**Session One: Introduction to Biblical Counseling**

Romans 15:14

*And concerning you, my brethren, I myself also am convinced that you yourselves are full of goodness, filled with all knowledge and able also to admonish one another.*

1. What do we want to accomplish?

To understand our sanctification

To learn what the Bible teaches about the issues and challenges of life.

To learn how to use the Bible to address the issues and challenges of life.

To develop confidence in accurately handling the Word of Truth

To learn how to examine yourself through the lens of Scripture.

To help Christian men and women learn how to minister the Word to other brothers and sisters in Christ in discipleship and counseling.

Develop and enhance biblical skills in addressing and solving problems biblically, as a disciple-maker, a shepherd, mentor or as a trained lay counselor.

To understand the conflict between secular counseling reasoning and a biblical worldview and how to recognize the difference and address it through a biblical lens.

To work towards and achieve certification as a Biblical Counselor

2. All people in every society and culture asks these questions:

\_\_\_\_\_\_\_\_\_ are we?

\_\_\_\_\_\_\_\_\_ HAPPENED?

Why do we do the things we do?

What \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ people?

What are the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of our psychological ills?

How do we \_\_\_\_\_\_\_\_\_\_\_\_\_\_?

How do we \_\_\_\_\_\_\_\_\_\_\_\_\_\_?

What is the goal of change?

We propose to answer these questions from a biblical worldview!

3. Biblical Counseling Coalition’s Confessional Statement – Our Conviction:

A commitment to and confidence in the **necessity**, **sufficiency**, **authority**, and **relevancy** of Scripture for helping people work through **suffering and sin issues** in a way that **glorifies God** and brings **spiritual growth** – making disciples!

Secular psychologists can make potentially **valid descriptions** of human experiences, and they can raise questions to spur our thinking. However, **they cannot offer complete explanations** for those experiences, **nor can they offer prescriptions for living (overcoming -*mine*)**.

4. Biblical Counseling: Defined

Biblical counseling is the personal discipleship ministry of God’s people to others under the oversight of God’s church, dependent upon the authority and sufficiency of God’s Word through the work of the Holy Spirit.

Biblical counseling seeks to reorient disordered desires, affections, thoughts, behaviors, and worship toward a God-designed anthropology, in an effort to restore people to a right fellowship with God and others.

This is accomplished by speaking the truth in love and applying Scripture to the need of the moment by comforting the suffering and calling sinners to repentance, thus working to make them mature as they abide in Jesus Christ.

Dale Johnson and Samuel Stephens:

The Association of Certified Biblical Counselors (ACBC)

5. Biblical counseling is a comprehensive and collaborative effort in the church’s mission toward Disciple-Making, Shepherding, and Biblical Counseling in the Local Church (Matthew 28:20; Colossians 1:28-29)

- \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Ministry - Public ministry – Proclamation ministry – Preaching ministry of the Word.

- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - exhortation ministry of the Word.

- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – personal ministry of the Word – biblical counseling.

6. Biblical Foundations in Overcoming Sin and Suffering – Romans 15:14

God’s people are called to minister to one another, to care for one another, to confront and restore one another in sin, to comfort and to build one another up in suffering.

We are called to admonish, exhort, encourage, and instruct one another.

Why would we send a brother or sister out into the world for help when God’s people are competent to help?

7. Our Sanctification: (Romans 8:28-29; Ephesians 5:1; Colossians 1:28)\

Q: What is our goal in sanctification?

Q: What is our goal in ministering to one another in sanctification?

A: To become like Christ; to imitate God; to be complete/mature in Christ.

8. Authority and sufficiency of Scripture

The Bible, consisting of the sixty-six books of the Old and New Testaments, is the inerrant and complete Word of God, the final authority in all matters of faith and practice. (2 Pet 1:19-21: 2 Tim 3:16-17; Psalm 19:7-14)

*God’s Word is sufficient to meet every need of the human soul as David verifies frequently in his psalms.*

*Psalm 19:7-14 is the most comprehensive statement regarding the sufficiency of Scripture. It is an inspired statement about Scripture as a qualified guide for every situation.* (John MacArthur)

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Scripture is comprehensive, containing everything necessary for one’s spiritual life.

Scripture is surer than a human experience that one may look to in proving God’s power and presence.

