



KNOW GOD.

marriage conference

May 6, 2022

www.Purbap.org

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TONIGHT'S SCHEDULE:

➔ **6PM: Opening Prayer and Vision: Pastor Cory**

✓ **Dinner and Ice Breakers**

➔ **6:30-7:00PM**

Session #1: Knowing God; in ME: *Pastor Cory*

✓ **Table Talk: 15-30 Minutes** (*talk through dessert*)

➔ **Dessert: 7PM-7:15PM**

➔ **7:15-7:45PM**

Session #2: Knowing God; in HOME: *Pastor Cory with Will & Sarah Smith*

✓ **Table Talk: 15 Minutes**

➔ **7:45-8:30PM**

Session #3: Knowing God; in COMMUNITY: *Panel*

➔ **8:30-8:50PM**

Wrap-Up: : *Pastor Cory*

✓ **Table Talk: 10 Minutes**

SESSION 1: KNOW GOD; PERSONALLY

As married couples, we have to realize that our marriages matter to God. Why? Because our marriages are not just about us. They are an evangelical witness to a watching world.

Matthew 19:4-6

He answered, "Have you not read that he who created them from the beginning made them male and female, and said, 'Therefore a man shall leave his father and his mother and hold fast to his wife, and the two shall become one flesh'? So they are no longer two but one flesh. What therefore God has joined together, let not man separate."

Ephesians 5:21-33

21 Submit to one another out of reverence for Christ. 22 Wives, submit yourselves to your own husbands as you do to the Lord. 23 For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. 24 Now as the church submits to Christ, so also wives should submit to their husbands in everything. 25 Husbands, love your wives, just as Christ loved the church and gave himself up for her 26 to make her holy, cleansing her by the washing with water through the word, 27 and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. 28 In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. 29 After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church — 30 for we are members of his body. 31 "For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh." 32 This is a profound mystery—but I am talking about Christ and the church. 33 However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

• **Table Group Discussion: PRAY for UNITY before discussing these questions.**

- ***What do our marriages represent?***
- ***How does that impact your view on the importance of your marriage?***
- ***What do our marriages depict for a watching world?***
- ***How does living a "two becoming one" marriage change how YOU approach your spouse***
- ***Marriage is not 50/50, it is 100/100, with both sides giving their all. What are some practical changes YOU can make to love, submit, and be in unity with your spouse?***

SESSION 2: KNOW GOD; AT HOME

Habakkuk 2:2-3 (NIV)

The Lord's Answer

2 Then the Lord replied: "Write down the revelation and make it plain on tablets so that a herald may run with it. **3** For the revelation awaits an appointed time; it speaks of the end and will not prove false. Though it linger, wait for it; it will certainly come and will not delay.

Proverbs 29:18 (NIV)

Where there is no revelation, people cast off restraint; but blessed is the one who heeds wisdom's instruction.

Taking the time to figure out your family values is a transformative experience. As a couple and as parents, one of our biggest jobs is to help our family develop their own God-given internal compass – a framework to help them make decisions when we aren't around. *But with all of the outside influences we experience today, how can we make sure that we really understand what qualities and traits are important to our family?* One way is to create a family mission statement. A family mission statement is a starting point in the unfolding map of your family's journey. Not only does it create the basis for family interaction and a goal to which every family member can contribute, most importantly, it establishes the framework for family direction and decisions.

Sadly, many parents find a reason to think about family values *after* something has gone wrong. By then it's usually too late – things have already begun to unravel, and it will take much more time and effort to right the ship. The best time to begin creating a family culture is as early as possible (*like right now!*) – when things are still good (*but you want them to be even better*). A family mission statement lays out a vision for your family of where you want to go and how you want to get there. It provides a path and guideposts pointing the way ahead and illuminating the curves and bumps along the way.

Having a shared vision – a shared sense of values and purpose – bonds families together. It guides your parenting decisions and offers your children clear ideals to strive for and guidance in what choices to make. A mission statement also articulates the standards by which each member of the family can evaluate each other's behavior, and children and parents will ideally check and encourage one another as they make their way down this agreed upon path. Another benefit is that a family mission statement serves to distinguish your family from others – providing its members a sense of meaning and identity and giving your children the feeling of being part of something important and special.

