**DISCIPLESHIP AND BIBLICAL COUNSELING**

**Critical Reflections on Various Theories**

1. **Secular Counseling-** The chief goal in secular counseling is to help

clients and improve their overall well-being. This approach is

grounded in evidence-based treatments and techniques from psychology and research, focusing on

the without imposing any specific values or beliefs. The aim is to provide a , supportive environment where clients can explore their issues and develop strategies to thrive.

1a. --Secular psychology removes the personal God of scripture from its counseling model and therefore views people and their problems through a purely lens.

1b. --Materialism is a form of philosophical monism which holds that matter is the

fundamental substance in nature, and that all things, including and consciousness, are results of material interactions of material things.

1. **Biblical counseling** – The chief goal of biblical counseling is to God[. 1 Corinthians 10:31](https://ref.ly/logosref/BibleNASB95.1Co10.31)

– Whether, then, you eat or drink or whatever you do, do all to the glory of God. see als[o Col 3:17](https://ref.ly/logosref/BibleNASB95.Col3.17)[, 1 Pet 4:11](https://ref.ly/logosref/BibleNASB95.1Pe4.11)[, 1 Cor 6:20](https://ref.ly/logosref/BibleNASB95.1Co6.20)

2a. Sanctification goal- The counselor and counselee are fellow believers seeking to grow together

toward , which is the goal of the Christian life and thus the goal of biblical counseling[. Col 1:28](https://ref.ly/logosref/BibleNASB95.Col1.28)[, Eph 4:13](https://ref.ly/logosref/BibleNASB95.Eph4.13)[, Col 3:16](https://ref.ly/logosref/BibleNASB95.Col3.16)[, 1 Cor 2:6](https://ref.ly/logosref/BibleNASB95.1Co2.6)

2b. Dichotomy — A view of human nature that identifies two distinct aspects of a person (material and immaterial), usually regarding both as to human nature. See inner man – [Eph 3:16](https://ref.ly/logosref/BibleNASB95.Eph3.16)[, 2 Cor 4:16;](https://ref.ly/logosref/BibleNASB95.2Co4.16) New self [– Eph 4:24](https://ref.ly/logosref/BibleNASB95.Eph4.24)[; Col 3:10](https://ref.ly/logosref/BibleNASB95.Col3.10)

**3. Standard of Truth:**

3a. Secular – There is standard of truth in secular counseling. Truth is self-derived; in other words, it comes from one’s own power of reason.

3b. Descriptive vs. Prescriptive - Secular

a. Descriptive –In Secular counseling the data is described by . The descriptive approach to psychology or psychiatry is based on the study and classification of behavior without attempts to explain why the behavior occurs.

3b. Prescriptive – *prescribes* its therapy. The diagnosis based on psychological theory and classification (DSM).

**4. Biblical – two key terms – Authority and Sufficiency.**

4a. Authority - The Bible, consisting of the sixty-six books of the Old and New Testaments, is the inerrant and complete Word of God, the authority in all matters of faith and practice. ([2 Pet](https://ref.ly/logosref/BibleNASB95.2Pe1.19-21)

[1:19-21](https://ref.ly/logosref/BibleNASB95.2Pe1.19-21)[: 2 Tim 3:16-17](https://ref.ly/logosref/BibleNASB95.2Ti3.16-17)[; Psalm 19:7-14)](https://ref.ly/logosref/BibleNASB95.Ps19.7-14)

4b. Sufficiency - God’s Word is sufficient to meet every need of the human soul. Scripture is comprehensive, containing everything necessary for one’s spiritual life. Scripture is surer than a human that one may look to in proving God’s power and presence[. 2 Peter 1:3-9](https://ref.ly/logosref/BibleNASB95.2Pe1.3-9)[, John 17:3](https://ref.ly/logosref/BibleNASB95.Jn17.3)[, Phil 4:8](https://ref.ly/logosref/BibleNASB95.Php4.8)[, 1 Pet 1:15.](https://ref.ly/logosref/BibleNASB95.1Pe1.15)

4c. Descriptive vs Prescriptive – Biblical

--Employ Scripture, not personal experience, to determine doctrinal truth. --Use teaching (didactic) sections of Scripture, not historical (narrative) portions,

to what is prescriptive rather than what is merely descriptive—what is exceptional compared to what should be considered normative.

