

Christine Chappell

AUTHOR • SPEAKER • WRITER • PODCASTER
CERTIFIED BIBLICAL COUNSELOR



SHARING GOSPEL HOPE + HELP
IN TRUTH + LOVE

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MEET CHRISTINE

PROFESSIONAL BIO

Christine is an author, a speaker, and a certified biblical counselor (ACBC). She has served as the host of the Hope + Help Podcast for the Institute of Biblical Counseling and Discipleship since 2020 and is a council member for the Biblical Counseling Coalition. A regular speaker at women's events and counseling conferences, Christine lives in South Carolina with her husband and three children. She and her family are active members of Covenant Presbyterian Church in Easley.



HER STORY

Christine came to know Jesus at the age of 28, two weeks after her father died from cancer. Her heart for ministry stems from being previously treated for bipolar disorder II, depression, panic attacks, disordered eating, suicidal ideations, and self-injurious behaviors as both a teenager and an adult. By God's sovereign design, these past experiences fuel the compassion and sympathy that motivates her ministry work today.

TRAINED IN SOUL CARE



ACBC Certified
SINCE 2022

FEATURED WRITING

SINCE 2016



DESIRING
GOD



THE GOSPEL
COALITION



RISEN
MOTHERHOOD



CRÍANZA
REVERENTE



BIBLICAL
COUNSELING
COALITION

GREAT TO MEET YOU!

Sharing the good news of Jesus Christ is an absolute privilege. I'm thankful for the opportunity to collaborate with you for the purposes of ministering to God's Word to his people! It's my prayer that attendees would walk away from your event feeling comforted and strengthened in their faith. Together, we can set the stage for them to have a fresh encounter with Jesus.

I am available for live video broadcasts, podcasts, radio interviews, and in-person events ranging from women's retreats, fundraisers, conferences, and workshops.



PASSIONATE ABOUT COLLABORATION

I recognize how much work goes into hosting a successful event, which is why I love partnering with coordinators to help with promotions. All my speaking engagements are shared on my website, blog, social medias, and in email newsletters. Recorded video teasers available upon request.

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TALKS

FOR GENERAL EVENTS & CONFERENCES

45 MINS

01

MIDNIGHT MERCIES

Through vulnerable personal testimony and keen biblical insight, Christine explores the difficult thoughts, questions, and emotions that arise as God walks us through dark seasons of life.

Focus Scripture: Isaiah 42:16

02

PRAYING IN PAIN

Introduces the language of biblical lament, explores the differences between safe and dangerous “refuges,” outlines a four-part framework for lament, and offers direction for post-lament tension.

Focus Scripture: 1 Samuel 1, Psalm 13

03

REALISTIC CONTENTMENT

Gives voice to the desperation of anxiety & depression by addressing disillusionment, identifying “keyhole theology,” and considering the peace that comes from embracing God as our portion.

Focus Scripture: Psalm 73

04

STEWARDED YOUR STORY

Examines the nature of affliction & comfort from a biblical perspective, surveys the redemptive benefits of suffering, and considers God’s design for turning our sorrows into service.

Focus Scripture: 2 Corinthians 1

TALKS

FOR SOUL CARE TRAINING & WORKSHOPS

60 MINS

01

FIVE KEYS TO PPD CARE

Offers five components to consider when caring for a postpartum mother and suggests practical ways to help her apply biblical wisdom to her everyday life.

02

FIVE TRUTHS FOR MENTAL DISORDERS

Highlights five stabilizing biblical truths about how identity in Christ offers hope and informs self-perception when labeled with a psychiatric diagnosis.

03

DEPRESSION IN MOTHERHOOD

Examines the whole-person experience of depression and its influencing factors while connecting biblical narratives to seven common emotional facets.

04

CARING FOR A DEPRESSED TEEN

Helps parents and caregivers to embrace a redemptive perspective of the role they play in their teen's difficult journey through depression.

TESTIMONIALS

THE THINGS EVENT COORDINATORS SAY

I've had the honor of speaking at Christian events for over a decade. Though I serve in weakness, the Lord has been faithful to work through his Word and Spirit to minister to those in attendance. Here's what others have said about past talks I've given.



LORETTA STEPHENS

I highly recommend Christine as a speaker who powerfully shares the gospel and challenges others to look to Jesus as the source of hope and healing in life.



KRISTIN HOLL

Christine's words on lament were spoken from a place of empathy and care, brimmed with biblical truth, and never failed to point us to Jesus.



RUTH MCWHITE

Christine's words were filled with Scripture and powerful truths. She is authentic and transparent. I am so excited to recommend her as an exceptional speaker!



ENDORSEMENT

"Midnight Mercies is a must-read for moms struggling with depression...[Christine's] wise counsel, biblical examples and firsthand experience make this book so helpful."

Vaneetha Risner, Author of
Desperate for Hope

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Grief in Depression

BOOKS

MIDNIGHT MERCIES: WALKING WITH GOD THROUGH DEPRESSION IN MOTHERHOOD

SUMMARY

Are you a mother who feels stuck in depression? Biblical counselor Christine Chappell has walked these dark paths herself—and she wants to help you to see God's heart for you more clearly as you endure sorrow and pain. As Christine recounts her own midnight journey through depression and explores stories of desperate sufferers who experienced God's mercy in the Scriptures, she shows how God meets us in our despair and helps us toward his light—one step at a time.

