

# INTRODUCTION TO BIBLICAL COUNSELING

## COURSE SYLLABUS

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### A BIBLICAL PERSPECTIVE ON COUNSELING

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#### INTRODUCTION

##### 1. WHAT IS THE PURPOSE OF THIS COURSE?

- 1 To give an overview \_\_\_\_\_ of what the Bible says about counseling;
- 2 To lay out the distinguishing features \_\_\_\_\_ of counseling that is distinctly biblical \_\_\_\_\_;
- 3 To provide answers to important questions \_\_\_\_\_ about biblical counseling.
- 4 What are the marks and components \_\_\_\_\_ of counseling that can rightly be called biblical?
- 5 What criteria \_\_\_\_\_ or standards can be used to evaluate what is properly called biblical counseling and counseling that is only biblical in name? How can you tell the "real \_\_\_\_\_ thing" from that which is less than the "real \_\_\_\_\_ thing"?

##### 2. WHY IS SUCH A STUDY AS THIS IMPORTANT?

Because not all counseling that professes to be \_\_\_\_\_ is truly \_\_\_\_\_.

Because all of us need to be \_\_\_\_\_ in our understanding and in the practice of \_\_\_\_\_ counseling.

Because all of us live in a \_\_\_\_\_ world and are in \_\_\_\_\_ of being \_\_\_\_\_ by it.

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**I. BIBLICAL COUNSELING IS BASED ON THE CONVICTION THAT MAN  
WAS CREATED TO BE A COUNSEL NEE \_\_\_\_\_ AND RECE \_\_\_\_\_**

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A. True before the fall

1. Genesis 1:26-30

2. Genesis 2:7-8, 15-17, 24

3. The nature of the kind of counsel that man needed before the fall:  
instru\_\_\_\_\_.

B. True at the time of the fall - Genesis 3:1-7

1. 2 kinds of counsel

2. Satan's method - the 6 D's

a. 3:1 - Dou\_\_\_\_\_

b. 3:1-5 - Dev\_\_\_\_\_

c. 3:1,2 - Dist\_\_\_\_\_

d. 3:4 - Den\_\_\_\_\_

e. 3:5 - Den\_\_\_\_\_

f. 3:1-5 - Dis\_\_\_\_\_

3. 3:2,3,6 Adam and Eve's response (v.2-the woman, V. 6-the man with her)

a. 3:2 - initially chose to listen to wrong counsel

b. 3:2,3 - willing to think about and respond to

c. 3:3 - influenced by ungodly counsel -added to God's counsel

d. 3:6 - continued to think about - began to rely on own understanding - own perceptions - way things appeared to be...

e. Lost confidence in God's counsel

f. Chose to follow ungodly counsel, own perceptions

\*Point = God made man to be a counsel needer and receiver--true before the fall; at the time of the fall and

C. True after the fall

1. Old Testament

a. Genesis 3:8-21

b. Genesis 4:1-13

(1) Vss. 3,4 - didn't come by faith rejected God's counsel

(2) V. 6 & 7 - God's counsel

(3) Vss. 8-12 - God's counsel

(4) Cain's response to God's counsel -v. 5, v. 8, v. 13

\*Point = God made man to be a counsel needer and receiver, but man chose to follow the wrong counsel -the way which seemed right to him and god himself into a lot of trouble.

c. Exodus 18:1-27

(1) Vss. 1-14 = situation

(2) Vss. 14-23 = Jethro's counsel

(3) Vss. 24-27 = Moses response

d. Psalm 1:1-3

(1) V.1

(2) V.2

(3) V.3

e. Proverbs

(1) 11:14

(2) 12:1

(3) 12:15

(4) 15:10

(5) 15:22

(6) 15:31,32

2. New Testament

a. Matthew 18:15-17; Luke 17:1-3

b. Acts 20:31

c. Romans 15:14

d. Colossians 3:16

e. Hebrews 3:13

f. James 5:19,20

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## **II. COUNSELING IS EVERY CHURCHES RESPONSIBILITY**

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A. Four Attitudes of Christians toward the role of the church in counseling.

Unimportant

Unnecessary

Counseling is the most important ministry of the church.

Counseling is a necessary ministry of the church; Is not the most important ministry of the church, but is one of the important ministries and responsibilities of the church.

B. Isaiah 8:19, 20; Psalm 119:105. What do the Scriptures teach about the role of the church in counseling?

1. Believe Scriptures teach that counseling is a very important ministry, an absolutely essential ministry.
2. Why do I say that? Biblical reasons for saying that counseling is one of the important ministries of the church.

**I. COUNSELING IS ONE OF THE IMPORTANT MINISTRIES OF THE CHURCH BECAUSE THE BIBLICAL JOB DESCRIPTION FOR PASTOR'S/ELDERS CAN'T BE FULFILLED APART FROM COUNSELING. (SEVERAL PASSAGES MAKE IT VERY CLEAR THAT THE RESPONSIBILITY OF PASTORS OR ELDERS INCLUDES COUNSELING.)**

A. Ephesians 4:11, 12 - katartidzo

1. Hebrews 11:3 - prepared
2. Luke 6:40 - fully trained
3. I Corinthians 1:10 - made complete
4. Mark 1:19 - mend

B. I Peter 5:1-3 - pastors are shepherds

1. Psalm 23; John 10

Provides for all the needs of the sheep

Makes the sheep lie down

Makes lie down in green pastures

Leads beside the still waters

Restores, refreshes, renews

Leads in right paths

For His Name Sake - proper motivation

Protection and security, comfort, discipline

Table in presence of enemies

Anoints head with oil

Abundant refreshment

Is available, faithful and accessible

## 2. Ezekiel 34:1-6

v. 2, 3 = Feeds sheep

v. 2, 3 = As concerned about the needs of the sheep as about own needs; perhaps even more so

V. 4 = Strengthens the sickly

V. 4 = Heals the diseased

V. 4 = Binds up the broken

V. 4 = Brings back the scattered

V. 4 = Seeks and finds the lost

V. 5 = Does his work without being pushy, domineering, overbearing, cruel, harsh and demanding; is gentle, tender, compassionate, kind and humble

## C. Acts 20:17-35

1. Manner of ministry, how =  
Vss. 17, 18

2. Nature of ministry, what =

a. V. 20, 27 - taught - didasko

b. V. 31 - admonished, counseled - noutheteo

Existence of a problem

Solve problem by giving verbal counsel

Tears - compassion, motivated by love for God and love for person having the problem

Who? Everyone of you

How long and how often and how much? Night and day, for three years, didn't cease

Why tell them this?

D. Conclusions and practical suggestions for pastors/elders (some adapted from statements by Pastor Bill Goode):

The same Lord in the same Bible that commands you to preach and teach and evangelize publicly commands you to noutheteo (counsel, warn, admonish, rebuke, reprove, encourage, comfort, exhort privately. You must have a two bladed ministry (preaching publicly and counseling privately) if you want to be biblically obedient and effective. You should evangelize and counsel both publicly and privately. Good shepherding requires both

Good preaching will encourage people to seek counseling and good counseling will help your preaching to be more relevant, practical and specific. If you want to preach where people are, you must know where they are. Counseling helps you to do this.

To say you don't have time to do counseling is to say that you are busier than Jesus was. It is also to say that you know better than God what your priorities should be.

Counseling is an important ministry, but it is not the only important ministry. Do not allow your counseling responsibility to eat up so much of your time that you neglect other important responsibilities. Counseling should not crowd you're your study time, your preaching and teaching and training and family responsibilities. Do not neglect your health, your own devotional time, your family, your study time. Operate according to a schedule – make some time for all important responsibilities. Put limits on time spent on various things you do. If you don't schedule your priorities in, you are scheduling them out by default.

In the long run, counseling will save time and prevent disasters from occurring. Think of counseling as discipleship and leadership training.

Remember that formal, structured counseling is only part of the sanctification process. Growth occurs best by getting people involved in the total ministry of the church. For spiritual growth to take place people need more than the magic counseling hour, they need the help that comes through all the ministries of the church.

Don't spend so much time counseling people outside the church that you don't have time to counsel and help people in the church. In the long run, the ones that you will help most effectively are people in your church.

As far as God's Word is concerned, pastors and elders are the top of the line for helping people as far as God is concerned. Biblically speaking, they are the God's specialists in the counseling ministry.

The church of Jesus Christ was not at a disadvantage until the modern philosopher/psychologists came along. Jesus Christ did not leave the church ill-equipped. God's Word and God's Spirit are enough to adequately equip you for helping people.

Be very judicious and prudent when counseling members of the opposite sex. Train godly women to counsel women or make sure you have someone else with you when doing the counseling. Keep your heart with all diligence and avoid any compromising situations. Put up some hedges for protection.

Don't share a counselee's story (unless it will be a positive one) in any setting where they might be identified as the person you're describing or unless they have given permission to you to share their story. If you're going to be preaching on a subject that might be up close and personal with them, tell them what you're going to do ahead of time and inform them that you will not be doing this because of their situation.

Base all your preaching and counseling on an accurate and careful and practical exposition of the Bible and good theology rather than man's ideas. Don't use the Bible in a proof text way to support ideas that don't specifically merge from Scripture. Make theology central and practical. Tell people from Scripture what to do as well as what not to do. Help them to know how to do it as well as what to do. Be very clear and specific. Preach with burning conviction to prevent and build godly disciples and churches.

**II. COUNSELING IS ONE OF THE IMPORTANT MINISTRIES OF THE CHURCH BECAUSE NO BELIEVER CAN FULFILL HIS GOD GIVEN, BIBLICAL RESPONSIBILITIES TO OTHER BELIEVERS APART FROM COUNSELING. I.E., FOR A CHRISTIAN TO BE OBEDIENT TO WHAT GOD TELLS HIM TO DO FOR OTHER BELIEVERS REQUIRES COUNSELING. THE BIBLE MAKES IT CLEAR THAT TO SOME EXTENT EVERY BELIEVER IS TO BE INVOLVED IN DOING COUNSELING AND RECEIVING COUNSEL.**

**A. WHAT GOD TOLD OLD TESTAMENT BELIEVERS TO DO FOR OTHER BELIEVERS INVOLVED COUNSELING – E.G., PROVERBS 12:15; 15:22; 19:20;**

20:18; 27:5,6,9; 28:23; LEVITICUS 19:9-18; NOTE END OF VERSE 18 – INCLUDED AS ONE THE 12 EXAMPLES OF LOVING YOUR NEIGHBOR AS YOU LOVE YOURSELF.

1. Vss. 9 & 10 = If you love your neighbor as you love yourself you will be concerned about his needs; Ephesians 4:28
2. V. 11 - “If you love your neighbor as you love yourself you won’t steal from him.”
3. V. 11 - “If you love your neighbor as you love yourself you won’t lie to him.” Ephesians 4:25
4. V. 12 - “If you love your neighbor as you love yourself you will fulfill the promises you make to him.” Psalm 15:4
5. V. 13 - “If you love your neighbor as you love yourself you won’t oppress him.”
6. V. 13 - “If you love your neighbor as you love yourself you will pay him what you owe him when it is due.” Romans 13:8
7. V. 14 - “If you love your neighbor as you love yourself you won’t take advantage of his handicaps.”
8. V. 15 - V. 13 - “If you love your neighbor as you love yourself you won’t judge him unfairly, won’t misrepresent him.”
9. V. 16 - “If you love your neighbor as you love yourself you won’t slander him.”
10. V. 17 - “If you love your neighbor as you love yourself you won’t hate him in your heart.” Proverbs 26:23-26
11. V. 18 - “If you love your neighbor as you love yourself you won’t take vengeance.”
12. V. 17 - “If you love your neighbor as you love yourself you will reprove

him.” Galatians 6:1,2; Proverbs 27:6,7; Proverbs 28:23; Psalm 141:3

**B. WHAT GOD TOLD NEW TESTAMENT BELIEVERS TO DO FOR OTHER BELIEVERS INVOLVES COUNSELING. A PERSON CAN'T BE FAITHFUL IN DOING WHAT GOD WANTS EACH OF US TO DO FOR OTHER BELIEVERS AND NOT BE INVOLVED IN COUNSELING TO SOME EXTENT.**

1. Matthew 28:18-20 - Make disciples

2. Romans 15:4

What should be done? “noutheteo”

Who should noutheteo people? “Brethren, filled with goodness and knowledge”

Who should be noutheteod? “one another”

3. Galatians 6:1-3

1). Who should counsel?

a. Brethren - most frequently used word

b. Spiritual - Galatians 5:19-21; 5:22-25; Romans 8:9

2). What does counseling involve?

a. 6:1 - katartidzo (Ephesians 4:12; Mark 1:19)

b. 6:2 - bastadzo - Matthew 3:11 = remove; Matthew 8:17 = carry away

3). Who needs counseling according to Galatians 6:1?

