

# Grounded in Grace

## Fall 2016



Grace Roads Counseling Center

Volume 4 Issue # 2

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**Change takes time but must be driven by something more than just behavioral modification. Change takes tears— not just remorseful tears but embracing tears that makes us ponder deep inside our soul.**

## Embracing Tears

A person asked me once, “What is the best thing about being a counselor?” I fumbled around for words, but ultimately I said, “Tears.”

Tears are the reason I enjoy what I do. Recently, I have had the privilege of watching sadness lead to life. Let me explain what I mean. I have seen sadness in a husband’s eyes when he realized how much he has hurt his wife. I have seen sadness stream down a teenager’s face when she faces her deepest pain. I have seen sadness in a woman’s eyes when she finally faces her deepest fears that had been buried so long ago. I have seen sadness of confusion in professional helpers when they have been too focused on appearance of

success to escape the overwhelming fear of failure.

It has been a season of tears in my office. Good, sad, and sorrowful tears. I am more convinced now than ever before that our tears of sadness over our broken conditions can be a conduit for change— real transformation.

Change takes time but must be driven by something more than just behavioral modification. Change takes tears— not just remorseful tears but embracing tears that make us ponder deep inside our soul.

Tears that ask us—

*What made me move in this direction?*

*What is important to me?*

*What causes me to hurt others whom I love?*

*What am I really missing?*

*What has caused me to cover and hide so well?*



*Who am I when no one is around?*

It is those tears that make me ponder how I relate to others, how I love or don’t love in this life. This is what I believe Paul means when he says, “Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.” (2nd Corinthians 7:10) Godly sorrow leads to change, salvation and life. Without these kind of tears, our sorrow is self-pity and self-focused. When our tears beg us to ask life changing questions, we begin to embrace the process of change.

## Grounded in Grace

### Family Update: Little Moments to Treasure



Zoe and Christopher continue to grow together. Zoe takes care of her little brother. She often makes sure he is okay when he cries. Christopher laughs when Zoe makes silly noises or faces. She gives him hugs and plays with him. These are the little moments to treasure. Of course there is a small bit of sibling rivalry starting to bloom. But overall, they are growing into wonderful little joys. It has been a wonder of God's blessings to see them grow. God bestows his gifts so we can sit back and wonder about his graciousness in these little moments. They are on display when we see and treasure them.

### Reaching Out In Grace

In the last several months, I had the opportunity to contribute counseling insights for an article about two churches giving up their history and becoming one. I was honored to be asked to give my thoughts on loss, grief, and transition. The article link is posted below:

<https://www.covenantseminary.edu/the-thistle/story-unification-age-division/>

Secondly, the men's ministry at Lake Forest Church publishes a monthly newsletter. It is filled with helpful tips on how to be men of faith. In May I was able to contribute insights about what it means to love others more than self. This comes out of my book *Embracing Love*. Please see article on website called "A Strong Man is. . ."

What a joy to contribute and reach other people with the gospel of grace. God continues to open door to impact others far and near with truth and grace.

<sup>12</sup> Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. <sup>13</sup> Bear with each other and forgive one another if any of you has a grievance against someone.

Forgive as the Lord forgave you. <sup>14</sup> And over all these virtues put on love, which binds them all together in perfect unity.

**Colossians 3:12-14**



# The Good News

First Reformed Church  
210 N. Central Ave.  
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## FRC will Host...

### Emotional and Spiritual Dynamics of the Addicted Family September 16 - 18, 2016

**Steve Benson**  
MA, MDIV. LPC, LCAS

Friday Evening 7:00 - 9:00 pm	<b>Spiritual and Emotional Life of Addiction</b> Understanding the Biblical framework of Addiction Stages of Addiction
Saturday 9:00 am - 12 Noon	<b>The Relational Life of Addict: The King and His Kingdom</b> Recovery and Relapse Prevention Pathway to Healing: Living an Authentic Life
Sunday Morning Message	<b>The Seven Tenacious Grips of Forgiveness - Loving Beyond Pain</b> <i>"Learning how to forgive someone who hurts or betrays you."</i>
Sunday School	<b>Helping Parents with Addicted Adult Children</b> <i>"Boundaries and Responsibilities in helping your children deal with their addictions." Class for Parents &amp; Adults Only</i>
Sunday Evening 6:00 - 8:00 pm	<b>Reconciliation, Releasing and Rebuilding Trust</b> <i>"How to reconcile and relate to your addicted family member."</i> Question and Answer

Steve Benson graduated from Covenant Theological Seminary with a Master of Arts in Counseling. He also earned a Master of Divinity from Reformed Theological Seminary. He is a Licensed Professional Counselor (LPC) and a Licensed Clinical Addictions Specialist (LCAS). Steve has experience working with families in multiple contexts such as detoxification unit, residential care, the urban inner-city and in an adolescent intensive outpatient program. Steve started Grace Roads Counseling Center in North Charlotte area, so he could engage people with the gospel of grace as they walk along the roads of life. He is married to Krista and has two beautiful children. He is the author of the book- *Embracing Love: Living on the Other Side of Disconnected Relationships*. For more information on him and his counseling ministry, go to [www.groundedinrace.net](http://www.groundedinrace.net).

In May, I had a wonderful opportunity to teach on conflict resolution, forgiveness, and reconciliation at River Life Fellowship Church. I was blessed by the questions, engagement, and participation of the those who attended. It has been a delight to teach God's truth and to be a part of transformation and redemption. If you would like listen to

the audio it is on my website.




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LINKING HEALTHCARE AND EDUCATION

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## REDEEMING CONFLICT: COMING TO THE TABLE IN ORDER TO HEAL BROKEN RELATIONSHIPS

This seminar will explore how to work through conflict in a healthy manner that provides healing, connection, and redemption. Through this seminar we will identify conflict management styles, re-define conflict, and explore seven common conflicts and principles of resolving and redeeming what divides. We will learn how to apply principles of forgiveness, reconciliation, and rebuilding trust from a Christian perspective. We will discuss several case studies to help us learn how to apply these principles. This course is designed for anyone who is in leadership, in mental health working with families, involved in continual team dynamics, or in pastoral ministry.

**Monday**  
**October 17, 2016**  
**9:00-4:30**

# Finding Grace Along the Roads of Life

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**Steve Benson's**

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**Vision: To provide teaching, training, and counseling that will enable individuals, families, and churches to experience God's powerful grace in transforming their stories.**

**Mission: To provide a pathway for people struggling on their journey to find hope for their broken hearts, healing for their wounds, and a hiding place to wrestle with the grace of God**