Scripture contains divine principles that are the best guide for character and conduct.

Scripture is lucid rather than mystifying so that it enlightens the eyes.

Scripture is void of any flaws and therefore lasts forever.

Scripture is true regarding all things that matter, making it capable of producing comprehensive righteousness. Because it meets every need in life,

Scripture is infinitely more precious than anything this world has to offer.

(John MacArthur)

10. Authority of Scripture

a. Scripture is the Word of God, and

b. God is the Ultimate Authority, so

c. The words of God are authoritative.

d. Conclusion: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

11. Four Purposes of Scripture When Counseling Others

2 Timothy 3:16-17 - 16 *All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; 17 so that the man of God may be adequate, equipped for every good work.*

Every time God’s Word is used it is profitable for:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: The Bible teaches comprehensive truths about God, people, sin and its effects, and the hope that is found in Christ. Scripture equips people with an accurate and complete framework for rightly understanding all of human life before God. In a culture filled with competing truth claims and alternative narratives for understanding our lives, biblical counselors instruct counselees with God’s Word so that they can know and believe what is true.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: God’s Word is useful for exposing wrongly held beliefs in one’s life. In response to the snare of wrongly-held beliefs in one’s life, biblical counselors use Scripture to help their counselees through loving and gentle rebuke, so that they might repent of believing what is false and embrace what is true about God and His gospel.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: As the preceding purpose relates to wrongly held beliefs in inner person, “to correct” refers to confronting and correcting sinful behavior expressed externally in one’s life. Biblical counselors use Scripture in this way as well, not only to help rescue people from wrong belief but also to demonstrate how our actions reflect the true motivations of our hearts.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Scripture’s usefulness refers not only to growth in the knowledge of God but to the pursuit of godliness and a transformed life. God uses His Word to train us, teaching us what it is like to follow Jesus in daily life so that we will learn to observe all that He has commanded (Matt. 28:20). biblical counselors help their counselees move toward the goal of Christlikeness so that they will not only know what is true but that their lives would reflect this truth as well.

12. These four purposes of Scripture combine to produce one intended result: ***that the man of God may be complete, equipped for every good work***” (2 Tim. 3:17

The usefulness of God’s Word is meant to produce \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the lives of those we counsel/shepherd, but also a growing capacity for ministry in the lives of other people.

God speaks in His Word to instruct, reprove, correct, and train so that those we counsel/disciple would bear fruit that leads to further disciple-making, for God’s glory (2 Tim. 2:2).

13. 2 Peter 1: 3-11. God’s people have everything necessary in Scripture, the indwelling Holy Spirit, and the Church to minister to us and one another in overcoming ALL forms of sin and suffering

14. Why should we minister to one another? 2 Cor 1:3-7

15. "Counseling God's Way"

A commitment to take the Scriptures seriously and to help God's people apply His truth to their personal lives in practical ways.

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16. Four Levels of Problems.

Perception/Perceptual Level: Where the Problem Begins

Mind-set, established attitude, values. Often a conscious choice to adopt a certain

manner of thinking. Interpretation of reality. Idols of the heart

Preconditioning Level

Learned patterns: unconscious, absorbed patterns from various influences in our lives,

including sinful choices which have become regularized behavior.

Performance Level: How one acts

“Doing level” Ask what, when, how and who questions to discover why this behavior is

characteristic of this counselee. Performance includes a variety of behaviors such as brooding, being critical, slamming doors, overeating, lying, clamming up.

Presence/Presentation Level - Observable

What is felt: this includes what a person projects – constant frown, rigid muscle tone – and what he feels and talks about feeling. Depression, listlessness, confusion, fearfulness, relational problems, suicidal ideations, inability to control anger.

17. Goals of Biblical Counseling:

1. TRUE biblical counseling will have the clearly defined and communicated goal of helping a counselee glorify God, beginning at the HEART LEVEL and reaching towards a life that gives a watching world a biblically accurate view of who God is (Col. 1:28).
2. The problems of the counselee’s life are used as a springboard to teach and train him/her at the heart level to THINK and ACT in a way that pleases the Lord Jesus Christ. Problems are viewed in light of how God is using them to sanctify us (2 Corinthians 5:9, Galatians 1:10).
3. As people realize that SOLVING problems is secondary to the goal of pleasing Christ in every circumstance, HOPE is breathed into hearts. Difficult circumstances become opportunities rather than insurmountable problems.
4. This is SANCTIFICATION! The process of sanctification involves the progression of putting off wrong thinking, behavior, and emotions; renewing the mind by God’s Word; and putting on biblical thinking and acting (Ephesians 4:17-32, Colossians 3).

