

# **B**eing Christian becoming whole uilding community

a 10 week video based course  
linking

**Christian faith**  
**personal development**  
**pastoral care**

for churches, home groups,  
Bible and theological colleges

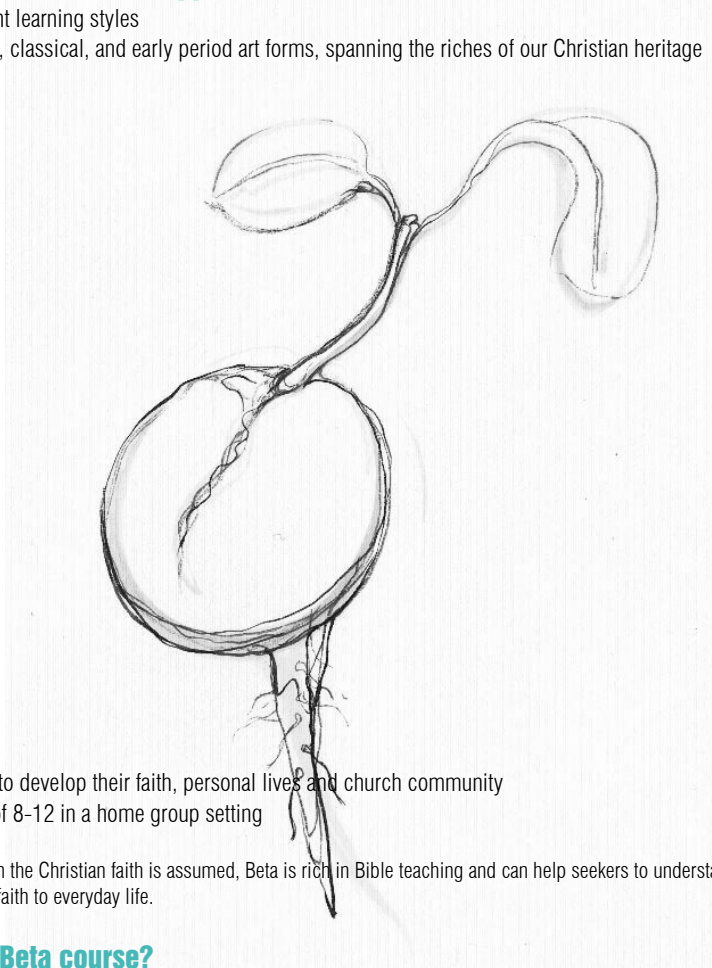
## Beta – interweaving biblical and psychological perspectives

Includes:

- 10 video-based teaching sessions (including 'taster' video)
- Bible study
- multimedia creative reflections (on video)
- discussion, prayer, homework
- workbooks for participants
- facilitators' manual and video training session

## Beta's multimedia educational approach

- encourages different learning styles
- uses contemporary, classical, and early period art forms, spanning the riches of our Christian heritage



## Who is Beta for?

- Christians seeking to develop their faith, personal lives and church community
- ideally for groups of 8-12 in a home group setting

While some familiarity with the Christian faith is assumed, Beta is rich in Bible teaching and can help seekers to understand the relevance of the Christian faith to everyday life.

## Who can 'lead' a Beta course?

- People who have experience in leading small groups
- Homegroup leaders, pastoral carers and counsellors, ministers, and teachers will make good Beta facilitators

To run the Beta course you will need an experienced small group leader (facilitator), a facilitator's helper, hosts for the sessions, and a comfortable room with a television and video.

## Sessions

### 1. Welcome meal

Taster video: extracts from the nine teaching sessions. Discussion. Those interested sign up for the course and order workbooks.

### 2. Relationships

Relationship is fundamental to who we are as human beings. Relationships are potent, for harm or for healing. We are made in the image of God, a community of Three Persons, the source of our healing.

### 3. Christian Community

As social beings we are affected by the quality of our relationships with others in the church. What if church life is unable to deliver? The task of church is to re-learn its way of 'doing relationships' through experiencing the love of the Trinity.

### 4. Sin and Atonement

Christian thinking about sin is basically about the human predicament, rather than simply the wrong things we do. Yet, there is something compulsive about sin, and we may need help to take the opportunity of liberation God offers to us.

### 5. Forgiveness and Reconciliation

The work of forgiveness can involve facing the pain, making a decision to forgive, and working at forgiving with the help of insights from psychology. Yet, we don't have to do all the work ourselves; Christ carries the burden with us.

### 6. Depression

Depression is often precipitated by stressful events, especially those that remind us of past problems. The Christian faith provides the resources for a radically different way of looking at life – truthfully – but from a larger perspective, which leaves room for God to act.

### 7. Loss and Change

Grief sends us on a journey through denial, bargaining, anger, searching, guilt, depression, and finally acceptance. Jesus' death and resurrection provides us with the resources so that we can hold together both the devastation of loss and the hope for growth and new life.

### 8. Stress and Coping

Today, we live with prolonged *perceived* threats to our sense of self, and our bodies can be continually overloaded. While there are helpful strategies for coping, we may need to find, at the same time, a reliance on Someone greater than ourselves.

### 9. Suffering and Wholeness

How can God's purposes be served through suffering? Our understanding of the ministry of healing is important here. While prayer for healing is not simply like pushing a button, something transforming yet unpredictable happens when we, as needy human beings, come into a closer relationship with God who is Life.

### 10. Self and God

Coming to know God is intertwined with coming to know ourselves better, and being more faithful in our Christian discipleship transforms us and makes us whole. In all of this, the Holy Spirit is at work. Wholeness involves becoming all that we are so that more of our soul's energy becomes available to us. We can then channel that energy usefully and joyfully into love and work for God.

## Building a caring Christian community

For the past two years the Beta course has been run in churches of different denominations and in the Cambridge Theological Federation.

### Quotes from participants:

*'This (course) bridges the gap between what we believe as Christians and what we actually experience in real life'* (businessman)

*'Each session was aimed at me, or so it appeared!'* (church member)

*'You are not replacing the church or the Bible with psychology – you are returning to the church what is rightfully hers'* (lay reader)

*'We came to a new depth of fellowship'* (minister)

*'The group discussions were so helpful... I was grateful for the very warm welcome I received'* (church member)

*'The “multimedia” approach, using the arts, rooted in psychology and pastoral ministry... brought me new insight...'* (minister in training)

*'This course would have been a joy at any time, but at this critical time in my life... well... WOW'* (new Christian)

Course content is written and presented by Christian psychologists based at the University of Cambridge, Revd Fraser Watts and Sara Savage, and director of the Institute of Pastoral Counselling, Ruth Layzell.

Beta course developer: Sara Savage

Beta will be available in autumn 2003. Cost £85.

To place an order for the Beta course, or to order your Beta taster video (£3), contact:

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