demonstrate the incredible practicality of good theology
- H. To confirm and illustrate the fact that many, perhaps most, counseling problems usually involve and are reflective of insufficient or bad theology

- I. To provide an environment where students may bring their questions regarding the relationship of theological convictions to counseling problems and situations
- J. To equip each student to be a more astute theologian and better counselor in the church of Jesus Christ
- K. To help the student begin a more exhaustive search into the Scripture concerning several specific problems of life
- L. To demonstrate to the student just how the biblical methods presented in Level I, apply to today's problems
- M. To encourage the student to take an active role in the sanctification process so that it will be more of a habit upon graduation

## **COURSE TEXTS**

### A. Required Reading:

1. Course Syllabus
2. *How to Handle Trouble*, Jay Adams
3. *Courage, Fighting Fear with Fear*, by Wayne Mack
4. *Uprooting Anger*, by Robert Jones
5. *Addictions: A Banquet in the Grave*, Ed Welch
6. *Good Mood/Bad Mood*, Dr. Charles Hodge
7. *The Christian's Guide to Guidance*, Jay Adams
8. Grace Community Church Distinctive regarding Church Discipline (online)

### B. Recommended Reading:

*Anxiety Attacked*, John MacArthur  
*The Crisis of Caring*, Jerry Bridges  
*Decision Making and the Will of God*, Garry Friesen  
*Discipline of Grace*, Jerry Bridges  
*The Freedom and Power of Forgiveness*, John MacArthur  
*From Forgiven to Forgiving*, Jay Adams  
*How Long, O Lord?*, D. A. Carson  
*How to Help People Change*, Jay E. Adams  
*How to Overcome Evil*, Jay Adams  
*Spiritual Depression*, Martyn Lloyd-Jones  
*The Enemy Within*, Kris Lundgaard  
*Trusting God*, Jerry Bridges  
*The Vanishing Conscience*, John MacArthur  
*If I am a Christian, How can I be Depressed*, Bob Sommerville  
*When People Are Big and God is Small*, Ed Welch  
*Depression: A Stubborn Darkness*, Ed Welch  
*How People Change*, Timothy Lane & Paul David Tripp  
*Instruments in the Redeemer's Hands*, Paul David Tripp

## COURSE REQUIREMENTS

- A. All papers are to be typed in **12-point Times New Roman font and doubled-spaced**.
- B. During the course the student is responsible for completing all the required reading. Reading assignments and a suggested reading schedule are listed on page 7. The student must read carefully, thinking about how the material applies to his or her own life, as well as others he or she may be in contact with. Please follow the format of the reading report (page 5). One 3–4-page report on all that has been read will be due **June 9th**.
- C. A 10-page project paper will be due **June 16th** on a selected issue (topics listed on page 5-6). The student must define theological terms and research this issue from the Scriptures. The student must also include how he or she was personally affected by this project and how they would counsel a person who is involved in this particular issue. The paper is to contain 8 pages of research, 2 pages of application, and a bibliography. This paper is also to be typed in 12-point Times New Roman font and double-spaced.
- D. A 2–3 page typed, summary paper will be due **June 16th**. This paper will be an evaluation of how the course material assisted the student in the change process within his/her own life. The professor will also be looking for the importance of these truths for future ministry.

**If you desire to become a certified biblical counselor after completing the three levels of Discipleship Counseling, complete the theological and counseling questions found on the ACBC website and send them to Pastor Carl Hargrove for grading. The next step is supervised counseling.**

## GRADING

The purpose in utilizing the grading process is to challenge you to put in the time and effort needed to do quality thinking and learning. Your life and ministry depend upon your growth in God's wisdom. This will be accomplished as you become more and more "bibline" in your thinking and living. You will do well in this course if your goal is to know, handle, and walk God's Truth well (*Eph. 4:1; Jas. 1:25*).

Reading .....	35%
Project Paper.....	40%
Evaluation Paper.....	25%

## QUESTIONS & FOLLOWUP

- Instructor: Pastor Carl Hargrove and Grace Community Church Elders
- Grace Equip Administrators: Josiah Sisto and Chris Corbly
  - [equip@gracechurch.org](mailto:equip@gracechurch.org)
  - 818-909-5502

## READING REPORT ASSIGNMENT

### Instructions:

Read the assigned pages and on a separate sheet of paper (3–4 pages), explain your answers to the following questions. Please give concise but relevant answers to the questions. Please turn this in by **June 9th**. It may be helpful to keep an index card handy while reading the material.

