

Intro to Biblical Counseling: Connecting Biblical Truth in Practical Ways

Lesson 2: God and His Word

How we think about God and His Word directly and radically affects how we approach and engage in biblical counseling.

I. How do we respond to hard things?

A. Call out to God

1. For Help: Psalm 12:1; 86: 88:1-2
2. For Confession: Psalm 130:3-4; 51:1-4; 1 John 1:9
3. To know the Lord Better - Psalm 46:1, 7; Phil. 3:9-10; Eph. 1:17

B. Call out to people

II. The Goal of Life: It must be centered upon God and His Glory

- A. What is our goal in life? What is our motivation?
- B. Biblical goals

III. There is Hope: It is found in God and His Word

- A. Our hope is in God Himself
- B. True hope vs. false Hope
- C. A certain hope
- D. How to inspire hope

IV. Biblical Counseling: What are we talking about?

V. Our Biblical Mandate and Foundation

- A. We have a biblical obligation to each other
- B. We have a sufficient relationship in Christ to handle the challenges of life
- C. The Scripture is sufficient to help us solve all of the non-physical challenges of life

Discussion and Application Questions

- What truth has impacted you from today's lesson? What will you do about it?
- In what ways are you tempted to respond to the hard things of life? Write down 3-5.
- Do you have hope for yourself and for those around you to grow and change and be like Christ?
- What are 3-5 truths that you can meditate upon this week as you face the "hard" of life? Jot these down.