**Week 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:

WHO are we?

WHAT HAPPENED?

Why do we do the things we do?

What MOTIVATES people?

What are the CAUSES of our psychological ills?

How do we CHANGE?

How do we HEAL?

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 endeavors to ***build a relationship*** with another person in which ***God’s work of change*** can thrive. It is therefore ***dependent on the Word of God, the work of the Holy Spirit, and the grace of Jesus Christ***. It seeks to build a contextualized understanding of the counselee (past and present) and will ***view that data through the lens of Scripture***. The ***biblical counselor*** rests in the knowledge that he is not the change agent, but ***a tool in the hands of the One who is***. The biblical counselor does not ignore physical issues or emotional data, but seeks to integrate them into a holistic understanding of the person and where change needs to take place. The ***biblical counselor*** is not adversarial in his relationship to the psychologies of his culture, but ***examines research and insights through the lens of Scripture***. In his work with the counselee the biblical counselor always ***recognizes the sovereignty of God, the transformative grace of Christ, and the insight-giving and the conviction-producing ministry of the Holy Spirit***. In all of this the ***biblical counselor*** sees himself not as an isolated instrument of change, but ***one whose work is intimately connected to God’s primary tool of change: the church, with all of its God-ordained duties, structures, and means of grace***.

Jeremy Lelek

*Biblical Counseling Basics*

5. We see to counsel God's Way! Bob Hoekema in *Counseling God’s Way* helps us here:

We commit to take the Scriptures seriously and to help God's people apply His truth to their PERSONAL lives in PRACTICAL ways.

Genuine biblical counseling doesn't merely sprinkle a few Bible verses here and there to make the counseling appear Bible-centered. Biblical counseling seeks to carefully discover those areas in which a Christian may be disobedient to or unaware of the PRINIPLES and COMMANDS of Scripture and to help him learn how to lovingly submit to God's will.

Effective biblical counselors do not automatically diagnose a counselee's problems as flagrant and willful rebellion and prescribe a couple of verses with the promise of instant healing. However, a genuine Biblical counselor does not assume that every problem is biologically caused, requiring years of intensive psychotherapy and psychotropic drugs.

Counseling God's Way (cont.):

While recognizing that many problems of thinking and behavior are physically caused, biblical counselors recognize that many PHYSICAL SYMPTOMS are generated by wrong patterns of THINKING and ACTION.

Biblical counselors take Colossians 1:28 seriously, presenting Christ without shame, lovingly confronting sin, and teaching biblical principles to produce MATURITY in the person’s life.

6. 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)

- PULPIT Ministry - Public ministry – Proclamation ministry – Preaching ministry of the Word.

- SMALL GROUP- exhortation ministry of the Word.

- PERSONAL – personal ministry of the Word – biblical counseling.

7. 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?

8. 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.

9. 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)

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:

TEACHING: 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.

REPROOF: 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.

CORRECTION: 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.

TRAINING IN RIGHTEOUSNESS: 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 MATURITY and GODLINESS 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 <READ> 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

*3 Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort,*

*4 who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.*

*5 For just as the sufferings of Christ are ours in abundance, so also our comfort is abundant through Christ.*

*6 But if we are afflicted, it is for your comfort and salvation; or if we are comforted, it is for your comfort, which is effective in the patient enduring of the same sufferings which we also suffer;*

*7 and our hope for you is firmly grounded, knowing that as you are sharers of our sufferings, so also you are sharers of our comfort.*

15. 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).

16. The Shepherd, discipler, and biblical counselor asks two key questions:

a. What is God doing in this person’s life? We are to look beyond the CIRCUMSTANCES of the person’s life and try to find out how God is USING their circumstances

b. What does God want ME to do? (Eph. 5:17) How can God use me to MINISTER to the person’s life to bring about the result God DESIRES for them Col 1:28)?

17. Sanctification

“Sanctify” - to SET APART\_ to God for His use. God works in those who love Him 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 MATURITY/being made complete (Col. 1:28).

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

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

18. Sanctification – A Picture

19. Hopeful Counseling/Discipleship

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

1. The GOAL is heart TRANSFORMATION and relational restoration (2 Corinthians 5:12-21).

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

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

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

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

20. ESSENTIAL ELEMENTS OF HOPE

a. God forgives and promises not to hold our sin against us (1 Jn 1:9; Ps. 103:12; Heb. 10:17).

b. God is in control of all circumstances (Romans 8:28; John 1:2-4).

c. To put this another way God is in the midst of every situation in my life.

d. It is not my responsibility to change people. That is God’s job. So, as the counselor, I can look at complicated problems without fear (Ezekiel 18:20).

e. We have an advocate for any failure (1 John 2:1).

f. God promises victory for any temptation (1 Corinthians 10:13).

g. As our High Priest, Jesus gives us grace for every situation (Hebrews 4:15–16).

h. Abundant life does not begin when we die. Abundant life is not a “Disney World.” It is a real world that makes sense in light of God (John 10:10).

i. Eternal life begins at the new birth. Eternal life is not something a believer is going to get, it is something the believer already has (John 3:13-16). Abundant life is living out eternal life in time and space.

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.

21. Calendar (see attached).

***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.***

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