The purpose of this activity will help you to learn what's most important to each person in your family; **your values**. When you talk about what you value, it can help you to get along better in the future. Values are deeply held views of what we find worthwhile. Talking about our values together as a family can help us to understand our motivation behind our actions and be used as a decision making tool.

Table Group Discussion:

- ***What do you want your kids to remember about your family life?***
- ***When people look at your family what would you want them to see?***
- ***Get ready to ask the panel some practical questions for the next session.***

SESSION 3: KNOW GOD; IN COMMUNITY

Ephesians 4:15-16 (NIV)

15 Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. **16** From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

Acts 5:42 (NIV)

Day after day, in the temple courts and from house to house, they never stopped teaching and proclaiming the good news that Jesus is the Messiah.

When we live in community one of the questions routinely asked is whether taking action will change the community. *Will taking action strengthen or weaken the community?* People who do not consider themselves a part of a community do not ask this question; instead, they focus on their own individual outcome. Living in community means that we have as one of our core intentions the care for other members of the community, especially the most vulnerable of these members. *There are lots of different communities, but for our purposes, what does it imply for us to live in a Christian community?* We call the Christian community of which we are a part “*the Church*” and as members of the Church we call ourselves “*Christians*.” Our identity as Christians derives from our membership with one another as well as with God. Jesus explicitly bound us to each other as neighbors and bound us to God with his faithful sacrifice. There is no Christian outside of community; living in community is an inherent part of being a Christian. We seek to build a Christian community because that is how Jesus told us to live – loving our neighbors as ourselves.

How then should we act? Beyond the relational and community orientation, to be explicitly Christian we can weigh self-initiated actions to see if they grow out of generosity, hospitality, honesty, and love. We can weigh our responses to see if they reflect forgiveness, gratitude, and fidelity. Of course, we face challenges to acting in this way in every circumstance. We are often falling short of the goal and missing the mark with our conduct. That’s okay. Perfection is not the goal. The imperfections of humanity and of the Church are the cracks that the Holy Spirit uses to enter into our lives.

Living together in Christian community is hard. We, as sinners, cause all sorts of problems. Still, this is our calling: to be in community with God and with each other. So then let us resolve to follow Jesus, love God, and love our neighbors. If we do, in the words of the old hymn, **“they will know we are Christians by our love!”**

- ***Discuss Next Step:*** (See resources at the end of this document)
 - ***Join a group.***
 - ***Start a group.***
 - ***Come to Growth Track and find out more about PBC.***
 - ***Join Team Life at PBC.***

NOTES:

NEXT STEPS: REVIEW HOMEWORK/RESOURCES

- ***Discuss as a couple:*** (See *detailed homework* on next pages)
 1. ***Discuss Scripture from Session #1.***
 2. ***Create a family mission statement from Session #2.***
 3. ***Consider getting more plugged into community from Session #3:***
 - ✓ ***Connect with a Mentor Couple***
 - ✓ ***Join a Life Group***
 - ✓ ***Start a Life Group***
 - ✓ ***Come to Growth Track and find out more about PBC***
 - ✓ ***Join Team Life at PBC***

COUPLE HOMEWORK: SESSION #1:

Re-read Matthew 19:4-6 & Ephesians 5:21-33: *PRAY AGAIN for UNITY before re-discussing these questions.*

This Scripture is intimidating and possibly overwhelming, but it is what we are called to do in our marriage covenant. As a husband, **it is intimidating to think of being to your wife what Christ is to the church.** Husbands are commanded to love their wives.

Review the questions from the marriage conference and discuss again:

What does it look like for husbands to love their wives as Christ loves the church? Also, how can wives help their husbands obey this command?

- *As a wife, it is equally intimidating to think of submitting to your husband as you should to the Lord. "Submission" is frowned on in the world's eyes, but it's a clear command to wives in Scripture.*

What does it look (and not look) like for wives to submit to their husbands as the church does to Christ? Also, how can husbands make it easier to submit to them?

If you have embraced the gospel, then the Holy Spirit lives in you. You are not alone! The Holy Spirit will help you do what God has commanded you to do.