a. 6:1 = sinners

I John 1:8, 9; I Timothy 1:15

I John 3:4 - sin = transgression

James 4:17; Romans 3:23 = omission

Luke 12:48,49; known and unknown

Leviticus 5:18,19; Psalm 19:12 = I Timothy 1:13 - sinned ignorantly

b. 6:1 = sinners who are

Proverbs 5:22 - held

Proverbs 11:6 -

Psalm 7:15,16 - fallen into a trap

Psalm 9:15,16 - caught in a net

c. 6:1 = sinners who are caught in any trespass

Galatians 5:19-21

Romans 1:26-31

Colossians 3:8,9

2 Timothy 3:1-5

Galatians 6:3

4. How should we counsel people?

a. 6:1 - with an attitude of

b. 6:1 - cautiously

c. 6:2 - lovingly - John 13:34,35; Matthew 22:38

5. Hebrews 3:12, 13

1. Who should counsel?

2. Who needs - anyone of

3. How often? day after day

4. How long will need counseling? As long as it's called

5. Why do we need counseling? Prone to unbelief; still very susceptible to sin; to fall away from God; prone to develop hardness of heart; sin is deceitful

6. What does counseling involve? Taking care, being watchful, knowledge, encouraging, exhorting

#### 6. QUALIFYING STATEMENTS ABOUT A CHRISTIAN'S INVOLVEMENT IN COUNSELING:

1). The depth of a person's involvement in counseling should be determined by his gifting - Romans 12:7,8; I Corinthians 12:4-7; I Peter 4:11,12

2). How deeply a person should be involved in counseling and how effective he will be in a counseling ministry will be related to the Christian

Romans 15:4 - full of goodness and knowledge

Acts 6:5, 8 - full of faith and the Holy Spirit; full of grace and power

I Corinthians 13:1-3 - without real Christian love even

3). How deeply a person should be involved in counseling and how effective he will be in a counseling ministry will be related to his maturity and experience

I Timothy 3:1-13

I Timothy 3:6 - must not be a new

I Timothy 3:10 - must be

I Timothy 3:13 - must have

I Timothy 5:22 - must be well known and have a good track record

Acts 6:3 - must be men of good report and full of wisdom if to be used in leadership capacity

#### III. CONCLUDING STATEMENTS OR GUIDELINES FOR THE CHURCH THAT WANTS TO FULFILL ITS GODGIVEN RESPONSIBILITY IN THE AREA OF COUNSELING

A. The church that wants to fulfill its God given counseling ministry must have leaders

who are practicing biblical counseling among themselves. In other words, the leaders must have an open, honest, loving relationship with each other that involves mutual ministry to each other, mutual teaching, mutual admonishment, mutual reprove, mutual correction, mutual discipling of one another.

B. The church that wants to fulfill its God given counseling ministry must have leaders who see the importance of this ministry and are enthusiastic about it.

C. The church that wants to fulfill its God given counseling ministry must have church leaders who understand biblical counseling and are capable of doing it, teaching it and modeling it.

D. The church that wants to fulfill its God given counseling ministry should have someone who oversees and gives direction to this aspect of the church's ministry.

E. The church that wants to fulfill its God given counseling ministry should encourage the leadership of this ministry to research the Scriptures, read solid biblical literature, and attend conferences on biblical counseling.

F. The church that wants to fulfill its God given counseling ministry should encourage the leaders of this ministry to seek certification in NANC.

G. The church that wants to fulfill its God given counseling ministry should carefully think through the purposes of this ministry and include that purpose in its constitution or bi-laws.

H. The church that wants to fulfill its God given counseling ministry should have members who are well grounded doctrinally and who understand how theology relates to the problems of people.

I. The church that wants to fulfill its God given counseling ministry should encourage new believers and new members to become involved with a more mature Christian for help in normal discipleship and also in the process of remedial discipleship.

J. The church that wants to fulfill its God given counseling ministry should have classes, seminars, Sunday School classes and sermons on husband-wife relations, parent-child relations, employer-employee relations, how to communicate, how to handle your finances, how to deal with destructive emotions, conflict resolution, biblical restoration, etc.

K. The church that wants to fulfill its God given counseling ministry should stock its library with solid biblically accurate books and tapes and videos on biblical living, problem solving and Christian counseling.

L. The church that wants to fulfill its God given counseling ministry should have training programs designed to equip people for evangelism and counseling.

M. The church that wants to fulfill its God given counseling ministry should be committed to and carefully teach and lovingly practice the biblical church discipline process described in Matthew 18:15-17 and many other passages of Scripture. They must understand that church discipline is a loving, helpful and essential part of the spiritual growth process for individuals and the church.

N. The church that wants to fulfill its God given counseling ministry must be lovingly and firmly confronting people who are caught in any trespass rather than ignoring these people and their problems as though there were no answers to these problems nor accountability for their continuance.

O. The church that wants to fulfill its God given counseling ministry must not overload any of its members, pastors, elders or lay people with church responsibilities so that they are hindered from fulfilling their family responsibilities and doing what is necessary to develop their own spiritual lives.

P. The church that wants to fulfill its God given counseling ministry should promote the idea that God's people need to be and should expect to be lovingly confronted as well as encouraged and comforted by other Christians. In other words, the church that wants to develop a counseling ministry should have a balance between comforting and confronting the saints.

Q. The church that wants to fulfill its God given counseling ministry should understand that counseling a part or an aspect of the churches well rounded ministry for building up God's people and not separate from the rest of the churches ministries.

R. The church that wants to fulfill its God given counseling ministry should regard counseling as another way in which God's Word may be effectively ministered to people; as a complement to the public preaching and teaching ministry of the church; it is not to be regarded as more important or less important than other ways of ministering God's Word to people.

S. The church that wants to fulfill its God given counseling ministry should develop a list of professionals who have certain areas of expertise and can assist on certain matters, but who will not undermine the philosophy and commitments of the church's counseling ministry.

T. The church that wants to fulfill its God given counseling ministry should provide funds for purchasing counseling materials, counseling forms, books and tapes that can be used for equipping counselors or for homework assignments for counselees.

U. The church that wants to fulfill its God given counseling ministry should prayerfully think through and establish policies and guidelines for the practical operation of the ministry. Examples of issues on which some guidelines should be established:

1. How will the people who are to be recognized as church counselors be selected? What standards or qualifications will you require for these people? What criteria will the church use in the selection process?
2. How will you provide the training of the people who are set aside as counselors? What curriculum will you use for your training courses?
3. How will counselor supervision be conducted? How will the counselors relate to the eldership board? What information should be passed on to the elders and what should not be passed on?
4. How will the ministry be supported? Who pays the bills? Who orders materials? Who decides on what materials may be purchased and used?
5. To whom will the church offer counseling? Everyone and anyone? Church members only? If you decide on offering counseling to anyone and everyone, what will you do if you have more people who want counseling than the counselors can handle? How will you decide who will be counseled? What will you do with counselees who come from other churches?
6. How will counseling be scheduled? Who will coordinate and facilitate the counseling schedule? Who would someone call if counseling was desired?
7. When will counseling be done – anytime, one day a week, two evenings a week?
8. Where will the counseling be done? Will certain rooms in the church building be set aside and equipped for counseling sessions?
9. How will counselees be secured? How will the counseling ministry the church provides be made known to people? How will people be encouraged to seek counseling?
10. What procedures will be followed when someone requests counseling? What kind of forms will first time counselees be asked to fill out before they come for counseling?
11. Will counseling be done with a team concept with at least two people being present or will it be done by one individual?
12. What role will women play in counseling? Will the church allow a woman to counsel men without another male counselor being present?
13. Will the church allow a man to counsel a woman over an extended period of time without another person being present during the counseling?

14. What position will the church take on charging the counselee or accepting financial gifts from counselees?

15. What position will the church take on controversial issues such as divorce, remarriage, abortion, the use of extraordinary spiritual gifts?

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### **III. BIBLICAL COUNSELING IS BASED ON THE CONVICTION THAT JESUS CHRIST IS THE BIBLICAL COUNSELOR'S PRIMARY \_\_\_\_\_ FOR COUNSELING**

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\*Isaiah 9:6

\*Isaiah 11:1-3

\*John 14:16-18

3 primary things we learn about counseling from the example of Jesus Christ:

A. We must enter the \_\_\_\_\_ of the counselee

What does it mean to enter the \_\_\_\_\_ of the counselee?

General answer - John 1:14; Philippians 2:5-7; Hebrews 2:14-18; Hebrews 4:15

\*General answer: became like us, identified with us in every respect except for sin.

In what specific ways did He enter the \_\_\_\_\_ of those to whom He ministered?

Physically - Matt. 2:1 & Luke 2:1-11; Luke 2:48-51; Luke 2:40,52; Matt. 4:1,2; John 4:1-6; Mark 4:35-38; John 19:28,29; Hebrews 5:9; Matthew 8:20; Hebrews 2:14

Cognitively - John 2:24,25; Hebrews 4:15; Matthew 9:4; Mark 2:8; Mark 10:17-22; ; Luke 6:7,8; Luke 9:47; Luke 10:38-42; Luke 11:17; John 1:45-51; John 3:1-16; John 4:1-18; John 6:1-15; John 6:59-61, 64; John 8:1-11; John 11:20,26 & 32-35; Revelation 2 & 3

Emotionally - Hebrews 4:15; Matthew 14:14; Matthew 9:36; Matthew 26:38; Mark 1:40,41; Mark 6:33-44; Luke 7:11-13; Luke 10:21; Luke 19:41; John 12:27; John 11:33-35; John 13:21; John 14:27; John 15:11 & & 17:13;

Experientially - Hebrews 4:15; Matthew 4:1-11; Luke 4:22 & 28,29; Luke 5:30-33;6:1,2, 6 & 7 & 11; Luke 7:18-23; Luke 7:30-34; Luke 9:51-55; Luke 10:17-20; Luke 10:25 &

29; Luke 10:38-40; Luke 11:15-16; Luke 11:53,54; Luke 15:1,2; Luke 20:1,2; Luke 22:47,48; Luke 22:54-61; Luke 23:8-11; Mark 10:35-41; John 2:1-4; John 6:66; John 7:2-5; John 11:20-25

B. We must int\_\_\_\_\_ and explain the real nat\_\_\_\_\_ and cau\_\_\_\_\_ of their problems to them. How did He do this?

1. General - John 3:19-21; 15:18-24; Luke 5:27-32; Luke 7:40-50; Mark 2:1-11;

2. More specifically

By the \_\_\_\_\_ he lived he exposed the fact that the real nature and causes of their problems was their sinful tho\_\_\_\_\_, des\_\_\_\_\_, mot\_\_\_\_\_, w\_\_\_\_\_ and act\_\_\_\_\_.

1). Mark 3:14

2). Luke 11:1

3). John 13:13-15

4). John 15:24

5). John 4:34,35

6). I John 3:16

7). Ephesians 5:25

8). Ephesians 4:32 & 5:1

9). So must be with us - Matthew 5:14,16; Titus 2:6-8; I Peter 2:12; 3:15,16

By the \_\_\_\_\_ he spoke He exposed the fact that the real nature and causes of their problems was their sinful tho\_\_\_\_\_, des\_\_\_\_\_.

mot \_\_\_\_\_, w \_\_\_\_\_ and act \_\_\_\_\_

- 1). Mark 7:1-23
- 2). Luke 6:43-45
- 3). Matthew 7:15-18
- 4). Matthew 23:23-28
- 5). Luke 10:38-42
- 6). Luke 18:18-29; Mark 10: 17-31
- 7). Mark 10:32-45
- 8). Luke 22:31-34
- 9). Luke 24:13-35
- 10). John 3:1-16
- 11). John 4:1-33
- 12). John 8:38-47
- 13). John 10:25-27
- 14). John 21:15-17
- 15). Revelation 2:2-4,6; 2:9,10; 2:13-15; 2:19-25; 3:2,4; 3:8-10; 3:15-17
- 16). So must be with us - Ephesians 5:11; Lev. 19:17; Proverbs 27:5; 2 Timothy 4:2; Titus 2:15; I Corinthians 3:1-4; I Corinthians 5:1-2; I Corinthians 6:8; I Corinthians 8:1-3, 11,12, 10:1-14; Galatians 1:6-10, Galatians 3:1-5; Galatians 5:19-21, 16; James 3:13-16; 4:1-4;

C. We must p \_\_\_\_\_ authoritative, God ordain solu \_\_\_\_\_ to their problems

Christ did not merely interpret and explain the na \_\_\_\_\_ and ca \_\_\_\_\_ of their problems; He also provided the solu \_\_\_\_\_ to their problems for them.