18. Sanctification

“Sanctify” is to set apart to God, for His use. God works in those whom He claims as His own to conform them “to the image of his Son” (Rom. 8:29).

We are increasingly being changed from what we once were through the agency of the indwelling Holy Spirit.

Sanctification is spiritual growth/maturity/being complete (Colossians 1:28).

The Holy Spirit “works in you, both to will and to work” according to God’s purpose (Rom. 8:28).

Working out our salvation with fear and trembling (Phil. 2:12, 13). Christians become increasingly Christlike, as the moral profile of Jesus (the “fruit of the Spirit”) is progressively formed in them (Gal. 5:22–25; 2 Cor. 3:18).

(DRAW GRAPHIC)

19. Hopeful Counseling/Discipleship

Goal, method, focus, target, and tools of intensive discipleship and biblical counseling:

1. The \_\_\_\_\_\_\_\_\_\_\_ is heart \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_relational restoration (2 Corinthians 5:12-21).

2. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is truth in the context of grace (John 1:14).

3. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is mind, will, emotions, and right behavior—renewed MIND, submitted WILL, informed EMOTIONS, and godly BEHAVIOR.

4. The \_\_\_\_\_\_\_\_\_\_\_\_\_ is beyond behavior to the desire and motivations of the inner man.

5. The \_\_\_\_\_\_\_\_\_\_\_ are the Word of God, Spirit of God, community of God (2 Peter 1:3).

20. Biblical Counseling Statement of Practice

As a biblical expository preaching and teaching church, SMCC holds to this position in regard to counseling, discipleship and ministering the Word:

a. Scripture is sufficient, through the empowering presence of the Holy Spirit, to address all of man’s needs (2 Peter 1:3-4; 2 Timothy 3:16). Therefore, counseling methods, practices, and techniques will be based upon the clear biblical principles and not upon theories of personality, model of man, psychotherapies, or philosophies derived from secular sources (1 Corinthians 3:19).

b. All mankind is in need of personal salvation through faith in Jesus Christ. For counselees who do not possess this salvation, a primary objective of counseling must be clear, Spirit-led communication of Jesus Christ as Savior and Lord (Romans 3:23, 6:23; Matthew 28:19-20).

c. Counsel and teach the lordship of Jesus Christ in order to lead counselees away from a humanistic focus on self to a proper focus on Him (Luke 9:23; Romans 12:1-2).

d. These truths are an essential part of counseling. Many times, the counselor needs to lead people through these realities of hope. People often do not know them, or forget them, or lose sight of them in the midst of pain. Many times people do not understand how to implement these promises of God in their daily reality.

4. Honor the scriptural sanctity of life, marriage, and family and to do the utmost in counseling to reinforce these beliefs (Ps 139:13-14; Gen 2:24; Malachi 2:16; Prov 23:25; Col 3:20).

5. As God empowers us, we will live our life and conduct our relationships in godliness and holiness before Him, with the goal of living out the truths that we are teaching (Philippians 2:12-13).

6. The spiritual authority of the Church is paramount. Counseling in a local church must be evidenced by involvement in a local church and by instructing those whom we counsel to involve themselves in a church also, thus working in concert with it rather than in competition against it (Hebrews 10:25).

21. Resources.

Association of Certified Biblical Counselors (ACBC) <https://biblicalcounseling.com/>

International Association of Biblical Counselors (IABC) <https://www.iabc.net/>

Institute of Biblical Counseling and Discipleship (IBCD) <https://ibcd.org/>

Biblical Counseling Coalition (BCC) <https://www.biblicalcounselingcoalition.org/>

***We proclaim Him, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ***.

Colossians 1:28

***And concerning you, my brethren, I myself also am convinced that you yourselves are full of goodness, filled with all knowledge and able also to admonish one another.***

Romans 15:14

Class Summary: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_