Discuss together how you can love and respect each other more openly. Be intentional and make commitments to each other on specific improvement areas to represent Jesus' model for a Godly marriage.

SESSION #2:

WHY: Create a Family Mission Statement?

Sadly, many parents find a reason to think about family values *after* something has gone wrong. By then it's usually too late – things have already begun to unravel, and it will take much more time and effort to right the ship. The best time to begin creating a family culture is as early as possible (*like right now!*) – when things are still good (*but you want them to be even better*). A family mission statement lays out a vision for your family of where you want to go and how you want to get there. It provides a path and guideposts pointing the way ahead and illuminating the curves and bumps along the way.

Having a shared vision – a shared sense of values and purpose – bonds families together. It guides your parenting decisions and offers your children clear ideals to strive for and guidance in what choices to make. A mission statement also articulates the standards by which each member of the family can evaluate each other's behavior, and children and parents will ideally check and encourage one another as they make their way down this agreed upon path. Another benefit is that a family mission statement serves to distinguish your family from others – providing its members a sense of meaning and identity and giving your children the feeling of being part of something important and special.

HOW: Where to begin

The purpose of this activity will help you to learn what's most important to each person in your family; **your values**. When you talk about what you value, it can help you to get along better in the future. Values are deeply held views of what we find worthwhile. Talking about our values together as a family can help us to understand our motivation behind our actions and be used as a decision making tool.

Tips:

- ✓ *Spend time really thinking about your personal values and what they mean to you. Don't just pick words quickly. This is not just an intellectual exercise. It should also have a connection with your feelings.*
- ✓ *When you start the family exercise, listen and ask questions. The intention is to explore and learn about one another's values, not to impose your values on others.*
- ✓ *At the end, take time to reflect on what was most meaningful about your conversation.*

Step 1. Together with your spouse answer the following questions:

- *Why did we get married?*
- *Why did we start a family?*
- *What do we want our family to look like in 20 years?*
- *What do we want our children to learn from us?*
- *Do any scriptures come to mind that we want our family to live by?*
- *What makes our family unique?*
- *What are the noticeable gifts and strengths of each member of the family?*
- *What are the noticeable weaknesses for each member of the family?*
- *When is our family at its best?*
- *When is our family at its worst?*
- *What is our family's favorite way to spend time together?*
- *What are practical ways we can serve one another?*
- *What three words best describe our family?*
- *What do other people say about our family?*
- *What do we want others to say about our family?*
- *How do people feel when they walk into our home?*
- *How do we want people to feel when they walk into our home?*
- *What is the main purpose of our home?*
- *What is the secondary purpose of our home?*
- *How can we support one another in our collective goals?*
- *What families inspire us?*
- *What about them do we want to emulate?*

Step 2. Together with your spouse, from the list below, pick the ten words or phrases that are most important to you and line up with your Personal Values. *Feel free to add your own words!*

Parents' Words

Kids' Words

- accountability*.....*doing what you say you will do*
- achievement**reaching your goals*
- balance (home/work)**balancing school, work and play time*
- commitment**working hard on what we believe in*
- compassion*.....*being kind and understanding*
- competence**being good at what you do*
- continuous learning*.....*always learning*
- cooperation**working well with other people*
- courage*.....*being brave*
- creativity*.....*using your imagination*
- enthusiasm**being excited and confident*
- efficiency*.....*making good use of time*
- ethics**doing the right thing*
- excellence*.....*doing excellent work or sport*
- fairness**being fair*
- family**family*
- financial stability*.....*having enough money*
- friendships**having friends*
- future generations*.....*caring about children of the future*
- health*.....*keeping healthy*
- honesty**telling the truth*
- humor/fun*.....*laughing and having fun*
- independence**able to do things on your own*
- integrity**being honest, trustworthy and live a balanced life*
- initiative*.....*making decisions for yourself*
- making a difference**making life better for others*
- open communication*.....*talking openly and freely with others*
- openness**telling others about thoughts and feelings*
- personal fulfillment*.....*having a full and happy life*
- personal growth**improving myself*
- respect*.....*showing respect*
- responsibility*.....*being responsible*
- risk-taking**being brave to try something new*
- self discipline**controlling my behavior*
- success*.....*being successful*
- trust*.....*trusting others*
- wisdom**being wise*

Step 3. Be sure to include *fun* values as well as more serious values. Your list will likely be very long initially. You might need to get together more than once to whittle it down. The end goal of creating your family mission statement, which will be a memorable sentence or short paragraph. When you are ready, pick your top three words from the above list and go on to **Step 4**.