- a. Luke 18:18-29
- b. Matthew 5 - 7
- c. John 3:1-16
- d. Matthew 11:28-30
- e. Luke 10:38-42
- f. Revelation 2:5,7; 2:10,11; 2:16-17; 2:21,22, 24-29; 3:3,5,6; 3:9-13;  
3:18-22
- g. So should be with us - 2 Timothy 4:2; Titus 2:15; I Corinthians 3:5-4:21; 5:4-13; I Corinthians 6:1-7; I Corinthians 8:4-10, 13, 9:1-27, 10:15-32; Galatians 3:6-12; Galatians 5:13-6:11

Christ presented these sol\_\_\_\_\_ with auth\_\_\_\_\_

- a. Matthew 7:28,29
- b. Matthew 9:6
- c. Matthew 10:1
- d. Matthew 21:23
- e. Matthew 28:18-20
- f. So should be with us - Titus 2:15; Acts 4:3, 29-33; Acts 9:27,29;  
Acts 13:46; Acts 14:3; Acts 18:26; Acts 19:8; Ephesians 6:18-20; 2  
Corinthians 7:4; I Thessalonians 2:2

What is necessary for us to provide God ordained solutions to the problems of people with authority.

Must know

1). that se \_\_\_\_\_

John 17:4 & 20:21; Matthew 28:28; Mark 2:10; John 1:6,7  
Acts 26:1-20; Matthew 28:19; Acts 1:8; Colossians 3:16; Hebrews 3:12,13;  
10:24,25;  
Galatians 6:1-3

2). the Wo \_\_\_\_\_

Matthew 4 and 19  
Titus 2:15  
2 Timothy 3:16,17  
2 Timothy 4:2  
Romans 15:14  
Matthew 22:29

3). People

John 2:25  
Revelation 2 and 3  
Romans 15:14  
I and 2 Timothy  
All Paul's epistles

Must have a life that is characterized by go \_\_\_\_\_, pur \_\_\_\_\_ and a clean \_\_\_\_\_.

- 1). 2 Corinthians 1:12
- 2). 2 Corinthians 2:17
- 3). 2 Corinthians 4:2
- 4). 2 Corinthians 6:11,12
- 5). I Timothy 4:12
- 6). Acts 24:16
- 7). 2 Timothy 1:3
- 8). I Timothy 1:18 & 19

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#### **IV. BIBLICAL COUNSELING IS BASED ON THE CONVICTION THAT THE GOAL OF COUNSELING MUST BE DISTINCTLY BIBLICAL**

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A. Every counseling system has \_\_\_\_\_ towards which it is aiming

1. Psychodynamic counseling

2. Behaviorist
3. Cognitive counselor
4. Existentialist counselor
5. Family systems therapist
6. Biblical counselor

B. The biblical counselor's counseling must aim at \_\_\_\_\_ on 2 levels:

1. Must aim at the right ult \_\_\_\_\_ goal
  - a. Col. 1:27-29; Romans 8:28-30
  - b. I Timothy 1:5; Matthew 22:37-39
  - c. I Timothy 4:16
  - d. Matthew 28:19
  - e. Ephesians 4:15,16
  - f. I John 3:2
2. Must aim counseling at the right seco \_\_\_\_\_ goals
  - a. Matthew 5:1-12
  - b. Galatians 5:22,23

c. I Timothy 1:5

d. 2 Peter 1:2-11

e. Ephesians 4:17-32

3. Must avoid allowing self or counselees to adopt to \_\_\_\_\_  
unb\_\_\_\_\_ goals. (Examples)

Must avoid allowing self or counselees to adopt insuff\_\_\_\_\_ bi\_\_\_\_\_ goals.  
(Examples)

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## **V. THE ROLE OF THE BIBLE IN COUNSELING/REMEDIAL DISCIPLESHIP**

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IS THE BIBLE SUFFICIENT OR DEFICIENT?  
IS THE BIBLE SUPERIOR OR INFERIOR?

\*Because of the immensity and importance of this subject and the limitations of our session time we may not be able to emphasize every point or Scripture on this outline. I encourage you to use this outline as a catalyst to do further study on this important subject. You might study chapter 4 and 14 of Introduction to Biblical Counseling (MacArthur and Mack) for further information on this subject.

ATTITUDES OF CHRISTIANS ABOUT THE USE OF SCRIPTURE IN  
COUNSELING

DEFICIENCY VIEW

TWO BOOK VIEW

RULE BOOK VIEW

SUFFICIENCY VIEW

4 REASONS FOR BELIEVING IN THE SUFFICIENCY VIEW:

A. We Should Put our Confidence in the Sufficiency Scripture rather than Man's Insights for understanding Man, His problems and the solutions to His Problems because God is Infinite and Man is \_\_\_\_\_.

GENESIS 1:26-28

I CORINTHIANS 1:19-20

I CORINTHIANS 2:6-9

JOB 38:1-41:34

ISAIAH 2:22

ISAIAH 40:13-14

B. We Should Put our Confidence in the Sufficiency of Scripture rather than Man's Insights for understanding Man, His Problems and the Solutions to His Problems because \_\_\_\_\_ will Inevitably cause Him to leave the God of the Bible out of whatever conclusions he draws; his antipathy toward this God will always cause him to distort the Truth and draw Erroneous Conclusions; He lacks the \_\_\_\_\_ and therefore he lacks the beginning of wisdom (Proverbs 1:7; 9:10).

Noetic Depravity (Greek word of "mind")

Jeremiah 17:9

Psalms 14:3

Romans 3:10-18

Romans 1:18 - 28

Ephesians 4:17

Romans 8:7

Titus 1:15

C. We Should Put our Confidence in the Sufficiency of Scripture rather than Man's Insights for understanding Man, His problems and the solutions to His Problems because of the Theories of Man about these Issues cannot be considered to be a Part of the \_\_\_\_\_ or even \_\_\_\_\_ Revelation of God.

1. The theories of men are certainly not part of God's special revelation in Scripture; no professing Christian believes that Freud or Skinner or Rogers or other philosopher/ psychologists were holy men of God who were 2 Timothy 3:16; 2 Peter 1:21. The canon of scripture is closed and has been for over 1900 years.

2. Still further, when examined in the light of what the Bible means by general or natural revelation, it becomes clear (contrary to what some Christians erroneously think) that the theories philosopher/psychologists cannot be considered to be part of God's general or natural revelation. A study of the biblical teaching on general revelation will reveal that the two have nothing in common.

\*Comparing the biblical teaching on general revelation with the theories of psychologists reveals that the two are quite different in a number of areas.

Content

Audience

Means

Reception

Results

D. We Should Put our Confidence in Scripture rather than Man's Insights for understanding Man, His problems and the solutions to His Problems because the \_\_\_\_\_ requires anyone who believes in the inerrancy of Scripture to believe it is sufficient; belief in inerrancy requires us to believe that we don't need anything else for helping people with their non-physical problems.

Let's look at 2 of the many passages of Scripture that drive us to the \_\_\_\_\_ view: one from Old Testament and one from the New Testament.

1. Psalm 19:7-11 – Note 2 ways this passage Emphasizes the Sufficiency of Scripture

- a. By What It says about What the Word of God is:
  - (1) v. 7a - the law of the Lord
  - (2) v. 7b - the testimony of the Lord
  - (3) v. 8a - the precepts of the Lord
  - (4) v. 8b - the commandments of the Lord
  - (5) v. 9a - the fear of the Lord
  - (6) v. 9b - the judgments of the Lord
  - (7) v. 10 - \_\_\_\_\_ like gold and honey
- b. By What It says about What the Word of God can do:
  - (1) v. 7a -
  - (2) v. 7b - make wise

- (3) v.8a - rejoice
- (4) v. 8b - enlighten
- (5) v. 9a - produce in us a healthy, wholesome, beneficial
  
- (6) v. 10b - bring
- (7) v. 11a - provide
- (8) v. 10a & 11b- make us truly

Application of what we have just noted from this passage: If the Bible is what this passage says it is and if it can do what Psalm 19 says it can do, why would anyone who believes in the inerrancy of Scripture

2. New Testament passage - 2 Timothy 3:1-17 - Note 2 important truths about counseling found in this passage:

1). vs. 1-13 The reasons why Counseling is needed:

v. 1 - the nature of times in which we live

vss. 2 - 9 - the nature of the people who live in our world

vss. 5, 8, 10 - 13 - the pressures that people who live in the way described in this passage put on other people, especially godly people

vss. 2 - 5 - the continued influence of sinful habit patterns of thinking, desiring and living from our old man with which we as believers still struggle (Eph. 4:22 - 31; Col. 3:5-9)

2). vss. 10-17 The resources for meeting these counseling needs

vss. 10 & 14 - apostolic teaching and example

vss. 15 - 17 - the Word of God

3). Note two ways in which this text emphasizes the sufficiency of the resources found in God's Word:

a. By the Way it Describes What the Word of God is:

(1) v. 15a -

(2) v. 15b -

- (3) v. 16a -
- (4) v. 16b -

b. By its Description of What God's Word can do:

- (1) v. 15 -
- (2) v. 16 -
- (3) v. 16
- (4) v. 16 -
- (5) v. 16 -
- (6) v. 17 -
- (7) v. 17 -

Application: Again I say, the teaching of this passage of Scripture forces anyone who believes in the inerrancy of Scripture to ask: If the Bible is what this passage says it is and if it can do what this passage says it can do, why would anyone think that it is not

E. Briefly look at a few Other Passages That Emphasize How Sufficient the Scriptures are (Time permitting)

- 1. 1 Peter 1:23
- 2. Romans 10:17
- 3. Hebrews 4:12
- 4. John 15:3 and Ephesians 5:26
- 5. Acts 20:32
- 6. John 17:17 (cf. Ephesians 5:26)
- 7. Romans 15:4
- 8. 2 Corinthians 3:18

F. How Should We Respond to These Truths about the Power & Sufficiency of God's Word? (Time permitting)

Since the Bible is Sufficient we should think of the Bible in accordance with the view described in:

1. Deuteronomy 32:45-47
2. John 6:63
3. Psalm 119:97
4. Psalm 119:72
5. Job 23:12
6. Psalm 119:128
7. Isaiah 8:19, 20
8. Matthew 4:4
9. Acts 17:11
10. I Peter 3:2,3
11. 2 Timothy 2:15
12. 2 Timothy 4:2
13. 1 Timothy 6:20, 21; 2 Timothy 1:14
14. 2 Timothy 1:13
15. Isaiah 8:19-20
16. Psalm 119:9, 11
17. Psalm 1:1-3; Joshua 1:8
18. Colossians 3:16
19. James 1:18-25

G. Guidelines for Studying God's Word and for teaching others to Study God's Word (Time permitting)

1. Psalm 119:18

2. Psalm 1:2; Acts 17:11
3. 2 Timothy 2:15a
4. 2 Timothy 2:15b
5. Contextually
6. Acts 10:33; 17:11
7. Consecutively
8. Realistically
9. Psalm 119:105
10. Corporately - Colossians 3:16

#### H. 3 Helpful Suggestions for Rightly Using and Profiting from God's Word (Time permitting)

##### 1-Learn to SMAC God's Word

What does it SAY?

What does it MEAN?

How can I best APPLY it?

What do I need to do for it to CHANGE my life?

##### 2- Use the PTA method

##### 3- Use the Q & A method

#### I. Don'ts for Counselors and Counselees about Studying God's Word (Time permitting)

1. Don't use the cafeteria system.
2. Don't lift verses out of context.

3. Don't practice Eisegesis.
4. Don't be wise in your own eyes/ constantly be looking for the spectacular, the novel, the new, the different.
5. Don't be overly dependent.
6. Don't use the Bible magically.
7. Don't be an isolationist, a separatist.
8. Don't use a purely academic approach to Scripture.
9. Don't be a thrill seeker looking for spiritual highs from Bible.
10. Don't be inconsistent/fits and starts - Acts 17:11.
11. Don't belittle or ignore gifted people.
12. Be primarily ministry oriented, how does it apply to others?

#### J. Summary: What Makes Biblical Counseling Biblical?

1. Biblical counseling is based on certain fundamental beliefs about the Bible:
  - a. The belief that the Bible is inspired - Bible is God's revelation to man! (2 Timothy 3:16; 2 Peter 1:21)
  - b. Is inerrant
  - c. Is authoritative
  - d. Is understandable - with proper hermeneutics!
2. Biblical counseling is based upon certain beliefs about the way the Bible should be viewed, used and interpreted:
  - a. It should be interpreted by using the grammatical- historical approach to hermeneutics. Four ideas:
  - b. It should be interpreted by itself--seek to learn the meaning of the passage from the immediate and larger context in which the passage is found.
3. Biblical counseling is based on the belief that biblical counselors should be theologians!
  - a. Generally--means that biblical counselors understand all of life including man and the nature and causes and solution to his problems through a biblical/theological grid.
  - b. Specifically--biblical counselors reject the unbiblical notion that theology is abstract and non-practical. Therefore they...

- 1) Should be biblical theologians--they should know what text says.
- 2) Should be systematic theologians--they should understand the entire locus of theology organized for creative thought.
- 3) Must be practical theologians--knowing how to apply these concepts to complex human problems.

4. Based on the conviction that the Bible is comprehensively sufficient for understanding the nature and causes and providing the solutions to all of man's non-physical problems.

a. Biblical counselors believe that public preaching and teaching is a ministry of the Word in which the preacher or teacher accurately exposit God's Word and applies it in a general way to the people who are present. (comprehensive sufficiency)

b. This is the best context for counseling, within the ministry of the local church faithfully teaching and preaching the Word of God to the entire flock. It is preaching that brings the Word to God's people, encouraging faithfulness and eliminating most counseling problems before they occur.

c. Biblical counselors believe that counseling is a private ministry of the Word in which the Bible is used as a diagnostic tool for diagnosing the nature and causes of a person's problems and as the source for providing accurate and appropriate solutions to the problems.