### SAMPLE FORMAT

Name:

Date:

Grace Equip: DC Level 3

Reading Report Assignment

1. Did you read all the assignments? Yes \_\_\_\_\_, No \_\_\_\_\_. If no, indicate the percentage read \_\_\_\_\_.
2. What important principles did you see concerning the Christian life? (Please summarize them.)
3. Was there anything you disagreed with or had questions about? If so, what?
4. What were the most significant challenges or lessons you learned for your own life from the reading assignments?
5. Was there someone you encouraged with what you have learned? If so, please explain.

## LIST OF POSSIBLE COUNSELING ISSUES

Abortion	Lack of Self-Control
Accountability	Laziness/Irresponsibility
Addiction/Enslavement	Learning Disabilities (i.e. A.D.D.)
Aging (Alzheimer's, Retirement, etc...)	Loneliness
Asceticism	Lust (Sexual: Pornography, Masturbation, etc...)
Beginning a Counseling Ministry in a Local Church	Mentally & Physically Handicapped
Bizarre Behavior	Mid-Life Crisis
Chronic Fatigue Syndrome	Mind Altering Drugs
Computer/Game Enslavement	Multiple Personality Disorder
Deceit/Lying	"Obsessive-Compulsive"
Demon Possession	Overworking Oneself
Diet/Health Food/Alternative Medicines (Nutrition)	Perfectionism
Dominant/Passive Husbands	The Proud
Drunkenness	Rape Victims
Exercise (Stewardship of the Body)	"Schizophrenia"
Extreme Selfishness	Sleeplessness
Fear	Smoking
Feeling-Oriented People	Social Media Issues
Fertility/Infertility Issues	Stress
The "Fool" in Proverbs	Suicide
Giving and Receiving Criticism	TV and Effects
Headaches	Temperaments
Hypnosis	Terminally Ill
Insanity	Tourette's Syndrome
Irritable Bowel Syndrome	The Unpardonable Sin
Jealousy	Unsubmissive Wives
Lack of Assurance of Salvation	Vocational
	Women's Role in Counseling with the Church

\*\*Please contact the professor for approval for topics not on this list.

Suggested Reading Schedule - Spring 2026

<b>Date</b>	<b>Topic</b>	<b>Book Title: Chapters/Pages</b>
<b>March 31</b>	Decision Making	<i>The Christians Guide to Guidance</i> by Adams
<b>April 7</b>	Suffering & Grief	<i>How to Handle Trouble</i> by Adams <i>Good Mood/Bad Mood</i> by Hodge Ch. 1-2
<b>April 14</b>	Fear & Worry	<i>Courage</i> by Mack Ch.1-3, 14 <i>Good Mood/Bad Mood</i> by Hodge Ch.3-4
<b>April 21</b>	Insomnia & Chronic Fatigue	<i>Good Mood/Bad Mood</i> by Hodge Ch.5-6 <i>Addictions</i> by Welch pp. 3-83
<b>April 28</b>	Church Discipline	Grace Church Distinctive on Church Discipline <i>Good Mood/Bad Mood</i> by Hodge Ch. 7 <i>Uprooting Anger</i> by Jones Ch. 1, 3, 9, 10
<b>May 5</b>	Life-Dominating Sins: Drug Abuse	<i>Good Mood/Bad Mood</i> by Hodge Ch. 8-9
<b>May 12</b>	Anger	<i>Uprooting Anger</i> by Jones Ch. 1-6
<b>May 19</b>	Overcoming Life-Dominating Sins: Sexual Deviancy	<i>Good Mood/Bad Mood</i> by Hodge Ch. 10-11
<b>May 26</b>	DSM-V	<i>Good Mood/Bad Mood</i> by Hodge Ch. 12-13
<b>June 2</b>	Depression	<i>Good Mood/Bad Mood</i> by Hodge Ch. 14
<b>June 9</b>	ADD/ADHD or Expository Counseling	<i>Good Mood/Bad Mood</i> by Hodge Ch. 15
<b>June 16</b>	Demonic Activity / Q&A	

All reading must be completed and a reading report submitted by June 9th.