1. **Scripture as providing the ultimate framework for understanding human condition, the nature of human problems, and the solution to these problems.**

5a. Disciplines such as psychology, sociology, history and medicine are, at best, able only to make observations. They cannot answer the *why* of the human condition. When they try to explain the *why* of human behavior their guess is no better than the untrained or unlearned because they are, in the final analysis, simply making observations based on general revelation.

5b. Scripture provides the for understanding the human condition[. Proverbs 4:20-23,](https://ref.ly/logosref/BibleNASB95.Pr4.20-23)

[Matt 12:34](https://ref.ly/logosref/BibleNASB95.Mt12.34)[, Luke 6:45](https://ref.ly/logosref/BibleNASB95.Lk6.45)

**Secular and Integration Theories**

1. **Integrational Counseling** is a part of the evolution of pastoral care, traditional

Christian practices with modern psychotherapeutic approaches. The shift towards therapeutic language and humanistic psychology has influenced the field, leading to different counseling approaches within evangelical circles.

1. **General Revelation vs Special Revelation**

7a. **General revelation**  to a higher power, while **special revelation** *personally*  this higher power as the triune God of Scripture, who created the world and all that is in it (se[e Isaiah 40–48)](https://ref.ly/logosref/BibleNASB95.Is40-48).

7b. General revelation is for salvation. By general revelation we receive some knowledge of God, of His power, goodness, and wisdom, but we do not come to know Christ, the highest revelation of God, in His redemptive work and in His transforming power.

7c. Special revelation reveals the divine greatness of God, His absolute power and infinite wisdom, special revelation reveals with increasing clearness the triune God in His personal distinctions, and the divine economy of redemption. It is a revelation of the way of .

1. **“All truth is God’s truth”**

“While it is certainly true that ‘all truth is God’s truth,’ it is also true that ‘all error is the devil’s error.’” –

Jay Adams

8a. This is a reductionistic view of the Bible by maintaining, “That as God’s statutes in scriptures are binding upon His people, His ‘statutes’ or fixed patterns within the framework of heaven and earth are binding upon the whole of the cosmos.

8b. True facts, for example, will lead to true norms, and vice versa. Indeed, true facts *are* true norms, from a particular perspective, for God wants us to live according to all the truth he grants us. And of course, true norms are also factual. And our inner responses are factual and, rightly evaluated, normative.

*When we have a settled view that Scripture teaches x, then we must believe x, over against any claim that x is false*.

8c. Warning – Psychological “quasi-laws” are not to be places on the same as the inspired word of God. Proverbs 30:5–6 – Every word of God is tested; He is a shield to those who take refuge in Him. Do not add to His words or He will reprove you, and you will be proved a liar.

**9. Necessity of Jesus Christ and the Holy Spirit for the counseling task.**

9a. Salvation is by grace through faith in Jesus Christ alone. ([Eph 2:8](https://ref.ly/logosref/BibleNASB95.Eph2.8)[,9)](https://ref.ly/logosref/BibleNASB95.Eph2.9)

9b. The power of the Holy Spirit comes only to those who put their trust in Christ as the Savior and Lord. ([Rom 10:9-10](https://ref.ly/logosref/BibleNASB95.Ro10.9-10) cf[. John 14:17](https://ref.ly/logosref/BibleNASB95.Jn14.17)[, Rom 8:9-11](https://ref.ly/logosref/BibleNASB95.Ro8.9-11)[, Gal 5:16-23)](https://ref.ly/logosref/BibleNASB95.Ga5.16-23).

**9c.** **Only the Holy Spirit can work fundamental changes in the human heart. Therefore, the Holy Spirit is the necessary agent in all effective biblical counseling (**[**John 15:26)**](https://ref.ly/logosref/BibleNASB95.Jn15.26)**.**

9d. Unless the Holy Spirit is working in the heart of the counselee, any apparent change will be illusory, superficial, or temporary—and the same problems or worse ones will soon reappear.

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