Counseling is a focused typed of discipleship. While discipleship broadly teaches critical doctrinal truths, counseling addresses problematic personal issues in application of the truth that the normal ministries of the Word are unable to address.

5. Based on the conviction that the Bible must have functional authority in counseling.

Isaiah 8:19,20; Psalm 119:128

1 Means that in their attempts to help people biblical counselors will always turn to the Scripture for their understanding of the nature and causes of and solutions to problems.

2 Means that biblical counselors accept the Bible's interpretations as final and authoritative; they don't question the Bible's truth-claims.

3 Means that biblical counselors will look for and focus on what the Bible focuses on in terms of diagnosing the nature and causes of problems and providing solutions to problems.

4 Means that if the Bible does not emphasize something, biblical counselors don't emphasize it either.

6. Based on the conviction that when used by the Holy Spirit the Bible has incredible power to transform and change lives.

1 Corinthians 6:9-11; Colossians 3:5-7; Titus 3:3-5

7. Based on the conviction that God's Word is the main instrument that God uses in accomplishing the primary and secondary goals of counseling.

Colossians 1:28; Ephesians 4:16; John 17:17; Acts 20:32

8. Why is it essential to precisely define authentic biblical counseling?

1 Because, as biblical counseling grows the popularity of the term among Christians will cause many to adopt the label "biblical counselor" in order to be seen as legitimate.

2 Because, as the error of "Christian" psychology is revealed there will be a reluctance to use psychological titles among serious Christians.

3 For example...

4 The American Association Of Christian Counselors has a new mail-order diploma program it calls "The Center For Biblical Counseling" (Board members: psychologist H. Norman Wright; Therapist Sandra Wilson; Psychiatrist Michael Lyles; Focus on the Family employee H.B. London, Jr.; Some of the Board of Advisors: Dan Allender, Larry Crabb, Archibald Hart; Paul Meier; Frank Minirth; John Trent) Notice what they profess to believe...

5 It's doctrinal statement says: the Bible is inerrant, inspired "and the final authority for all matters about which it speaks" (sufficient?); "The ultimate goal of Christian counseling is to help others move to personal wholeness, interpersonal competence, mental stability and spiritual maturity" (man-centered?).

#### K. Concluding Axioms For Biblical Counselors

(see "Affirmations & Denials," JBC, Vol. 19, Number 1, Fall 2000)

1. Unless the Bible is deceptive and full of errors biblical counselors have the necessary authoritative material for developing a systematized approach for counseling.

This means biblical counselors deny the authority of any other source that claims to challenge the Bible's exclusive explanations of man's central problem and its resolution.

This also means that biblical counselors deny that the Bible is a set of

proof texts for dealing with the variety of people problems. What Scripture does not speak directly to it gives perimeters within which personal problems can be understood and counselors can become case-wise!

Biblical counselors affirm that the ideas, goals and practices of counseling must conform to historic creeds.

2. Biblical counseling believes the Bible possesses an authoritative anthropology to adequately explain the human condition.

This means we believe that man is both dependent and responsible before God. Therefore we deny human autonomy on the one hand and genetic or biological determinism on the other.

We believe accountability to God implies man has hope for real change and is not bound to a materialistic determinism that only leads to nihilism.

Biblical counselors believe that the primary duty of man is faith working itself out in love for God and others.

This means we affirm that the evil that happens to people is a fundamental and pervasive problem in living. However, our own sin (and response to evil) is self-generating and primary.

We affirm that the Scriptures address the entire gamut of life-problems and deny that biblical truth should be limited to “religious” or “spiritual” beliefs.

3. Scripture not only defines the human condition and the variety of its problematic complications, it also provides the comprehensive solution to sin and misery.

It teaches, invites, warns, commands, encourages, rebukes, corrects and supplies the solution for what troubles man. The Gospel of Jesus Christ is the core of its answer. He has provided redemption from sin, misery and judgment through His mercy and grace.

Therefore, biblical counselors universally deny that any other solution or psycho-therapeutic cure of souls will ever make anyone more holy, or more sane, or more righteous, or more spiritually minded.

Yet we do affirm that by God’s common grace many good things are provided to people (e.g., medical treatment, economic help, political justice, protection for the weak, education advancement, etc.). But we deny that those goods can cure the soul’s evils.

Any Christless counsel is inherently destructive.

4. Biblical counselors believe that the essential theoretical process of counseling must include regeneration and subsequent progressive sanctification in addressing the problems of life.

Biblical counselors deny any approach to counseling that implies instantaneous or complete perfection.

We deny the processes and goals of self-actualization, self-fulfillment, healing of memories, meeting psychological needs, social adaptation, building self-esteem, recovery, theophostic approaches, etc.

This means we affirm that the Bible gives the biblical counselor the fundamentals of counseling method both by precept and example. Therefore we reject the proposition that modern psychotherapies rightly understand and practice wise counseling methodology.

The modern psycho-analytic approach relies upon anti-biblical presuppositions of man causing them to be lost in self-absorption and victimization.

Man's motives, thoughts, actions, words, emotions, attitudes, values-- heart, soul, mind and might should increasingly resemble Jesus Christ. This is the goal of counseling!

5. Biblical counselors believe in the church of Jesus Christ and its authority in providing and guarding personal, social and institutional loci for speaking the truth in love.

This means we deny mental health professionals have any jurisdiction or right to claim prerogative in counseling matters. Even those who have mentally-disabling physiological problems need biblical counsel. Counseling involves spiritual disciplines and mercy ministry.

6. Biblical counselors affirm that numerous disciplines and professions are helpful in understanding people and how to help them. However, we deny that these helpful observations have prescriptive value, only descriptive value. Any commitment to secularity will distort their contribution.

Common grace can cause unbelievers to make generally observant, caring, stimulating and informative observations. Nevertheless sociological research and counting noses seldom constitutes godly counsel.

7. Biblical counselors affirm that personality theories are disguised false theologies; psychotherapies are anti-Christian world-and- life views and not scientific cosmologies.

Psychological research, personality theories and psychotherapies are not built upon pure cause and effect science. They are constructed through covariation, effects that seem to be related to causes.

Neither should they be seen as medical science or medical practice.

8. Biblical counselors believe that psychotherapists function as “secular priests” guiding counselees in “faith commitments” to a predetermined human cosmology.

In many cases the goal of psychotherapy is to replace the neurosis of religion with a new faith in the psychological.

Supposedly the therapist is the “value neutral” observer that grants the counselee insight into his problem through the therapists superior knowledge of the subconscious.

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## **VI. BIBLICAL COUNSELING BASED ON THE CONVICTION THAT SIN IS THE MAIN CAUSE OF ALL OF MAN’S PROBLEMS**

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A. Genesis 3:7-5:5 - \_\_\_\_\_ was the cause of all the difficulties Adam and Eve experienced

3:7

3:8-10

3:11-13

3:16

3:17-19

3:23,24

4:1-11

4:23,24

5:1-5

B. \_\_\_\_\_ is the cause of all the difficulties we experience.

1. Romans 3:9-23

- a. v. 9
- b. v. 10
- c. v. 11a
- d. v. 11b
- e. v. 12
- f. v. 13,14
- g. v. 15,16a
- h. v. 17
- i. v. 18

2. Romans 5:12-21

- a. v. 12
- b. v. 14
- c. v. 16b
- d. v. 17a
- e. v. 18a
- f. v. 19
- g. v. 21 (Psalm 51:5; psalm 58:3)

3. Romans 8:20-22

- a. v. 20
- b. v. 21
- c. v. 22

C. What this means is that the problems in liv\_\_\_\_\_ that necessitate cou\_\_\_\_\_ are not primarily matters of:

- 1. psychic determinism
- 2. unmet psychological needs
- 3. indwelling demons of sin

4. poor socialization
5. victimization
6. inborn temperament
7. genetic predisposition
8. or anything else that removes attention from the responsible human being

D. The Bible teaches oth\_\_\_\_\_

1. Secular counselors convictions believe that man has 2 kind of problems

a. Physic\_\_\_\_\_

b. Psych\_\_\_\_\_

2. Professing Christians who try to integrate Scripture with psychological opinions believe that man has 3 kinds of problems

a. Physic\_\_\_\_\_

b. Psych\_\_\_\_\_

c. Spirit\_\_\_\_\_

3. Biblical counselors believe that man has two kinds of problems.

a. 2 Corinthians 4:16

b. Ephesians 2:1-3

c. Romans 1:18-32

d. Galatians 5:19-21; 6:1

e. Colossians 3:5-9

f. Romans 6:23

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**VII. THE GOSPEL IS THE ULTIMATE ANSWER TO MAN'S PROBLEMS**

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I. A great truth – Isaiah 55:7

A. World has many ideas about how to solve man's most basic problems:

B. God, in His Word, says otherwise;

1. God says that ultimate answer to man's most problems is not found in any of these things.
2. Bible = man experiences all kinds of unpleasant, destructive problems because of the consequences of
3. And since sin is the ultimate cause of all our problems, the Gospel of Jesus Christ is the only basic solution to man's problems. This is why all the world's solutions to man's problems are wrong.

II. Scripture teaches that because of sin in the world and in every man, man has 3 basic problems and it also teaches that because this is true, the ultimate solution to all of man's non-physical problems is found in the Gospel of Jesus Christ.

A. We know that understanding and applying the Gospel is the most important part of solving man's non-physical problems because the Bible teaches that one of the consequences of sin is that each of us, as we come into this world and live in this world, has the problem of a bad record before God and culpable to God. (Because of the time factor, we may not be able to focus on all of these Scripture passages. If this happens, please study them on your own at another time.)

1. Galatians 3:10-13
2. Romans 1:18
3. Romans 10:3
4. Romans 3:9-25
5. Colossians 2:13-14
6. Romans 5:6-
7. Romans 8:1

8. Colossians 1:21
9. Ephesians 2:12-22
10. Colossians 1:13

\*Summary: According to the Bible, man's greatest problem is not a lack

B. We know that understanding and applying the Gospel is the most important part of solving man's non-physical problems because the Bible teaches that one of the consequences of sin is that each of us as we come into the world, has the problem of a bad heart/corruption in what the Bible calls our inner man. (Because of the time factor, we may not be able to focus on all of these Scripture passages. If this happens, please study them on your own at another time.)

1. Jeremiah 17:9
2. Psalm 58:3
3. Ephesians 2:3
4. Romans 3:9
5. Romans 7:18
6. Genesis 8:21 – lacking in
7. Psalm 14:1b, 3 – internally
8. Psalm 143:2 – unrighteous
9. Ecclesiastes 7:20 – always
10. Romans 5:6 - without
11. John 3:19,20 – lovers of
12. Romans 8:2-15 – controlled by

13. Romans 6:17 – 20 – slaves of
14. Romans 6:12-14 – sin reigns
15. Titus 1:15b – have impure
16. Colossians 1:21 – are alienated
17. Colossians 3:5-7 – our earthly bodies are
18. Hebrews 9:14 – our consciences
19. Romans 1:18-32 – suppress
20. Titus 3:3 – we are

\*Summary:

C. We know that understanding and applying the Gospel is the most important part of solving man's non-physical problems because the Bible teaches that one of the consequences of sin is that each of us, as we come into this world and live in this world, begin our lives and are susceptible to living our lives under the and live in this world, begin our lives and are susceptible to living our lives under the control of a bad master.

1. Ephesians 2:2 – all of us walk according to
2. John 8:38-44 – to the Pharisees: you do the things which you have heard
3. Colossians 1:13 – as we begin life in this world, all of us are part of the

4. Colossians 2:15 – Satan his demon cohorts have

5. Acts 26:18 – Jews and Gentiles alike are under the

6. Acts 5:3 – indicates that when we tell lies we are

7. 2 Corinthians 12:9 – when we insult, persecute, oppose and make life difficult for

8. Matthew 4:10 – when we make the acquisition of material things, possessions, power, control our main concern in life we are

9. 2 Corinthians 2:6-11 – when we are unwilling to forgive someone who has sinned and reaffirm our love to him,

10. Ephesians 4:1 - 6:9 – when people are proud, rough and ungentle with other people, when they are impatient and unforbearing,

11. 2 Timothy 2:26 – speaks of people who are held

12. James 3:13-16 – when people are bitterly jealous, selfishly ambitious and arrogant

13. James 4:1-17 – when people fight and quarrel with one another, when they insist on having their own,

\*Summary:

III. Why do biblical counselors believe that the understanding, appropriating and applying the good news of the Gospel is the most important part of solving our non-physical problems?

Several reasons:

A. We believe that the Gospel is the basic solution to man's most basic problem because the Gospel teaches that when a person repents and believes on the Lord Jesus Christ, his bad record is cancelled, erased, wiped clean and the righteousness of Jesus Christ is put to his account.