FEATURES

Each chapter concludes with immediate help in the form of simple next steps, a Scripture verse for contemplation and comfort, and questions for journaling.

RECOGNITION

- Nominee, 2023 ACBC Book of the Year
- Honorable Mention, Rooted's 2023 Parenting Book of the Year

FORMATS

- English: paperback, eBook, audiobook
- Spanish: paperback, eBook

BOOKS

POSTPARTUM DEPRESSION: HOPE FOR A HARD SEASON

SUMMARY

Biblical counselor and mom Christine Chappell knows the difficulty of suffering through postpartum depression. With empathetic care, she offers you biblical encouragement and practical counsel that addresses the many facets of this affliction including your exhausted body, your overwhelming emotions, your troubled mind, and your burdened spirit. As you read, you'll be guided through prayers that help you to engage your fears and doubts with the Good Shepherd. Even in this unwelcome darkness, God in his steadfast love will meet and sustain you.

FEATURES

- 24 pages
- Quick and easy read for weary moms
- Includes prayer prompts

FORMATS

Available in paperback and eBook

ENDORSEMENT

"Readers will be encouraged to take their sorrows to the Lord in prayer and search his Word for the life-giving promises that are made real in Christ."

Christina Fox, Author of
A Heart Set Free





ENDORSEMENT

“Filled with hope, dripping with wisdom, and infused with compassion...this is now my go-to resource when someone in my church is diagnosed with a mental disorder.”

Scott Mehl, Pastor & Author of
Loving Messy People



BOOKS

HELP! I'VE BEEN DIAGNOSED WITH A MENTAL DISORDER

SUMMARY

If you've just been diagnosed with a mental disorder, you may be feeling overwhelmed and have all kinds of questions. In this mini-book, Christine Chappell writes out of her own experience of diagnosis and offers readers a redemptive perspective from which to begin processing their nuanced problems. Cautioning against a “fix it” mentality, she shows how the Scriptures provide stabilizing truths about our personhood, purpose, and potential for making God-glorifying progress during the challenging post-diagnosis journey.

FEATURES

- 65 pages
- Includes personal application projects
- Offers recommended resource list

FORMATS

Available in paperback and eBook



ENDORSEMENT

“Christine offers biblical and practical wisdom with the compassion and understanding of one who has walked this hard road and found the grace of God to be sufficient.”

Sarah Walton, Co-Author of
Hope When it Hurts

BOOKS

HELP! MY TEEN IS DEPRESSED

SUMMARY

If your teen is battling depression, you may be feeling helpless and hopeless. Perhaps you're slowly coming to the realization that you have no idea how to rescue your child from the darkness he or she is in. Christine Chappell knows from experience that there are no quick and easy solutions, but here she provides biblical wisdom and encouragement to offer hope for the hopeless teen and help for the helpless caregiver.

FEATURES

- 65 pages
 - Includes personal application projects
 - Offers recommended resource list
-

FORMATS

Available in paperback and eBook



FAQS

CAN I CUSTOMIZE YOUR TALK TO SUIT OUR SPECIFIC AUDIENCE?

I am happy to rework my existing talks to best suit your event's theme. I rarely give the exact same talk twice—typically “freshening up” the content based on the audience I’m speaking to.

WHAT IS THE PROCESS TO BOOK YOU FOR A TALK?

Please submit your request via my website at christinemchappell.com/events. Allow up to 48 hours for a response. Be sure to include your event date, location, theme, requested number of talks, and budgeted honorarium.

WHAT ARE YOUR SPEAKING FEES?

Honorariums fluctuate at the discretion of event hosts and are often based on the number of talks requested, the travel required, and the anticipated audience size. Travel/food/lodging expenses are typically covered or reimbursed.

WHAT TYPE OF EQUIPMENT OR SETUP DO YOU REQUIRE?

I can present my talk with or without slides. If slides are desired, I can send the presentation in advance for the tech team or bring my computer to connect. A microphone and podium is preferred for the talk.

HOW FAR IN ADVANCE DO WE NEED TO BOOK YOU FOR OUR EVENT?

Please allow a minimum of 6 months of advanced notice for local (Upstate South Carolina) events and 9-12 months for events that will require travel more than a two-hour car ride.

DO YOU HAVE GEOGRAPHICAL RESTRICTIONS FOR TRAVEL?

At this time, I am open to considering events in North America as my schedule permits. Please contact me directly for serious inquiries about speaking beyond that boundary.

CAN WE DISTRIBUTE PRESENTATION MATERIALS TO OUR ATTENDEES?

I can provide note outlines for my talks should you wish to provide them to your attendees. When using slides, I typically include a QR code so attendees can download them.

WILL YOU ALLOW TIME FOR QUESTIONS AT THE END?

I don’t typically answer questions from the podium at the end of a talk. I will personally engage attendees one-on-one after a session, however. Pre-planned Q&As are possible with advanced request.

DO YOU OFFER ANY FOLLOW-UP RESOURCES OR SESSIONS AFTER YOUR TALK?

I am happy to supply a list of recommended resources upon request. Depending on the event, I often provide a QR code that points to a pre-prepared event resource page on my website.

CONTACT ME



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