

The "He Must Increase..." class is the 13-week class based on the book "He Must Increase..." and taught by the author in person. It is a highly practical class that addresses the entire Christian experience. Biblically sound and presented on the evidenced-based framework of ACT (Acceptance and Commitment Therapy), this class will teach the following seven life principles that are effective in helping you experience the Christ Life:

- Embrace the Sovereignty of God
- Embrace the Grace of God
- Embrace the Presence of God
- Embrace the Perspective of God
- Embrace Your Identity in Christ
- Embrace the Mind of Christ
- Embrace the Christ Life

Whether or not you feel like you're struggling with your personal growth or your life experiences, these seven spiritual life principles are biblical, practical, proven, and priceless for everyone who desires to fully experience God and His will. The class fees are \$75/person or \$100/couple. Each class member will receive a copy of "He Must Increase...", the "He Must Increase... 13-Week Daily Journal," and a copy of the class notes. As an additional bonus, once you complete the class, you may retake the class for free as many times as you would like. Completion of the class requires that you do not miss more than two of the thirteen classes. A certificate of completion will be provided for those who complete the class.

The class is taught by Doniel Gudeman, MABC, an ordained minister, a biblical counselor, a nearly 40-year ministry veteran, and the author of the "He Must Increase..." series of books and classes. He is a graduate of Luther Rice College and Seminary. He has received additional training through the Arizona Trauma Institute in understanding and working with trauma, including personal trauma, family trauma, c-PTSD, spiritual trauma, and more. This training earned him two previous trauma-related certifications. He is the primary provider for DVBC referrals, the owner/operator of his own biblical counseling and life coaching practice, and the Program Director for LifeTree Counseling's IOP programs. He is a certified Prepare/Enrich facilitator and has facilitated Prepare/Enrich and Grace Based Parenting classes at DVBC. For more information about the book and its author, visit: <https://www.dongudeman.com/hemustincrease>.

Class Recommendations:

"I cannot sing enough praises of Don's course, ("He Must Increase..."). Don created a safe and nurturing environment where I was able to learn, share, experience, and grow in my relationship with God. The class taught me what I need to do in order to walk in the Spirit and how to do it. I especially appreciated the way Don brought together both biblical and clinical knowledge and experiences to ground my learning. I have returned to my notebook many times since taking the class to aid in the implementation of these essential life skills. This class has been instrumental in my walk with God and helped me learn how to die to self and embrace the beautiful life God has designed for me. ("He Must Increase...") has my highest recommendation."

Amy A.

“I would recommend this class to anyone who is looking not only for growth but for true transformation in their lives. The (“He Must Increase...”) class taught by Don grasped my attention from day one. Every session that was presented I found could be utilized in my life, helping to sustain me in circumstances I was going through and building me up to press even further into my future. The way the material is presented helps you to retain the information and also be interactive in the process.

“Thank you, Don, for not only creating this class but for sowing healing and strength into the lives of others.”

Andre L.C.

“My husband and I took this class in 2022. Don taught us several valuable life skills from a Christian perspective, each one leading us toward the goal of effectively walking in the Spirit of God. Handouts were provided each week with detailed notes, references for further research and daily questions that led us into deeper thinking about the lesson. Don has wisdom and deep insights to share in this area and he accomplishes this with humor, wit and excellence. We feel we are now much better equipped to live daily in submission to Him, walking in His Spirit.”

David and Kathy K.