Step 4. Now that you have identified your three family values, complete the worksheet below:

Write down your 3 most important values:	Why are these values important to you?	How do you show people these values? What are your behaviors?
1.		
2.		
3.		

Step 5. Now that you have identified your three family values, apply Scripture to each value.

(Tip: Go to <https://www.openbible.info/topics/> and type in your values to match Scripture verses.)

Step 6. Discuss what you've learned from this exercise with each other and write a narrative of values and how you plan to live those values from your list above. This narrative becomes your family mission statement. It's important that you take the time to really talk about it and own it. The real learning occurs when you slow down, connect, and listen with your hearts and then activate what you've learned. Taking the time to figure out what your family is meant to be a **transformative experience**.

Sample PBC Family Mission Statements:

#1: Will and Sarah Smith's Mission Statement: Smith Family R. I. C. H. E. S

- ➔ **Respect:** treat others with respect as you would want to be treated. Titus 2:7 is our inspiration for this virtue.
- ➔ **Integrity:** Do the right thing even when it isn't the easy path. Prov 10:9
- ➔ **Courage:** Be courageous in all that you do. Phil 4:13 we can truly do all things through Christ. When you are scared out worried trust in the Lord.
- ➔ **Honesty:** Tell the truth and be someone that others can rely upon. Matthew 5:8
- ➔ **Empathy:** We show compassion and empathy for others as Jesus taught us. Never take our blessings for granted and always love our neighbors. Rom 12:15
- ➔ **Solidarity:** We succeed or fail together, our family operates as one and others recognize the tight bind we share. As we are one unit we are one in God's eyes as believers. Gal 3:28

#2: Craig and Dana Mueller Family Mission Statement: THE MUELLER FAMILY GIVES THANKS TO JESUS

T - True to our word

H - Helping others

A - Always doing what's right

N - Never being disrespectful

K - Kindness to our core

S - Showing gratitude

1. **TRUE TO OUR WORD** - Value honesty, truthfulness, and follow through with our promises
2. *Helping others in need- volunteering, seeking out opportunities as a family to help those in need, serving together for Jesus*
3. *Doing what is right- Integrity, choose what is right in God's eyes over what is fast, easy or comfortable.*
4. *Respectful- Showing respect to family and all creatures on this planet*
5. *Leading with Kindness- do not be mean*
6. *Being grateful- Showing gratitude and expressing appreciation to God and his people.*

#3: Shawn and Sara Freeman's Family Mission Statement:

Foremost, we draw our strength as a family by living life as inconvenienced Christians. We strive to speak to others and to each other as we know God is in the room. When wronged, we will show Grace and Mercy and always consider how our decisions effects others. All decisions should be brought to God first, family second, and friends last. We will show the love of Christ to all believers and non-believers who cross our path. Every day, we will communicate with God, praise Jesus, and grow in the presence of the Holy Spirit.

The Freeman Home is where we will feel safe, loved and cherished. All who enter our home will be greeted with love and acceptance. We will be grateful, not entitled and always speak the truth and work as a team. We are always apt to see the silver lining in any situation and Keep our promises. We will encourage one another and support each other in whatever we choose to pursue. We chose to experience every day that God has given us in away that is pleasing to God, and committing ourselves to being the best versions of us that we can be. In our home we celebrate education, adventure, new experiences, immeasurable joy, personal growth, overcoming obstacles and loving each member of our family fiercely.

What to do with your family mission statement?

Now that you have developed a family mission statement, post it anywhere your family can refer to it often.

Refer to your family mission statement daily and try to memorize the words, write them on your hearts, in order that you may live them out loud.

Your family mission statement can now be the foundation by which all of your decisions, plans and routines are established.

Other ideas for displaying your mission statement:

- *Frame it as a wall decoration*
- *Post it on your bathroom mirror*
- *Put it in your Bible*
- *Put it with your calendar*
- *Use it as a background on your phone or computer*

In the end, your mission statement will be your go-to resource when making ALL decisions!