1. In the words of Romans 10:3 – when a person repents of his sins and believes on the Lord Jesus Christ, Christ becomes
  
2. Romans 3:24,25 – when a person repents of his sins and believes on the Lord Jesus Christ, he is
  
3. 2 Corinthians 5:21 – when a person repents of his sins and believes on the Lord Jesus Christ, his sin is
  
4. Galatians 3:10-13 - when a person repents of his sins and believes on the Lord Jesus Christ, he is redeemed, set free from the curse of the law; the penalty of the broken law is considered to be paid in full on his behalf; He is released from this curse and need never fear being held guilty again.

5. I Peter 2:24 – when a person repents of his sins and believes on the Lord Jesus Christ, that person dies to the

6. I John 1:7 – when a person repents of his sins and believes on the Lord Jesus Christ, the

7. Romans 8:1 - when a person repents of his sins and believes on the Lord Jesus Christ, he is

8. Hebrews 9:14 - when a person repents of his sins and believes on the Lord Jesus Christ, God

\*Summary:

(Micah 7:19; Psalm 32:1,2; Isaiah 4:25; 44:22); his bad record is

B. We believe that the Gospel is the basic solution to man's most basic problem because the Gospel teaches that when a person repents and believes on the Lord Jesus Christ:

1. 2 Corinthians 5:17 tells us that he becomes

2. Ezekiel 36:25 -27;11:19-21 tells us that when he repents of his sins and believes in Jesus Christ, he receives

3. Jeremiah 32:39-41; Romans 3:18 - he receives a

4. Jeremiah 17:9; 2 Thess. 2:10; John 8:32; 2 John 1:1- he is given a heart

5. Hebrews 9:14; 2 Corinthians 5:9; 14,15,17 – he is cleaned up on the

6. Romans 6:1-22; Romans 8:1-4; Titus 2:14 – he is set
7. Titus 2:12 – he is given the power
8. 2 Corinthians 2:14,15; Philippians 2:3-5; 2 Corinthians 10:3-5; Philippians 4:8; Romans 12:2 – he is given the power to
9. Galatians 5:24 and Romans 8:13 - he is given the ability
10. Ephesians 4:22-24 – he is given the ability to put
11. 2 Corinthians 4:16 – he receives the potential for
12. Ephesians 4:25 – 32 – he receives the potential for putting away
13. Galatians 5:19-23 –when a person repents of his sins and believes on the Lord Jesus Christ he receives

Summary:

C. We believe that the Gospel is the basic solution to man's most basic problem because the Gospel teaches that when a person repents and believes on the Lord

## Jesus Christ

1. Colossians 1:13 – that person is
2. Colossians 2:15 - the power of Satan his cohorts in that
3. 2 Timothy 2:25 – he can escape the
4. James 4:7 – he can
5. I Peter 5:8 – he can avoid being
6. Matthew 12:29 – Christ expels
7. Ephesians 4:26,27 – he receives a new
8. Ephesians 6:10-18 – he receives all the
9. 2 Corinthians 2:11 – he receives in Christ and in His Word
10. Ephesians 1:21 – he comes under the
11. I John 5:18 – he can't be touched by  
(2 Corinthians 12:7; Job 1:6-12; Psalm 34:7)
12. Ephesians 2:1-5 – he is raised out of
13. Ephesians 4:8 – he is set free from
14. Romans 8:37 & 38 – he is given

\*Summary:

D. We believe that the Gospel is the basic solution to man's most basic problem because the good news of the Gospel is that when a person repents and believes on the Lord Jesus Christ :

1. Hebrews 7:25 assures that person that Jesus
2. Romans 8:33-34 – Christ Jesus who is
3. I John 2:2 – he has an
4. Hebrews 4:14-16 – Jesus Christ becomes his great
5. Romans 5:10 – he will be saved in
6. Hebrews 9:24 – he may know that Christ is
7. Luke 22:31-32 – while on earth Jesus
8. John 17:13-21, especially verses 15 and 20 – while on earth Jesus
9. John 11:41,42

\*Summary:

E. We believe that the Gospel is the basic solution to man's most basic problem because the good news of the Gospel is that when a person repents and believes

on the Lord Jesus Christ:

1. Matthew 28:20
2. I John 5:18; Psalm 34:7
3. John 14:16-18
4. Hebrews 13:5,6
5. 2 Corinthians 9:8
6. Isaiah 41:10;
7. Philippians 1:6;
8. Philippians 4:19
9. Philippians 4:13
10. Philippians 2:13

\*Summary:

F. We believe that the Gospel is the basic solution to man's most basic problem because the good news of the Gospel is that Christ is presently King of Kings and Lord of Lords, Christ is in charge:

1. Jeremiah 32:17 – there is nothing too hard for Him
2. Ephesians 3:20
3. Matthew 19:26
4. Ephesians 1:22; I Corinthians 11:3; Colossians 1:16,17; 2:10
5. Acts 2:36
6. Jude 24,25
7. Galatians 5:22,23

8. I Corinthians 10:13

9. Daniel 4:34,35

10. Psalm 103:19

\*Summary:

G. We believe that the Gospel is the basic solution to man's most basic problem because the good news of the Gospel is that Christ is coming back for us and that when He returns all of the presence and power of sin and its effects in us, on us and around will be destroyed completely:

1. John 14:1-3 will be fulfilled
2. Acts 1:9-11 will become a reality
3. I Thessalonians 4:13-18 – will be fulfilled
4. We'll see and hear the fulfillment of Philippians 2:9-11
5. We will experience the glorious truths of Philippians 3:20,21
6. We'll experience the fulfillment of I John 3:2
7. 2 Peter 3:13 – there will be a new heaven and a new earth in which nothing but righteousness is done
8. We'll experience the fulfillment of Revelation 21:3,4,8,27; 22:15
9. We'll experience the fulfillment of Colossians 3:4

\*Summary:

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## **VIII. THE REAL COUNSELOR IN BIBLICAL COUNSELING IS THE HOLY SPIRIT**

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A. Acts 19:3 – Paul at Ephesus

1. Met some people who claimed to be disciples of Jesus Christ.

2. Asked them an interesting question – verse 2
3. Why did Paul ask them this question?
4. Verse 4 – their surprising answer

B. Two questions for us to consider:

1. Would Paul ask us the same question?  
Romans 12:2; Ephesians 4:17; I Peter 3:2,3
2. Would he be convinced that we are depending on and ministering in the power of the Spirit rather than the power of the flesh?

C. According to John MacArthur, contemporary Christians err in their attitude toward and convictions about the ministry of the Holy Spirit in two ways. (The Silent Shepherd – pages 5-9.)

D. In the book of Galatians, Paul makes it crystal clear that errors concerning the role of the Holy Spirit in our lives and ministries are serious.

Galatians 3:1-5

Galatians 5:16, 15, 19-21

Galatians 5:18

Galatians 5:22,23

Galatians 5:25, 26

E. An important verse - Zechariah 4:6.

1. The setting
2. The task
3. The difficulty – Ezra, Nehemiah; Zech. 1:18-21; 3:1,2
4. God's promises – 1:14-17; 2:4-12; 3:8-10; 4:1-5
5. The power – 4:6-10

Matthew Henry on verse 6 (commentary – pages 1418-1419)

F. Zech. 4:6 = the lesson for then and now.

1. Truth is that the Christian life and the ministry of counseling is not only hard, it is impossible.

2. 2 Corinthians 2:15 & 16

3. More of the same theme in 2 Corinthians 3:5 & 6.

4. For us and for Paul it is Zechariah 4:6.

G. Some of the things the Bible says God, the Holy Spirit can do that make Him the real Counselor in Biblical Counselor.

John 6:63; Ephesians 2:1-5; Galatians 5:25

John 3:3; Titus 3:5, 2 Corinthians 5:17

John 4:23,24; Philippians 3:3

John 14:16-18

John 16:7-9

Romans 5:5

Romans 8:2; 2 Corinthians 3:18

Romans 8:13,14

Romans 8:15

Romans 8:26

Romans 12:3-8; 1 Corinthians 12:3ff.

Romans 14:17

Romans 15:13

Romans 15:16; I Peter 1:2

1 Corinthians 2:12,14

1 Corinthians 6:9-11

1 Corinthians 6:11

Galatians 5:16-19

2 Corinthians 3:18

Ephesians 1:17; 3:17

Ephesians 3:16

Ephesians 2:18,19; 4:3

Ephesians 4:30

2 Timothy 1:7

Ephesians 2:8; I Corinthians 12:4; Galatians 5:22, 23; 25,26

Ephesians 5:18-6:9

Galatians 5:16

#### Illustrations of the power of the Holy Spirit

Before - Matthew 26:57-59, 69-75; after - Acts 3:1-11; 4:1-22

Before - I Corinthians 6:9, 10; after - I Corinthians 6:11

Before - Titus 3:3; after - Titus 3:4-8

Before - I Thessalonians 1:9; after - I Thessalonians 1:9, 10

Before - Philemon 9, 11, 18; after - Philemon 10, 11, 12, 13

#### CONCLUSIONS:

1. Biblical counselors have resources for counseling that no non-biblical counselor has - can easily see why Biblical counseling is superior to all other kinds of counseling – 2 Corinthians 10:3-5; Matthew 19:26; Jeremiah 32:17; Psalm 115:3; Romans 11:33-37; Ephesians 3:15-21.

2. If the Holy Spirit is the agent of change, then we should expect Him to use the means He has prescribed to produce that change – John 17:17; 2 Corinthians 3:18; Hebrews

3:12,13; 10:24,25; Ephesians 4:11-16; Romans 10:17; 2 Timothy 3:15-17; Acts 20:32

3. If the Holy Spirit is the agent of change, then we should expect Him to use the men and women He has designated to produce that change – 2 Timothy 2:20-26; Galatians 6:1-3; I Thessalonians 5:14; Proverbs 13:20; Romans 12:3-8; Acts 20:28; Ephesians 4:11,12 .

4. If the Holy Spirit is the agent of change, then there is hope in any situation and with any person who confesses Jesus Christ as Lord. Change is possible regardless of a person's past or present, personal tendencies, character deficiencies – 2 Corinthians 9:8; Matthew 19:26; I Corinthians 6:9-11; Hebrews 7:25; Galatians 5:22,23; Ephesians 3:21.

5. If the Holy Spirit is the agent of change, then we should be careful not to resist, grieve, spurn, offend or quench Him – Acts 7:51; Ephesians 4:30; I Thessalonians 5:19; I Corinthians 6:19-20; Hebrews 10:29

6. If the Holy Spirit is the agent of change, then we ought to set our minds on the things of the Spirit and seek to get to know His mind – Romans 8:6,7; I Corinthians 2:14-16; Colossians 3:1-4; Philippians 4:8

7. If the Holy Spirit is the agent of change, then we ought to depend and rely on Him in all of our attempts to personally change or help others change; need to be careful that we don't usurp the work of the Spirit and play God – should not try to force change with ungodly methods or coerce people into agreement – Matthew 11:25; Luke ; 2 Timothy 2:24-26; Philemon; Luke 9:51-56

8. If the Holy Spirit is the agent of change, then we ought to give Him the credit for any ministerial success, for any changes that take place in our lives or in the lives of others – I Thessalonians 1:3, 2:13; Romans 1:7; etc.

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## **IX. BIBLICAL COUNSELING IS BASED ON A BIBLICAL UNDERSTANDING OF WHY PEOPLE BEHAVE IN UNGODLY WAYS**

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I. A CRUCIAL QUESTION TO WHICH EVERY COUNSELOR MUST HAVE AN ANSWER – WHY DO PEOPLE BEHAVE THE WAY THEY DO? WHY DO PEOPLE BEHAVE BADLY? WHY DO THEY STEAL, KILL, HURT, ABUSE, CHEAT, GET INVOLVED IN DRUG ABUSE, GET INVOLVED IN SEXUAL IMMORALITY, PORNOGRAPHY, ETC.?

A. When seeking an answer to this question, Biblical question, Biblical Counselors must remember the truth of Isaiah 55:7

1. World's perspectives include:

2. Bible's perspective is quite different.

B. The Bible teaches differently:

1. Through passages where God diagnoses the real cause of the bad behavior of some people:

a. I Corinthians 10:1-14 and Deuteronomy 8:1-3; Numbers 11:4; 13:25-14:4

I Corinthians 10:7-10, Numbers 14:1-4

I Corinthians 10:1-4

I Corinthians 10:5; Deuteronomy 8:1-3; Numbers 13:25-29

Yet I Corinthians 10:5; Numbers 11:1,2

b. Exodus 32:1-28

2. Through the examples of some people who had horrible circumstances and were treated horribly and yet behaved in a godly manner.

