

“Dr. Knight uses his experiences to teach and pass on his wisdom, values and skills for future generations of counselors and marriage and family therapists. Reading his text gave me a window of opportunity to learn from the clinician, therapist, teacher, consultant, supervisor, and pastor regarding his knowledge of years of experience in working with families. His personal self disclosure brings the family metaphors and personal situations alive. I found this book challenging and enlightening...”

Sallie Campbell, LISW
MUSC Dept of Psychiatry
Past President, SCMFT Assoc.

“The considerable breadth of Knight’s experience enhances his ability to draw from many fields: he deftly interlaces his vast experience with an impressive array of references to seminal works in numerous fields. I believe this book, will hold great appeal to knowledgeable lay people who are engaged in the quest for balance and good mental health in their lives. But it should appeal not only to them. As a former Presbyterian pastor and university administrator who is once again a medical school professor, I can testify that many who labor in the vineyard of human service, helping others find physical and mental health, are themselves in need of such health. For all these people - both lay and professionals -- I recommend Robert Marsden Knight’s Balanced Living.”

Andrew A. Sorenson, Ph.D.
President Emeritus
The University of South Carolina

“I hear in Monty’s book the influence of his church as well as of his systems approach to therapy. There is plain talk to the therapist here. This book is a delight for seasoned counselor educators, practicing psychotherapists, students, and all who work in the helping professions.”

Jack L. Shortridge, Ed. D.
State Counseling Director
Webster University
Charleston, SC

BALANCED LIVING

Don’t Let Your Strength Become Your Weakness



ROBERT MARSDEN KNIGHT



Cover Design by Matthew Stock

Resource Publications
An imprint of *Wipf and Stock Publishers*
199 West 8th Avenue • Eugene OR 97401



www.wipfandstock.com

RELIGION / PSYCHOLOGY

ISBN-13: 978-1-55635-838-8

ISBN-10: 1-55635-838-5



9 781556 358388

In *Balanced Living: Don't Let Your Strength Become Your Weakness*, Dr. Monty Knight develops the theme of balance as central to good mental health, to moral and spiritual health, to emotional well-being, and to social functioning. This theme emerges from his more than thirty years of experience as a Christian minister, as a counselor, as a teacher and clinical supervisor of counselors, as well as from his experience as a management and human-relations consultant. According to the Reverend Knight, "When we are failing or falling, it isn't always because of some limitation or inadequacy on our part; often it is, instead, because we have taken a strength (or it has taken us) too far, such that our strength has become our weakness."

Robert Marsden (Monty) Knight has for the past 15 years served as pastor of the First Christian Church (Disciples of Christ) in Charleston, South Carolina (www.fcccharleston.org). Previously he was director of the Dorchester (SC) County Mental Health Clinic and also maintained a private family counseling practice with the physicians' group, Summerville (SC) Family Practice Associates. The Reverend Knight holds B.A. and M.A. degrees from Southern Illinois University at Carbondale, a Master of Divinity degree from the Southern Baptist Theological Seminary, and the Doctor of Ministry degree from Princeton Theological Seminary. He is a Fellow of the American Association of Pastoral Counselors, an Approved Supervisor of the American Association for Marriage and Family Therapy, and a Supervisor for the license of Professional Counselor and Marriage and Family Therapist in South Carolina. An adjunct professor of family therapy at Webster University's Charleston campus, he taught previously in the graduate program in clinical counseling at The Citadel. For many years, Dr. Knight's weekly newspaper column, "Healthy Living," appeared in the *Summerville Journal-Scene*. He currently writes a periodic "Question and Answer" column for the "Faith and Values" section of the *Charleston Post and Courier*. He has published numerous articles in professional journals concerning religion, counseling, professional ethics, and mental health.

Balanced Living is published (in paperback) by Wipf & Stock Publishers in Eugene, Oregon. It can be ordered online at www.wipfandstock.com.

"Knight writes in the engaging language of a story-teller. His honesty and authenticity are apparent from the words of the introduction, in which he makes a point of writing that his approach is descriptive and interpretive. He writes from the perspective of a Christian pastor who is also a pastoral counselor and teacher of others. Although Knight himself is well-educated, he writes with no elitism. The book is as readable and useful for lay people as it is confirming for graduate students or professionals. It is as much for people of faith as it is for secularists. Knight told me he thought his book might be too religious for secular people and too secular for the religious ones. I found it to be well-balanced - acceptable to both and offensive to neither. He himself is well-versed in systems theory. As such, he integrates grace as opposed to rules into all he writes. This book is a keeper for me."

Pastor Sherry Owensby-Sikes
Chaplain, The Franke Home
Charleston, SC

"In Balanced Living Robert Marsden Knight draws upon the breath of his reading, study and considerable experience as a pastor, therapist and teacher and provides the reader with valuable information and timely wisdom which can be of great benefit... Fortunately I was able to read this text while stranded in snowbound airports for two days. With the author's help, I came to regard even this weather induced delay a providential break for reading and reflection, a needed and healthy balance in my own life..."

The Reverend Dr. Daniel Massie
Pastor
First Scots (Presbyterian) Church
Charleston, SC

"Balanced Living walks a wobbly line between textbook and self-help book. It is ideally suited for supplementary reading in counseling or equally at home in psychology, theology or interpersonal communication courses. It is a valuable resource for anyone who wished to understand himself or herself better or for managers who want to understand employees better. Dr. Knight's chapter "Balanced Religion," and his section on Theological Reflections rise to a high point of expression. His treatment of the biblical concept of "grace" is without a doubt the clearest and most encompassing I have read. It is clear that his concept of grace undergirds his approach to pastoral counseling, pastoral care, and the training of future counselors. His understanding of grace is inseparable from who he is and it permeates his writing."

C. Mitchell Carnell, Ph.D.
Director Emeritus
Charleston (SC) Speech & Hearing Clinic