

**Curriculum Vitae**  
**Dr. Charles M. Stone, Jr | MDiv, DMN, PhD**  
47 Windermere Blvd, Laurel, MS

**Charles@charlesstone.com**

## Professional profile

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With over four decades of pastoral and academic experience, I have held diverse roles including lead pastor, associate pastor, and church planter. My commitment to advancing biblical truth is evident through my publication of seven books, with another slated for release in 2025. I've also contributed over 300 articles to prominent Christian leadership platforms.

In pursuit of academic excellence, I've earned four advanced degrees, including a PhD, a DMN, and an MDiv. I've delved into the intricate realm of neuroscience, earning an executive masters in the neuroscience of leadership, a graduate certificate in Mind, Brain, and Teaching from Johns Hopkins University, and a professional master's degree in sleep medicine. I recently began a professional master's degree in neurosciences.

My PhD research centered on the neurobiological aspects of stress and innovative biblical solutions that address chronic stress among pastors. I also serve as an adjunct professor for MDiv students, a PhD thesis reader, and as a mentor/reader to PhD students as they write their dissertation.

My experience extends beyond academia. I hold multiple certifications, including the International Coach Federation ACC certification. I've served as a vocational pastor for over forty years and trained over 3000 pastoral leaders across seven countries. I prioritize coaching, teaching, consulting with, and training pastors.

Rooted in a profound commitment to bridging Scriptural insights with cognitive and affective neuroscience, my academic and practical pursuits span four focus areas: leadership development, impactful preaching/teaching methods, pastor-focused self-care, and spiritual formation. By fostering a neuroscientific understanding of human behavior and emotion within a Biblical framework, I guide pastors towards optimal wellness and effective ministry leadership.

I am blessed with a loving family, my wife Sherryl of 44 years, three adult children, and five grandchildren. My wife and I are members of FBC, Laurel, Mississippi.

## Career summary

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**April 2012 – Present**      **Stonewell Ministries, Laurel, MS**  
**Founder/CEO**

*Summary: Founded and lead Stonewell Ministries, a church consultancy firm.  
Key responsibilities: coaching, writing, teaching, and consulting.*

**Oct. 2013 – March, 2023**      **West Park Church, London, ON**  
**Lead Pastor**

*Summary: Lead a staff of 14 in a multi-cultural church of 1,000 (4 different language congregations that met at the same time in the same building).*

*Key responsibilities: Preaching, leadership, coaching, vision development, and vision casting.*

**July 2004 – April 2012**      **Ginger Creek Community Church, Aurora, IL**  
**Lead Pastor**

*Summary: Led a staff of 20 in a church of 1100 through preaching and leadership development.*

**July 2000 – July 2004**      **Crossroads Grace Community Church, Manteca, CA**  
**Teaching Pastor**

*Summary: Served as teaching pastor in a church of 1100 on a staff team of 22 while I gave oversight to the spiritual formation ministry*

**July 1986 – July 2000**      **Sugarloaf Community Church, Suwanee, GA**  
**Founding Pastor**

*Summary: Founded a church that grew to over 400.*

**March 1983 – July 1986**      **First Baptist Church, Broken Arrow, OK**  
**Associate pastor**

**March 1980 – March 1983**      **Southcliff Baptist Church, Ft. Worth, TX**  
**Singles Minister**

## Education

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**Tech University**      San Cristóbal de La Laguna, Spain  
*Professional Master's in Neurosciences*      *expected, June, 2025*

**Tech University**      San Cristóbal de La Laguna, Spain  
*Professional Master's in Sleep Medicine*      *June, 2024*

**Columbia Biblical Seminary**      Columbia, SC, May, 2023  
*PhD, Practical Theology*

**Johns Hopkins University**      Baltimore, MD, May, 2020  
*Graduate Certificate in Mind, Brain, and Teaching*

**Wilfred Laurie University**      Kitchener, ON, April, 2021  
*Therapeutic Models of Mindfulness Certificate*

**Academy of Brain-Based Leadership**      Rancho Santa Margarita, CA, 2022

*Brain-Based Leadership and Psychological Safety  
Certifications*

<b>Neuroleadership Institute</b> <i>Executive Master Neuroscience of Leadership (Distinction)</i>	New York, NY, 2015
<b>Trinity Evangelical Divinity School</b> <i>Doctor of Ministry</i>	Deerfield, Illinois, 1991
<b>Southwestern Baptist Theological Seminary</b> <i>Master of Divinity</i>	Fort Worth, Texas, 1982
<b>Georgia Institute of Technology</b> <i>Bachelor of Industrial Engineering (High Honors)</i>	Atlanta, Georgia, 1978

## Publications

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### Books

*Stress Less: 9 Habits from the Bible and Brain Science to Build Resilience and Reduce Anxiety*, Subject area: a general Christian market book on stress resilience (Moody Press, 2025).

*If Jesus Gave a TED Talk: Eight neuroscience secrets the Master Teacher used to persuade His audience*, Subject area: intersection of the pedagogy of Jesus with the neuroscience of learning (Freiling Publishing, October, 2021).

*Every Pastor's First 180 Days: How to Start and Stay Strong in a New Church Role (Equip Press, Oct., 2019, Equip Press)*. A definitive guide for pastoral onboarding.

*Holy Noticing: The Bible, Your Brain, and the Mindful Space Between Moments* (March, 2019, Moody Press). It intersects Scripture and cognitive neuroscience as it relates to mindfulness (300 citations).