1). I Peter 2:18-24

2). 2 Corinthians 4:8-11, 16

3. Through some very clear statements in which God diagnoses the real cause of our sinful, ungodly behavior:

1). Mark 7:21-23

2). Luke 6:43-45

3). James 1:13-16

4). James 4:1-3

5). Romans 1:18-31

6). Jeremiah 17:9,10; 17:5-8

7). I Corinthians 10:6,7; Numbers 11:4

8). Ezekiel 14:1-11 explains that the cause of our ungodly behavior is heart idolatry - 9 important insights:

## II. THE BIBLE TEACHES THAT THE WAY WE RESPOND TO THE HARDSHIPS AND DIFFICULTIES WE FACE PROVIDES THE CONTEXT IN WHICH WE DISCOVER THE CONDITION OF OUR HEARTS; THEY PROVIDE THE CONTEXT IN WHICH WE DISCOVER THE IDOLS OF OUR HEARTS

A. You simply can't read the Bible carefully without becoming aware of the fact that God is the cardiologist par excellence.

1. James 4:8

2. Matthew 5:8

3. Matthew 15:8

4. Proverbs 4:23

5. Proverbs 27:19

6. I Samuel 16:7

7. Matthew 22:27

8. Psalm 51:10

9. Romans 10:9, 10

10. Psalm 34:18 & 51:17

11. Hebrews 3:12

12. Proverbs 3:5

13. Jeremiah 17:10

14. Acts 15:8

15. Ezekiel 14:1-11

B. How can you know when you or someone you're counseling is guilty of heart idolatry?

1. When a person desires anything more than he desires God and His approval;
2. When a person has a strong, compelling desire for something or someone that God does not want that person to have;
3. When a person wants something that is legitimate, but is willing to be ungodly to get it;
4. When a person responds in an ungodly way when he doesn't get what he wants;
5. When a person tries to force people to give him what he wants by ungodly words or actions;
6. When a person uses an ungodly standard or rule to justify ungodly attitudes, thoughts, desires, words, action and reactions
7. When a person uses unbiblical convictions to justify ungodly attitudes, thoughts, feelings, words, actions

C. What are some of the idols that men set up in their hearts? I John 2:15-17

1. Lust of the eyes - making a god out of your  
Matthew 6:24; I Timothy 6:9,10
2. Lust of the flesh - making a god out of your
3. Pride of life - making a god out of

### III. COUNSELING/DISCIPLING PROCEDURE FOR DEALING WITH HEART IDOLATRY

A. Use some of the Scriptures such as Deuteronomy 8:1-16; Jeremiah 17:5-8, I

Corinthians 10:1-14; Ezekiel 14:1-9; Mark 7:21-23; Luke 6:43-54; James 1:13-16; 4:1-3 to demonstrate that the difficult circumstances they are facing are not the cause of their behavioral, relational and emotional problems, but simply the context in which what is already in their hearts is being revealed.

B. Use xray questions to discover the identity of the heart idol

1. When you became ....., what desires of yours were not being fulfilled, what did you want that you weren't getting?
2. Right now, what would have to happen for you to be happy?
3. What is it that brings out the worst in you?
4. What is it that brings out the best in you?
5. If you could change your situation in any way, how would you want it changed?
6. Tell me what it is you think about more than anything else.
7. Why does what so and so did or why does what happened bother you so much?
8. What would it take for you to consider yourself to be a really successful person?
9. By the time you come to the end of your life, what do you most want to have accomplished?
10. What is it that you want more than anything else in life?

C. Help them to understand the nature of their heart idolatry; that the heart is mission control center from which flow all the issues of life – Proverbs 4:23

D. Help them understand that when they react sinfully to undesirable circumstances, they have turned away from worshipping and serving the true and living God to worship a false god – Jeremiah 2:13.

E. Make it clear that God demands and deserves to be the absolute and unrivaled ruler of their hearts – Matthew 6:24; Exodus 20:3; Matthew 4:10.

F. Help them to recognize that their response is sinful and encourage them to confess their sins and seek God's forgiveness through the sacrifice of Christ on the cross- I John 1:7; Proverbs 28:13; Ephesians 1:7; I John 2:2.

G. Explain the meaning and necessity of true repentance and urge them to repent – 2

Corinthians 7:9-11; Hosea chapter 5, 6 and 14; Matthew 3:8.

H. Encourage them to definitively recommit themselves to God as Sovereign, Ruler and Lord of their hearts – Joshua 24:15; James 4:7; Romans 12:1.

I. Whenever they are tempted to act or feel badly, encourage them to analyze what is happening by answering the following questions. Have them keep the results of their analysis in a daily journal and bring it with them to examine at the next counseling session. This is a way for doing what I Timothy 4:7 instructs us to do to promote biblical change.

1. What events or circumstances (e.g., failures, criticisms, threats, etc.) are you experiencing that bring pressure on you at this time?
2. What are you thinking about these circumstances?
3. What are you tempted to do or say in response to these circumstances?
4. What feelings or emotions are you experiencing?
5. What do you want that you are not getting? And what are you getting that you do not want? What desires of yours are being thwarted at this time?
6. What is God's perspective, His truth about the situation, what are His promises, instructions, exhortations that apply to the situation(s)? What would God want you to be thinking about the situation? What biblical truths apply to this situation?
7. What godly desires would God want you to have at this time? What should you be wanting most of all? What would God say you should be most concerned about in this situation? What desires/motives should be driving and ruling you at this time?
8. What actions or words would be pleasing to God?
9. What will be your way of deliverance from the temptations you are experiencing at this time?
10. What will you choose to think, desire, do and say at this time?

J. Encourage them to faithfully use the means God has prescribed for promoting biblical change; give them specific directions about how to do what God tells us to do. Have them keep a record of what they do and then report to you on what they have done: Hebrews 10:24,25; Romans 10:17; Acts 20:32; Colossians 3:16; Psalm 1:2,3; John 15:3; Psalm 17:5; Isaiah 40:31; Psalm 50:15; Hebrew 3:12,13

K. Read and apply the truths relevant to the heart idolatry issue found in the following

books. Instruct them to highlight for discussion the important truths in the chapters they read.

God's Solutions to Life's Problems – chapters 7 – 14

The Fear Factor – chapters 1 – 14

Twin Pillars of a Dynamic Christian Life

When People are Big and God is Small

Addictions: A Banquet in the Grave

IV. ILLUSTRATION OF HOW TO APPLY THESE COUNSELING PRINCIPLES BY DEALING WITH THE BIBLICAL CASE STUDY OF HEART IDOLATRY DESCRIBED IN NUMBERS 11:1-35. (\*Adapted from a study by Dr. David Powlison)  
Answer 5 questions:

A. What were the circumstances, pressures, difficulties they were facing?

11:1 -

11: 6 -

11:18-20,31 -

11:26 - 28 -

11: 10 -

B. How did they react, respond = conceptually, attitudinally, emotionally, verbally, behaviorally?

11:1 -

11: 4, 5, 18 -

11:32 –

11:20, 32, 33, 27-28, 11-15 -

11:27-30 -

11:11-15 - Moses expresses his thoughts and feelings to the Lord

C. What did their responses reveal about their hearts, about their ruling desires or motives for life?

11:1 -

11:4, 34 -

11:5 -

11:20 -

11:29 -

11:11-15, 21-22 -

D. What consequences or results did they reap or experience?

11:1 - 3 -

11:10 -

11:19-20 - apparent blessing turned into a curse

11:33 - anger of the Lord and a plague

11:29 - rebuke and instruction

11:16-20 - additional support and help from 70 elders

11:23 - Moses receives a rebuke and a reaffirmation

E. To what or whom did they turn to find deliverance and salvation (an escape) from the difficulties they were experiencing? What was their way of deliverance and salvation from the difficulties they were experiencing?

11:2 -

11:11-20 -

11:23

11:24-30 -

11:25 and 33 -

Summary: the way of escape in all cases came from God

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**X. BIBLICAL COUNSELING IS BASED ON THE CONVICTION THAT PRAYER MUST PLAY A CENTRAL ROLE IN ALL COUNSELING EFFORTS**

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A. When it comes to the matter of prayer, the motto and practice of some people seems to be “When all else \_\_\_\_\_”.

1. Mark 5
2. Genesis 12

B. A surprising but prevalent phenomenon among Christian and nonChristian counselors.  
Quotes:

1. Dr. Kent Hughes, pastor of the College Church in Wheaton, Ill.
2. Dr. James Rosscup

C. Quotes from Christian leaders about the priority of prayer in ministry

1. Paul – I Timothy 2:1
2. Dr. James Rosscup
3. Charles Spurgeon
4. Charles Bridges (book Christian Ministry) – pp. 147-150.
5. Martyn Lloyd Jones (Ephesians 6:18-22) – pp. 339, 340, 342.
6. Richard Baxter (Reformed Pastor)
7. John Piper
8. Jay Adams (TOCC, pp. 61, 62)

D. Four reasons why Biblical Counselors should make prayer a priority issue in the counseling process.

1. THE NUMEROUS BIBLICAL EXAMPLES OF PEOPLE WHO WERE MIGHTY IN PRAYER WHO WERE ALSO MIGHTY IN THEIR MINISTRIES (Because of the time factor, we may not be able to look at all the Scripture passages listed in this outline. If this occurs, your teacher encourages you to study

the passages we don't mention in class on your own.)

1a. Moses - Ex. 8:12,13,16-31, esp. 30,31; 9:33; 15:1-25; 32:11-13, 31,32; Numbers 11:1,2; 14:11-20; 27:15-17

2a. Samuel - I Samuel 12:19-23

3a. Daniel - Daniel 6:1-10; 9:1-19

4a. Nehemiah - Nehemiah 1:1-11; 2:4; 4:9

5a. Our Lord Jesus Christ - Luke 3:21-22; Lk. 24:49-51; Luke 5:16; 6:12; 9:18, 28,29; 11:1; Heb. 5:7

6a. Early Christians and their leaders - Acts 1:14; 2:42; 3:1; 4:23,24; 6:4; 7:5-7, 60; 8:14,15; 9:11, 40; 10:1,2 & 9; 11:5; 12:5; 13:3; 14:23; 16:13, 25

7a. Paul - Romans 1; I and 2 Corinthians, Ephesians, Philippians, Colossians, Thessalonians

8a. Epaphras - Col. 4:12,13

## 2. THE NUMEROUS EXHORTATIONS TO PRAYER THAT ARE FOUND IN SCRIPTURE

1a. 2 Ch. 7:14

2a. Psalm 32:6

3a. Psalm 55:15

4a. Psalm 55:22

5a. Psalm 122:6

6a. Isaiah 55:6

7a. Jer. 31:3

8a. Matt. 5:44

9a. Matt. 6:9

10a. Matt. 9:38

- 11a. Luke 18:1
- 12a. Matt. 26:41
- 13a. Rom. 12:12
- 14a. Eph. 6:18
- 15a. Phil. 4:6
- 16a. Colossians 4:2,3
- 17a. I Thess. 5:17
- 18a. I Tim. 2:1,8
- 19a. Heb. 4:16
- 20a. James 5:13
- 21a. I Pet. 4:7
- 22a. Jude 20

### 3. THE MANY PRAYER PROMISES ABOUT ANSWERED PRAYER FOUND IN THE BIBLE.

- a. 2 Ch. 7:14
- b . Psalm 50:15
- c. Psalm 55:22
- d. Jeremiah 31:3
- e. Matt. 7:7-11
- f. John 16:15
- g. John 16:24
- h. John 15:7
- i. Acts 4:31

- j. Romans 15:13
- k. Heb. 4:16
- l. James 1:5
- m. James 4:2
- n. James 5: 14-16
- o. I John 3:22
- p. I John 5:14, 15

4. THE MANY EXAMPLES OF ANSWERED PRAYER FOUND IN THE BIBLE.

- a. Ex. 8:29-32
- b. Ex. 9:33-34
- c. Ex, 15:24, 25
- d. I Samuel 1:27
- e. I Samuel 7:9, 10
- f. I Kings 17
- g. 2 Ch. 20
- h. Psalm 34
- i. Neh. 1
- j. Acts 1:14
- k. Acts 4:23
- l. Acts 7
- m. Acts 8
- n. Acts 9

- o. Acts 10
- p. Acts 12
- q. Acts 13
- r. Acts 14:23
- s. Acts 16

Donald Whitney quote from Disciplines for the Christian Life, p.74, 75

E. THE FOCUS OF THE BIBLICAL COUNSELOR'S PRAYER CONCERN (Because of the time factor, we may not be able to look at all the Scripture passages listed in this outline. If this occurs, your teacher encourages you to study the passages we don't mention in class on your own.)