RESOURCES:

REQUEST A MENTOR COUPLE:

Contact: Kevin Cole @ kcole@purbap.org

Review PBC Resources: <https://purbap.org/lifegroups/>

START A LIFE GROUP:

Contact: Megan Bennet @ mbennett@purbap.org

Review PBC Resources: <https://purbap.org/lifegroups/>

JOIN A LIFE GROUP:

Marriage:

Randy & Sharon Stackpole

Promise for Life Marriage Study: 9AM @ PBC in Room 100

Starting Sunday, May 15th

George & Diana Fletcher/Alan & Stacey Garman

Marriage for Life Study: 10:30AM @ PBC in Room 205

Starting Monday, May 16th

Julie Odenwaldt

Love and Respect (for women): 7PM @ PBC in Room 207

Starting Wednesday, May 18th

Parenting:

Steve & Vickie Duvall

Parenting for Life: 9AM @ PBC in Room 201

Starting Sunday, May 15th

Gabe & Jaoni Woods

Parenting for Healing: 8PM ZOOM

Starting Wednesday, May 18th

John Mizerak

Fathers for Life: 7:30AM @ PBC in Room 205

Starting Monday, May 16th

Other:

Joe Mobley

Financial Peace University: Monday nights at Joe's Leesburg Home

Starting Monday, May 16th

John Mizerak

Leaders for Life: 7:30AM @ PBC in Room 205

Starting Wednesday, May 18th

Brian Ducharme

Life Business: 7:30AM @ PBC in Room 201

Starting Thursday, May 19th

PARENTING CONFERENCE:

nextTalk Conference on October 2nd @ PBC

nextTalk started in a church with a group of parents who were overwhelmed with the new challenges of cyberparenting. Cyberparenting isn't just about rules and restrictions; it's about relationship. There is a simple solution – ***open communication*** – but the process of achieving it is complicated and time-consuming. It needs to start early, even before the tween years. This conference will help you learn how. Please don't miss this and join the movement to help families create a culture of real conversation. No topic is off-limits. ***This keeps our kids safe in the digital world.***

MENTAL HEALTH RESOURCES:

Therapists:

Katrina Clayton, MA, NCC, LPC

Lifestance Health

17336 Pickwick Dr Suite 101

Purcellville, VA 20132

lifestance.com

katrina.clayton@lifestance.com

703-722-0162

Specialties:

Anxiety, betrayal trauma, bipolar, depression, divorce, marital and relationship issues, occupational difficulties, PTSD, pre-marital, self-esteem, spirituality issues, stress

Laura Mattson, MA

Resident in Counseling

Lifestance Health

17336 Pickwick Dr Suite 101

Purcellville, VA 20132

lifestance.com

laura.mattson@lifestance.com

571-556-6407

Specialties:

Depression, anxiety, self-harm, relationship challenges, attachment issues, self-esteem, adjustment issues, ADHD, Autism, Bipolar Disorder, PTSD, Borderline Personality Disorder, and other trauma and mood related disorders.

Karen Bruecken-Thoden, MA, LPC

Purcellville, VA 20132

mobiletherapyloudoun@gmail.com

571-577-3667

Specialties:

Individuals, families, couples, with emotional health issues and relationship problems. Treats adults with anxiety, depression, grief, low self-esteem, stress, and suicidal impulses.

Emmaus Family Counseling Services

(All therapists are Christian counselors)

20925 Professional Plaza #320

Ashburn, VA 20147

efccva.com

(703) 729-2822

Various specialties, depending on therapist.

