What is Parakaleo Christian Ministries?

a Christian ministry at Stanford serving graduate and undergraduate students

from any and all Christian fellowships or none

the vision and purpose is to equip students with specific wisdom of Scripture to address:

* the practical issues of life that we all encounter (e.g. handling stress, depression, loneliness, relationship issues with parents or peers (e.g. bf/gf, roommates, labmates), anger, etc.)
* as well as much deeper issues (e.g. healing from physical or sexual abuse, eating disorders, etc.)

equipping students:

* to grow in their personal relationship with Jesus Christ by working through specific issues in reliance on Him and wisdom from His word (per Ephesians, esp. 4:12-13 the goal = growing in knowing God, personal maturity and learning to love others as God loves them)
* equipping, prayer and support for their own lives
* to enable them to help their friends now and wherever they serve after graduation
* to be able to recognize and dig out the practical wisdom of Scripture for their own lives and others for the future

offerings:

* private prayer and counseling for individuals & couples by appointment
* weekly Biblical Counseling Course: biblical equipping for one’s own practical life and to help others with theirs
* periodic issues seminars on frequently counseled issues
  + recent offerings include:
    - victory over depression
    - breaking free from pornography
    - freedom from FOMO (fear of missing out)
    - leaving and yet honoring parents as adults
    - strategies for partnering with the Lord over Christmas break
    - preparing to transition successfully to life after graduation
  + open to members of all the student Christian fellowships (or none)
  + presented also to specific fellowships as requested
* periodic workshops on how to study the Bible in depth, in context, and how to discern its practical wisdom for life and pass it on to others
* mentoring (especially of students participating in the weekly class and/or seminars)
* [suspended during covid sheltering-in, while all other ministry continues online and by phone:] periodic dinners in the advisors’ home just off campus for fellowship evenings, Thanksgiving, Christmas caroling, Passover, inspirational movie nights (e.g. *Ben Hur*, *Risen, Nativity*)
* publications (e.g. “How (not what) to Change” book series from Romans, esp. ch.5-8)
* resource support to staff of other ministries as they serve and counsel their students