#### 1. AS A BIBLICAL COUNSELOR YOU SHOULD PRAY FOR YOURSELF

1a. Wrong way of praying for yourself. James talks about this in James 3 and 4

a. Ch. 3:13

b. Ch. 4:3

2a. Right way of praying for yourself as you counsel

a. Biblical examples:

1). I Chron. 4:9, 10

2). I Kings 10:9

3). Psalm 21:1-6

4). Psalm 28:1-3, 6

5). Psalm 30:1-3

- 6). Psalm 34:4,6
- 7). Psalm 51:1, 2, 8 - 10,12
- 8). Psalm 77:1,2
- 9). Psalm 107:1-6, 10-13
- 10). Psalm 139:23,24
- 11). Luke 22:41,42
- 12). John 17:1, 5
- 13). Heb. 5:7

b. Biblical exhortations in which God commanded us to pray for ourselves

- 1). Psalm 50:15
- 2). Ps. 55:22
- 3). Matt. 6:9-12
- 4). Matt. 7:7-9
- 5). 2 Corinthians 12:7,8
- 6). James 5:13
- 7). James 4:2

3a. Why should you as a biblical counselor pray for yourself as you counsel?  
Several reasons:

- a. Because God wants you to pray
- b. Because prayer is a way by which you express your own weakness.

\*Psalm 10:4

c. Because prayer is a way in which you acknowledge your dependence on God - Jn.

4:23,24. \*John Calvin (Sproul) – pp. 10,11

d. Because prayer is a primary way of having fellowship, of communing with God – I Cor. 1:9; I John 1:3 –  
\*R.C. Sproul – pp. 12,13

e. Because prayer is a means for developing godliness in your own life – I Tim. 4:7.

f. Because prayer is a means by which God prepares you for the reception of His blessing.

\*Jonathan Edwards describes prayer in this way: he says that “With respect to God...p.17, 18 – Sproul

g. Because God has ordained that He bestows His blessing on His people as they pray – James 4:2; Matt. 7:7-9

h. Because prayer is a way of helping you to keep any successes or victories in proper perspective – Ps. 115:1; Psalm 30:1-3

i. Because God has ordained that prayer should be part of the means by which you can overcome the world the flesh and the Devil – Eph. 6:10-18 – LLoyd Jones – pp.337-339

j. Because God has ordained that all of the things that are necessary for you to do effective counseling should be acquired through prayer - James 1:5; Ephesians 1:15-17; 3:14-21.

## 2. YOU SHOULD PRAY FOR YOUR COUNSELEES AS YOU COUNSEL

1a. Jesus frequently prayed for His counselees, i.e., his disciples.

a. Luke 6:12

b. Luke 9:18

c. Luke 22:31, 32

d. John 14:16

e. John 17:9-26

f. Rom. 8:34; Heb. 7:25

2a. The apostle Paul.

- a. Romans 1:8-12
- b. Romans 10:1
- c. Romans 15:14
- d. Ephesians 1:16
- e. Ephesians 3:14-21
- f. Ephesians 6:24
- g. Philippians 1:4
- h. Philippians 4:23
- i. Colossians 1:9
- j. I Thess. 1:2
- k. I Thess. 3:11-13
- l. I Thess. 5:28
- m. 2 Thess. 2:16,17 and 3:16, 18
- n. I Timothy 1:17
- o. 2 Timothy 1:3; 1:16-18

3a. Why should you as a biblical counselor pray for those whom you counsel? (Because of the time factor, we may not be able to look at all the items listed in this outline. If this occurs, your teacher encourages you to think about the issues we don't mention in class on your own.)

- a. Because God wants you to pray for others as you minister to them  
I Sam. 12:23
- b. Because you can't change anyone and ultimately the counselee can't change himself in a God honoring way. Jn. 15:4,5.
- c. Because ultimately you can't motivate anyone to want to change in a God-honoring way - Phil. 2:12; Col. 1:10
- d. Because ultimately you can't help anyone to understand why they

should change or what to change to or how to change - Eph. 1:15; Col. 1:9;

e. Because ultimately you can't make anyone godly – I Tim. 4:7.

f. Because ultimately only God can prepare people to receive His blessing

g. Because ultimately you can't convict anyone of sin; cause anyone to turn from sin

h. Because ultimately you can't cause anyone to love God or neighbor more

i. Because ultimately you can't give anyone peace or joy or hope

j. Because ultimately you can't cause people to persevere

k. Because ultimately you can't cause them to see glory in the face of Jesus Christ and put Him first in their lives

l. Because ultimately you can't produce in people the fruit of the Spirit

m. Because ultimately you can't make people understand His Word and its application to their lives

n. Because ultimately you can't comfort and lift the burdens and despair that people are experiencing.

o. Because ultimately you can't make people love God's Word

p. Because ultimately you can't make people want to pray..

q. Because ultimately you can't make people want to become involved in a local church from which they will receive spiritual nourishment

r. Because ultimately you can't make people want to identify and develop and use their spiritual gifts and abilities in the service of others...

s. Because ultimately you can't make people seek first the kingdom of God and His righteousness

t. Because ultimately you can't make people bring every thought into captivity and make them obedient to Christ.

u. Because ultimately you can't bring people to repentance or give them

faith

v. Because ultimately you cannot make people run with endurance the race that is set before them..

w. Because ultimately you can't make husbands love their wives, wives submit to husbands, parents bring up their children, children honor and obey their parents...

x. Because ultimately you can't make people truly thankful

y. Because ultimately you can't make people live for eternity rather than for time; can't make people set affections on things above; can't make them live with eternity's values in view...

z. Because prayer is a way of helping your counselee to keep any successes or victories in proper perspective – Ps. 115:1; Psalm 30:1-3

aa. Because your counselee need to know that prayer is an important part of the God ordained means for overcoming the world, the flesh and the Devil is prayer

4a. When should you pray for your counselees?

a. I Thessalonians 5:16

b. Ephesians 6:18 – 4 all's

### 3. YOU SHOULD SEEK TO HELP YOUR COUNSELEES TO IMPROVE THEIR PRAYER LIVES

1a. Jesus and his counselees.

a. Jesus was constantly teaching them about prayer through the example of His own prayer life

1). Mk. 1:35

2). Luke 5:16, 9-15

3). Lk. 6:12

4). Lk. 9:18

- 5). Lk. 9:28,29
- 6). Lk. 10:17-21
- 7). Luke 11:1
- 8). Luke 22:39-45
- 9). Luke 23:34, 46 – on cross

b. Through the words that he spoke to them about prayer

- 1). Matthew 5:44
- 2). Matthew 6:5-12
- 3). Luke 11:1b-13
- 4). Luke 18:1-8

2a. Paul and his counselees

a. Paul taught his counselees to pray by the example of his own prayer life

- 1). Acts 16:25
- 2). Acts 20:36
- 3). Acts 21:5
- 4). Acts 28:8
- 5). In most of his epistles

b. Paul also taught his counselees to pray by the words he spoke or wrote to them.

- 1). Romans 15:30-32
- 2). Ephesians 6:18-22
- 3). Philippians 4:6,7
- 4). Colossians 4:2-4
- 5). I Thessalonians 5:16, 25

6). 2 Thessalonians 3:1,2

7). I Timothy 2:1-8

3a. Specific passages of Scripture that underscore the connection between prayer and the solution to the problems we encounter in doing biblical counseling.

a. Matthew 5:43-48

b. Psalm 19:13

c. Psalm 19:14; Psalm 141:3

d. Psalm 51:1,2,7; Ps. 19:12; Psalm 32:3-7; Acts 8:22

e. Psalm 51:10

f. Psalm 25:4; 27:11

g. Psalm Matt. 6:13; 26:41

h. Col. 1:9, 10

i. I Thess. 3:12

j. I Thess. 5:23...

k. James 5:13

l. Romans 12:12-21

m. Luke 18:1

n. Luke 21:34-36

o. Philippians 4:6

p. Ephesians 4:1-6:23

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**XI. BIBLICAL COUNSELING IS BASED ON THE CONVICTION THAT OUR  
COUNSELING EFFORTS MUST BE RELATIONAL IN NATURE**

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A. Usually accomplished within the context of a \_\_\_\_\_ relationship between \_\_\_\_\_ beings - Philippians 1:7; Acts 20:31; I Thessalonians 2:7,8; Proverbs 27:

B. Concerned about promoting a deeper relation \_\_\_\_\_ with \_\_\_\_\_.

1. Hebrews 1:1,2

2. John 1:14, 18; 14:9

3. John 14:6, Colossians 2:3

4. I Peter 3:18; Ephesians 2:14,18

5. John 17:3; Philippians 3:10; Ephesians 3:16; John 14:21

C. God uses a number of beautiful word pictures:

1. 2 Corinthians 6:17; John 1:12; Matthew 6:32

2. Ephesians 5:25-32

3. Ephesians 1:21-23

4. 2 Corinthians 5:17; Ephesians 1:7; I Corinthians 1:30 (120 times)

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**XII. BIBLICAL COUNSELING IS BASED ON THE CONVICTION THAT OUR COUNSELING EFFORTS MUST BE \_\_\_\_\_ CENTERED IN FOCUS**

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A. Person centered in that it focuses on the most important PERSONS - Colossians 1:28; Philippians 1:20, 21; Colossians 1:27; Colossians 3:4; I Corinthians 1:1; I Corinthians 2:3; 2 Corinthians 4:5.

B. Person centered in that it is concerned about helping people who have problems rather than \_\_\_\_\_: I Thessalonians 2:8; 2 Corinthians; I Timothy 1:2; I Timothy 1:18; Galatians 4:19,20; 2 Corinthians 2:4; 2 Corinthians 12:14 & 15; Philemon 4-9.

C. Person centered in the content of the truth \_\_\_\_\_ that is presented: New Testament epistles were primarily \_\_\_\_\_. Galatians vs Philippians; I Corinthians vs Colossians; I Thessalonians vs I Timothy; Philemon vs Titus, etc.

D. Person centered in terms of its method \_\_\_\_\_ - I Thessalonians 5:14; I Thessalonians 4:18; 5:11; 5:14; Titus 2:15; Galatians 6:1; 2 Timothy 4:2; Titus 3:10,11; Jude 22,23; see John 11:20-35 - Martha vs Mary; Mark 10:17-22 vs John 3:1-16; John 3:1-16 vs John 4:1-24.

E. Conclusions:

1. Biblical counseling doesn't use a cookie-cutter approach in ministering to people

2. As biblical counselors, we should labor to minister and apply God's Word with compassion, skill and specificity to the particular individual in a relevant and appropriate manner so that the individual can live out God's commands in the context of his particular situation.

3. As biblical counselors, we must recognize the uniqueness of every individual and of every individual's situation and make sure that the content as well as the mode and manner of our ministry is in keeping with that uniqueness.

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### **XIII. BIBLICAL COUNSELING BASED ON THE CONVICTION THAT IN OUR ATTEMPTS TO COUNSEL, PEOPLE WE NEED TO LOOK AT THE BIG PICTURE; THE WHOLE ENCHILADA**

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A. All secular schools of counseling are reductionistic in their approach to change

1. The behaviorist counselor is reductionistic in that in an attempt to promote change he focuses on a person's

2. The psychoanalytic counselor is reductionistic in that in an attempt to promote change he focuses primarily on the
3. The medical model counselor is reductionistic in that in an attempt to promote change he focuses primarily on
4. The client centered counselor is reductionistic in that in an attempt to promote change he focuses primarily
5. The cognitive counselor is reductionistic in that in attempting to promote change he focuses primarily on the
6. The eclectic counselor is reductionistic in that in attempting to promote change he is totally humanistic; he bases his understanding of man and his problems on everything but

B. Church is often reductionistic in its approach

1. Twin bed - integrationist –
2. Legalistic - emphasis on
3. Pietistic - emphasis on
4. Gnostic - emphasis on knowledge while neglecting the importance of volition and obedience
5. Second blessing, Keswick or Wesleyan approach,
6. Deliverance, exorcism or spiritual warfare

C. Biblical counseling is comprehensive in its approach to change; is comprehensive in at least 5 ways:

I. COMPREHENSIVE IN THAT IT RECOGNIZES THAT EVERY MEMBER OF THE GODHEAD PLAYS AN ACTIVE AND MAJOR ROLE IN PRODUCING CHANGE. CHANGE IS NOT JUST THE WORK OF ONE MEMBER OF THE GODHEAD.

A. John 15:1,2 - I am the vine, my Father is the Vinedresser

B. Ephesians 5:26 - sanctified and cleansed by the washing of the water of the Word

C. 2 Corinthians 3:18 - transformed into the image of Christ by the Spirit of God

## II. COMPREHENSIVE IN THAT IT RECOGNIZES THE NECESSITY OF MAN'S EFFORTS IN MAKING CHANGE A REALITY - NOT JUST LET GO AND LET GOD.

A. Romans 8:13 - If you then by the Spirit do put to death the deeds of the flesh

B. 2 Corinthians 7:1 - Having these promises, beloved, let us cleanse ourselves from all defilement to the flesh...

C. I Timothy 4:7 - discipline yourselves

D. Ephesians 4:1,17 - walk worthy of the calling...that you walk not longer as the Gentiles walk...

E. I Timothy 6:11; 2 Timothy 2:22 - fight the good fight of faith... Flee youthful desires and follow after ...

F. I Corinthians 9:24-27 - Run in such a way that you may win. I run in such a way, as not without aim, as not beating the air; but I buffet my body and make it my slave ...