Michelle Nelms, MA, LPC

Loudoun Christian Counseling

loudounchristiancounseling.com

loudounchristiancounseling@gmail.com

410-382-1450

Specialties:

Divorce, relationships, boundary issues, depression, anxiety, family system dynamics, co-dependency, past childhood abuse, domestic violence, mother/father wounding, family dysfunction and those seeking spiritual growth

Dan Towery, LPC

Riverside Counseling Center

44084 Riverside Pkwy # 240

Leesburg, VA 20176

riversidecounseling.net

dan.towery@gmail.com

703-724-0200

Specialties:

Trauma, anxiety, depression, stress, anger, ADHD, family issues, works with teens - adults

Medication:

Greg Law, MD (Psychiatrist)

Emmaus Family Counseling Services

20925 Professional Plaza #320

Ashburn, VA 20147

gregorylawmd.com

glawmd@gmail.com

703-436-9941

Specialties:

Medication, Ages 6+, ADHD, Asperger's Syndrome, Depression, Anxiety, Mood Disorders, Spirituality

Ann Carnes, PMHNP-BC (Psychiatric Nurse Practitioner)

Lifestance Health

20925 Professional Plaza #230

Ashburn, VA 20147

lifestance.com

ann.carnes@lifestance.com

703-621-7121

Specialties:

Medication, Ages 18+, Anxiety, Depression, Bipolar, Chronic Pain/Illness/Severe Health, Eating/Weight Concerns, Personality Disorders, Postpartum

Ben Crawford, DO (Psychiatrist)

Riverside Counseling Center

44084 Riverside Pkwy # 240

Leesburg, VA 20176

riversidecounseling.net

703-724-0200

Specialties:

Medication, 16 – 60 years old, depression, anxiety, ADHD, substance abuse recovery

Nicole Ennis, PMHNP (Psychiatric Nurse Practitioner)

Riverside Counseling Center

44084 Riverside Pkwy # 240

Leesburg, VA 20176

riversidecounseling.net

703-724-0200

Specialties:

Medication, 6 years old – 60 years old, autistic spectrum disorders, ADHD, Bipolar, Anxiety, Depression, PTSD, Personality Disorders, Schizophrenia, Eating Disorders, Grief

Psychological Testing:**Jose Osario, MA**

Resident in Psychology

199 Liberty St. SW

Leesburg, VA 20175

Lifestance.com

jose.osario@lifestance.com

703-621-7121

Specialties:

Psychological Testing (all ages), trauma, anxiety, depression, learning disabilities, emotional, relational problems, and substance abuse issues

Scott Stapley, PsyD (Psychologist)

Riverside Counseling Center

44084 Riverside Pkwy # 240

Leesburg, VA 20176

riversidecounseling.net

703-724-0200

Specialties:

ADHD and psychoeducational testing (all ages), stress and life adjustments, ADHD, autistic spectrum disorders

Youth for Tomorrow

Terry R Tinsley,

PhD LPC, LMFT, NCC, CSOTP

Associate Vice President YOUTH FOR TOMORROW

11835 Hazel Circle Drive Bristow, Virginia 20136

703-396-7389/Direct 703-631-3360/Main 703-361-4335/Fax

Behavioral Health Services Counseling & Medication Management

(Children, Adolescents, Adults, Couples, etc) - Locations:

1. 9720 Capital Court # 303 Manassas, VA 20110
2. 6611 Jefferson Street, First Floor Haymarket, VA 20169
3. 14000 Crown Court, #101 Woodbridge, VA 22193
4. 19415 Deerfield Avenue #101 Lansdowne, VA 20176
5. 6800 Backlick Road #300 Springfield, VA 22150
6. 20 Rock Pointe Lane Warrenton, VA 20186

Initial Scheduling 703.659.9900

Cornerstone Family Counseling

10372B Democracy Lane Fairfax, VA 22030

703-591-2551

703-257-4127 (Manassas)

www.cornerstonecounseling.org

Meier Clinics

3959 Pender Drive Suite 305 Fairfax, VA 22030

703-383-8333

www.meierclinics.org

McLean Christian Counseling

<https://www.mcleanchristiancounseling.com>

Mary Ann Morgan, MA, NCC, LCPC, LPC

Adelle Ritchey, BSN, MS, NCC, LCPC, LPC

Gail Thompson, LPC

Emotional, Behavioral, and Spiritual Problems

Disruptive Moods/Depression

Stress/Anxiety

Compulsive Behaviors

Grief/Loss

Marital, Premarital and Family Issues

Relationship Concerns (couples, singles and others)

Women's/Men's Issues

Abuse/Trauma

Life Transitions

Adolescents

Veritas Counseling

www.counselingtruth.com

Depression, Anxiety, Trauma

Family Therapy and Marriage Counseling

Children's Counseling