*Brain-Savvy Leaders: The Science of Significant Ministry* (2015, Abingdon Press). It has also been published in the UK. Intersects Scripture and the latest neuroscience findings related to leadership.

*People-Pleasing Pastors: Avoiding the Pitfalls of Approval-Motivated Leadership* (2014, IVP). *Outreach, Inc.* named it a 12th Annual *Outreach Resource of the Year Recommendation* in the leadership category. It has also been published in India and the Middle East. It intersects Bowen Family Theory, neuroscience, and Scripture.

*5 Ministry Killers and How to Defeat Them* (2011, Bethany House Publishers). It earned the 2012 *Writer of the Year Award* at the Write-to-Publish Conference held at Wheaton College. It reflects proprietary research by Barna research for me.

*Daughters Gone Wild-Dads Gone Crazy* (2005, 'W' Publishing/Thomas Nelson) co-authored with my daughter Heather. It earned the 2007 *Writer of the Year Award* at the Write-to-Publish Conference held at Wheaton College.

## Other print publications

Over 30 of my articles and book reviews have appeared in print media in leading church and ministry magazines such as *Relevant Magazine*, *Outreach Magazine*, *Leadership Journal*, *Called Magazine*, *YouthWorker Journal*, *REV*, *OnMission*, *New Man*, *Seek*, *The War Cry*, *Living with Teenagers*, and *In Touch*.

I contributed one chapter to the book *Encounters with God* (2004, Family Christian Stores) and *The Spirit of Christmas* (2011, St. Martin's Press) compiled by Cecil Murphy.

## On-line publications

I am a regular contributor to several Christian leadership blog sites. Over 300 of my blog posts have appeared on these sites: Churchleaders.com, Outreachmagazine.com, Pastors.com, SermonCentral.com, BrianDodsonLeadership.com, ChurchPlanters.com, and BiblicalLeadership.com.

**YouTube channel of sermons preached found [here](#).**

## Academia

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Invited workshop presenter to the annual World Conference of the American Association of Christian Counselors, *The Sleep Better Plan: A Brain-based, Biblically Sound Sleep Coaching Tool*, (Sept., 2023).

Invited workshop presenter to the annual World Conference of the American Association of Christian Counselors, *Mindfulness for the Christian: How the BREATHe Mindfulness Model Enhances Spiritual Formation*, (Oct., 2019).

Poster presentation to the annual World Conference of the American Association of Christian Counselors, *Mindfulness for the Christian: How the BREATHe Mindfulness Model Enhances Spiritual Formation*, (Oct., 2019).

Guest lecturer, Tyndale Seminary DMN Course: *Leadership and Change-The Brain and Change*, Toronto, Canada, 2019.

Guest lecturer, Trinity Evangelical Divinity Seminary DMN Course on Leadership: *Leadership and the Brain*, Deerfield, Illinois, 2019

Guest lecturer, Oral Roberts University, junior level class on teaching the bible, 2025.

Served as the primary content reader for a Fuller Seminary DMN thesis (title: *Cultivating the Fruit of the Spirit: Mindfulness-Meditation Immersion*).

Supervisor for DMN thesis for a Northern Seminary student (title: *This I Recall To Mind, Therefore I Have Hope: A study of how memory shapes receptivity of the gospel within the generational, increasingly multi-ethnic Steinbach Evangelical Mennonite Church congregation, in the Canadian prairies of Southern Manitoba*).

Currently supervising a PhD student's dissertation preparation (Columbia Biblical Seminary)

Adjunct Professor at Columbia Biblical Seminary. Taught an MDiv course on homiletics. Scheduled to teach an MDiv course on leadership in 2025.

## Other:

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### Certifications

- International Coach Federation credentialed, ACC certification (Associate Certified Coach)
- Certified Resilience and Sleep Coach (Precision Nutrition)
- Certified Resilience Coach (Driven Universal)
- Certified church vision Navigator (AUXANO)
- Certified CBT-I Clinician (Dr. Gregg D. Jacobs)
- Certificate, Intensive Training: Cognitive-Behavioral Therapy for Insomnia, CBT-I (PESI)

Presenter at the Exponential leadership conference (Orlando, 3/2024).

Presenter at the National Outreach Summit, 2019 (Outreach.com, 10/19).

Trained over 3,000 pastoral leaders in the US, Canada, and Latin America in leadership in multiple venues.

- SAGE presentation, Leadership Network on-line training event
- Caregivers Forum ministry leaders' retreat
- Banabas Ministries pastoral retreat
- Leadership and Innovation Conferences in Mexico, Columbia, Chile, Peru, and Ecuador
- Congregational Christian churches pastors conference (Canada)
- Fellowship of Evangelical Baptist Pastor's Conference, Canada (regional and national conventions)
- Various other pastors' conferences in the U.S., Canada, Haiti, and Cuba

Served on the SEND training team for new church planter trainers (SBC).

Many radio, podcast, and media interviews about my books including Christianity Today's *Exchange* with Ed Stetzer, *Christ Fabry Live*, *Focus on the Family*, *Family Talk with Dr. James Dobson*, *Churchleaders.com*, *Unseminary.com*, *Sunday Nite Live* with Kim Wier, Saddleback Church discipleship podcast, and the Christian Medical & Dental Association's *Healthy Doctor Podcast*.

Professionally coached by multiple pastoral leaders.

References available upon request.