## III. COMPREHENSIVE IN THAT IT RECOGNIZES THE IMPORTANCE OF ESTABLISHING AND MAINTAINING GOOD RELATIONSHIP WITH GOD AS WELL AS MAN.

A. Genesis 2:18 - not good for the man to be alone

B. Luke 2:52 - grew in stature, in favor with God and with man

C. Proverbs 17:17 - a friend loves at all times and a brother is born for adversity.

D. 2 Corinthians 7:1; Proverbs 8:13 - cleanse yourselves out of the fear of the Lord; the fear of the Lord is to hate evil

## IV. COMPREHENSIVE IN THAT IT RECOGNIZES THE IMPORTANCE OF THE INVOLVEMENT OF THE WHOLE MAN IN PRODUCING CHANGE - 2

CORINTHIANS 4:16

A. I Timothy 6:11; Romans 6:11-13; Matthew 5:28-30; Corinthians 9:24-27

B. Romans 12:2; Ephesians 4:23; Romans 6:11; James 1:2; James 4:8; Hebrews 4:12; Proverbs 4:23

V. COMPREHENSIVE IN THAT IT RECOGNIZES THE IMPORTANCE OF PAST, THE PRESENT AND THE FUTURE IN THE LIFE OF A PERSON

A. The FUTURE is an important biblical counseling issue.

1. 2 Corinthians 4:16-18 - outer man is decaying, inner man is being renewed daily as we look not at the things which are seen ...

2. Romans 8:18-25 - we groan while we are waiting for the redemption of our bodies

3. I John 3:2,3 - we know that when he shall appear we shall be ... And every person who has this hope in Him will ....

4. I Thessalonians 1:3 - steadfastness of hope

5. Hebrews 12:3 - who for the joy that was set before Him

6. Titus 2:11 - The grace of God that brings salvation teaches us to deny...while we look for the blessed hope....

7. Psalm 73:1-26

B. The PRESENT is an important biblical counseling issue.

1. Romans 8:18 - we will and do suffer, but the sufferings of this present time ..

2. I Peter 1:6 - We rejoice in Christ even though in the present times it must needs be that we suffer many different kinds of trials

3. I Corinthians 15:33 - evil companionships do corrupt

4. Proverbs 13:20 - He who walks with wise men becomes ... But he who

walks with fools ....

5. Hebrews 3:12, 13 - If we do not take care on a daily basis we can develop an evil and unbelieving heart...; if we do not receive encouragement and exhortations from others on a regular basis any one of us can be hardened by ..

6. Hebrews 10:24,25 - we need to be regularly stimulated unto ... and encouraged...

7. Ephesians 6:4 - parents can provoke their children ...

8. Colossians 3:21- parents can exasperate...

9. Must help to get a comprehensive, realistic view of the present.

C. The PAST is an important counseling issue.

1. Scriptural basis

1). I Peter 1:18 - what happened in the past can still influence us in the present

2). Ephesians 4:22 - past manners of life must be put off

3). Ephesians 6:4 - what our parents did while we were growing up may influence us

4). Colossians 3:6-8 - sinful patterns of life developed in the past may continue to influence us after we become Christians and must be put off

5). 2 Chronicles 22:1-4 - Ahaziah was influenced by the wicked counsel of his mother and others in his past...

6). Jeremiah 13:23 - we can become accustomed to do evil - develop habitual ways of life that are difficult to put off, but with God's help they can be expunged from our lives.

2. Biblical counselors must have a biblical perspective on viewing and handling a person's past life and circumstances: 13 biblical principles about the past (adapted and adopted from an in the Biblical Counselor, July, 1993 by John Bettler, Director of CCEF, Laverock, Pa.)

1). A person's past has a significant influence on his development

of his "manner of life".

Ephesians 6:4a  
Colossians 3:21  
I Peter 1:18

2). No person is a helpless victim whose present "manner of life" is determined by his past.

I Corinthians 6:9-11  
Colossians 3:5-8 - Consider the members of your earthly body as dead to ... You once lived in these ways, but now you must put them aside...

3). A person creatively interacts with and interprets past events and incorporates his interpretations into his "manner of life" either positively or negatively. Two people may experience the same event and yet respond to them quite differently because of the way they have learned to interpret their circumstances.

Genesis 32:1-21 - Jacob heard that Esau was coming and assumed ...

Genesis 45 and 50 - because of what they had done to Joseph in the past, the brothers of Joseph assumed that he would seek to punish them

4). No person perfectly interprets or reproduces what has happened to him in the past; every person because of finiteness and fallenness practices a bit of reconstruction. Only God knows what happened in the past perfectly.

Numbers 11:3-6 - Israelites blocked out the horrors they experienced in Egypt and talked about how good they had it in Egypt

5) The Christian should seek to interpret his past as coming from as coming from God and for God's glory

Psalm 37:23 - steps of a good man  
Genesis 50:20 - you meant it for evil, but God ...  
Ephesians 4:1 - I, therefore, the prisoner of the Lord ...

6) Every unbeliever will distort his past with \_\_\_\_\_ that doesn't honor God's truth. He will resist the truth and endeavor to believe the lie.

Romans 1:18 - suppresses the truth  
Proverbs 16:2 - all the ways of a man are clean in his own eyes ...

7) A person is not always aware of the assumptions, values and habits that shape his "manner of life".

Luke 10:38-42  
Mark 10:17-24

8) A person isn't driven or controlled by unexplored and largely unexplorable and unknowable "unconscious forces".

John 8:32 - You shall know the truth and the truth shall set you ...

Romans 8:2 - the law of the Spirit of life in Christ Jesus has set you free

Philippians 3:13-14 can forget the things that are behind and reach forth...don't have to be bound to or hampered by what has happened in your past...

9). Exploring a person's past may help to reveal to that person his "manner of life".

I Peter 1:18 - futile manner of life  
Jeremiah 13:23 - accustomed to doing evil  
I Corinthians 8:7 "some being accustomed to the idol until now, eat food as if it were sacrificed to an idol; and their conscience being weak is defiled

10) Exploration of a person's past is not always necessary to produce biblical change.

Romans 6 - 8 - no evidence that Paul included this procedure as part of the process of sanctification  
Mark 10:17-21 - when dealing with the Rich young ruler, Jesus did not spend time exploring and uncovering what had happened in this man's past that had influenced him to think and live as he did

John 8:1-11 - same with the woman caught in the act of adultery

11) Change occurs in present: it involves repentance for the distorted values and habits of a false "manner of life" and putting on godly values and behavior patterns in the present.

Ephesians 4:25-32

James 4:1-8  
Ezekiel 14:1-11, v.6.

12) Reliving past experiences or releasing stored up emotions through a process commonly called catharsis is not a part of biblical change.

Philippians 3:12-14 - Paul encouraged them to forget the past, not talk about the past.

13) God is sovereign over all the events of a person's life and works through these events whatever they may be to make Christians more like Christ.

Romans 8:28 - God works all things together for good

Psalm 103:19 - God has prepared His throne in the heavens

Daniel 4:34,35 - He rules among the hosts of heaven and the inhabitants of earth

Genesis 50:20 - you meant it for evil, but God

II Corinthians 12:1-11- There was given me a messenger of Satan

Ephesians 4:1 - I the prisoner of the Lord...

\*Summary - The change process towards which counseling must aim is

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**XIV. BIBLICAL COUNSELING IS BASED ON THE CONVICTION THAT CHANGE IS A PR \_\_\_\_\_ AND NOT AN EVENT**

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A. Involves w \_\_\_\_\_ do (the how) as well as what say

B. Will probably require a pe \_\_\_\_\_ of time - I Thessalonians 5:14; 2

Timothy 4:2; I Timothy 4:16; Galatians 6:9

C. Biblical pictures or illustrations of the Christian life

1. Abraham

2. Israelites - Exodus 3-14

3. Christ and His disciples

4. Biblical metaphors

a. Hebrews 12:1-3; I Corinthians 9:24-27; Philippians 3:10-14

b. Hebrews 5:13,14 & Ephesians 4:13-16

c. Ephesians 4:22-32 & Colossians 3:12-14

d. Ephesians 4:1;5:2; Galatians 5:16

5. God and us

\*Summary - The change process towards which counseling must aim is progressive sanctification. Change is not instantaneous, but progressive throughout life. Thus change process of becoming more like Christ, of putting off our sinful habit patterns and putting on righteous habit patterns will go on until the coming of Christ or at the time of our death.

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**XV. BIBLICAL COUNSELING IS BASED ON THE CONVICTION THAT  
SECULAR IDEAS SHOULD NOT BE INTEGRATED WITH BIBLICAL  
TRUTH AND PRACTICE WHEN CHRISTIANS COUNSEL**

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3 biblical truths about the relationship of secular ideas and biblical concepts.

A. Satan has always tried to get God's people to integrate unbiblical ideas about how man should live, about why men have their problems and how to solve those problems into the domain of biblical truth and practice.

1. Old Testament

- a. Genesis 2:1-7
- b. Psalm 1:1
- c. Isaiah 8:19,20
- d. Joshua 24:14-28
- e. Jeremiah 3: chapters 3-9, etc.

2. New Testament

- a. Mark 7:1-7
- b. Acts 20:28
- c. Galatians
- d. Colossians
- e. Jude
- f. I Timothy 6:20

g. I John 4:1ff

B. The Bible indicates that adding secular ideas to or integrating secular ideas with God's truth is not only not helpful or necessary, but actually dangerous.

1. Colossians 2:8

2. I Timothy 6:20,21

3. Ephesians 5:6

4. 2 Timothy 2:16-18

C. The Bible teaches that God's people should identify, expose and oppose all attempts to integrate unbiblical ideas with biblical truth or impose unbiblical ideas on biblical truth.

1. Galatians 1:6-9

2. Colossians 2:8ff.

3. 1 Timothy 1:5,6

4. Psalm 1:1-3

5. Jude 3

6. Titus 1:9-11

7. I Timothy 6:19-20

D. Helpful qu\_\_\_\_\_ for identifying a truly bibl\_\_\_\_\_

counselor/author from a pseudo bibl \_\_\_\_\_ counselor/author

1. What has been the focus of the person's training – psychological or theological?
2. What is the person's view of Scripture? Is the Bible inerrant, necessary, authoritative, sufficient, understandable for counseling?
3. How does he use Scripture? Does the person spend a lot of time exegeting Scripture? Is the bible the person's primary source? Does the person merely proof text or spend much time explaining Scripture?
4. What comes first: Bible or psychology – opinions of men, his own or others, research or Scripture, experience or God's Word? Does the Bible form his argument or support his argument?
5. Are the person's operating presuppositions explicit, clear as day, easily recognized or are his presuppositions difficult to discern or does his approach seem to indicate a secular world view that implies the autonomy of man?
6. What is his view of epistemology, i.e., view of how we come to know truth?
7. What anthropological convictions does his counseling or writing display, i.e., what is his view of man? On what does he base his convictions about the nature of man?
8. How does he define man's problems, i.e., the root causes of his difficulties and problems? Does he define the cause of man's problems in a biblical or psychological way?
9. What does his counseling/writing indicate about the way that man's problems are solved? What standard or norm is used to determine solutions?
10. What is the goal of counseling? What does it take, what must happen for counseling to be considered successful? What kind of changes does he think people should make?
11. What role does the counselor play in the process of change? Is the counselor's role defined in a biblical way?
12. What role does the Holy Spirit play in the process of

counseling/change?

13. What view of God does the counselor/writer present? On what does he base his convictions about God?
14. What is his view of the most important, irreplaceable, crucial resources for producing change in a person's life?
15. What role does prayer have in the process of change?
16. What role does the church play in the process of change? What role should the church play in the process of counseling?
17. What does repentance from sin and faith in Jesus Christ have to do with counseling?

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**XVI. BIBLICAL COUNSELING IS BASED ON THE CONVICTION BIBLICAL COUNSELOR'S HAVE RESOURCES FOR HELPING PEOPLE THAT UNBELIEVERS DO NOT HAVE: RESOURCES ARE UNIQUE, SUFFICIENT AND SUPERIOR TO ANYTHING THE WORLD HAS TO OFFER - 2 Corinthians 10:3-5; Matthew 19:26; Jeremiah 32:17; Ephesians 4:10; Ephesians 3:20-21**

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A. God works uniquely in His church, on behalf of His people; has a special love for church - Ephesians 5:25-27; Isaiah 41:10

B. The indwelling presence of the Holy Spirit - John 14:16-18; Isaiah 11:1-3 (the Holy Spirit's six-fold work in counseling)

C. The uniquely gifted people of God - Ephesians 4:7-12; Romans 12:3-8; I Peter 4:10-11

D. The inerrant, infallible, powerful Word - 2 Timothy 3:14-17; Psalm 19:7-11; Psalm 119; Hebrews 4:12; etc.

E. The body of Christ, the church - Ephesians 4:15,16; Hebrews 3:13; Hebrews 10:24,25

F. Access to the help and power of God through prayer - Ephesians 6:18; Mark 9:29; Jeremiah 33:3; Psalm 50:15; Psalm 34:3-