

Introduction to Basic Biblical Counseling
Grace Bible Church, Pastor Scott L. Harris

1) Teacher's Background

Testimony
Call to Serve the Lord
Training
Continued Study
Experience

2) Goals of the Class

- A) Give Believers an understanding of spiritual gifts and the "one another" commands in helping one another mature in Christ
- B) Give believers insight into God's work of conforming them into the image of Christ both through personal study and growth and the ministry of others to them
- C) Equip believers to carry out their particular prerequisite both within the Body of Christ and in general ministry to their community.

3) Functioning of the Class

- A) Strive to attend the class. The assigned reading will be very helpful, but you will get more out of it if you are able to interact with others about it. I also give out supplemental material that will be more helpful if you are able to be present for the discussion of it. If you do not finish the reading, the class will still help you understand what is in it. (If someone can set up skype or webcast, we can do that. But it is more than I have time to learn and do)
- B) Strive to do the assigned reading. You will gain a greater understanding of the material by completing the reading prior to the class. If you are unable to attend a particular class, the reading will be helpful to you in understanding Biblical Counseling and keeping up with the class. The materials do build on each other, so getting behind can lead to confusion.
- C) Keep in confidence any personal stories shared in the class unless there is specific permission given by that individual to share it with others. This will help promote greater openness in the class for our discussions and enable personal application of lessons within the class. It is also good practice for keeping confidences is necessary when counseling others.

4) Prerequisites for Effective Biblical Counseling

- A) Be a _____. Proverbs 1:7; 9:10; Psalm 1, 1 Corinthians 1:18-31
- B) Be walking by the _____. 1 Corinthians 2:12-13; Galatians 5:16-26
- C) Know the _____. Proverbs 1:1-2; Psalm 119:9-11; 105; Colossians 3:16
- D) Be able to properly _____ the Scriptures. Jeremiah 23:36; 2 Peter 1:20; 3:16
- E) Know basics of _____ theology. Matthew 5:21-43; 22:29

Introduction to Basic Biblical Counseling : Adapted from material by Anthony Shepherd

1. Definition: *Biblical Counseling is the communication of God's Word so as to demonstrate its application to a person's life and to encourage that person to the place of obedience.*

Biblical counseling arises from two related areas in the Christian life: The “one another” commands (listed below) and the church as many individual members gifted by God to help one another grow and mature within the one body of Christ

Ephesians 4:11-16

Both Romans 12:3-8 and 1 Corinthians 12-14

The “one another” commands are particular ways in which those within the body of Christ are to help one another mature. Every Christian must be pursuing each of these commands in helping others while allowing others to practice these same commands on him. This is applied to Biblical counseling as much as any other area of ministry. On over emphasis on any particular command which diminishes or excludes the other commands is Biblically unbalanced at best and may even degenerate into sinful actions.

Love One Another: John 13:34; John 15:12 ; John 15:17; Rom. 13:8; 1 Thess. 3:12; 4:9 ; 2 Thess 1:3; 1 Peter 1:22; 1 Peter 4:8; 1John 3:10; 1John 3:23; 1John 4:7; 1John 4:11; 2 John 1:5

Be Devoted to One Another: Romans 12:10

Give Preference to One Another: Romans 12:10

Regard One Another as More Important: Philippians 2:3

Be humble toward One Another: 1 Peter 5:5

Have the Same Mind with One Another: Romans 12:16; Romans 15:5

Have the Same Care for One Another: 1 Corinthians 12:25

Be Subject to One Another: Ephesians 5:21

Accept One Another: Romans 15:7

Bear One Another's Burdens: Galatians 6:2

Forbear with One Another: Ephesians 4:2; Colossians 3:13

Build Up One Another: Romans 14:19; 1 Thessalonians 5:11

Encourage One Another: 1 Thessalonians 5:11; Hebrews 3:13; Hebrews 10:24

Stimulate One Another: Hebrews 10:24

Teach - Speak in Psalm, Hymns, Spiritual Songs to One Another: Eph. 5:19; Col. 3:16

Admonish One Another: Romans 15:14; Colossians 3:16

Serve One Another: Galatians 5:13

Seek Good for One Another: 1 Thessalonians 5:15

Be Kind to One Another: Ephesians 4:32

Comfort One Another: 1 Thessalonians 4:18

Be Hospitable to One Another: 1 Peter 4:9

Wait One for Another: 1 Corinthians 11:33

Live in Peace with One Another: 1 Thessalonians 5:13

Confess Sins to One Another: James 5:16

Pray For One Another: James 5:16

Greet One Another: Romans 16:16; 1 Corinthians 16:20; 2 Corinthians 13:12; 1 Peter 5:14

Do not Judge One Another: Romans 14:13 (This is in the sense of condemnation, not discerning truth / error and right / wrong)

Do not Challenge, Envy One Another: Galatians 5:26

Do not Lie to One Another: Colossians 3:9

Do not Speak Against One Another: James 4:11

Do Not Complain Against One Another: James 5:9

2. Ingredients of Biblical Counseling

A. Speak the _____ - Ephesians 4:25 Hebrews 4:12

B. Encourage obedience It is the _____ way to God's best

Man is humanistic, rationalistic and relativistic.

Humanistic in that he sees himself as his own _____, and/or just the highest form of biological life.

Rationalistic in that he perceives _____ only according to his own thoughts.

Relativistic in that there is no _____ for him. The end justifies the means.

C. Warn against disobedience. Ezekiel 33:7 f (Most neglected area by most counselors)

Always point out consequences of disobedience to counselee regardless of what they appear to be considering

D. Leave the decision with the _____. (Most abused & distorted area in counseling)

The counselee has the responsibility to decide and act before God. It is usually subtle, but the counselee will often try to shift the _____ to the counselor. The counselor must not let pride demand all the answers / solutions. The counselor can only do what God directs.

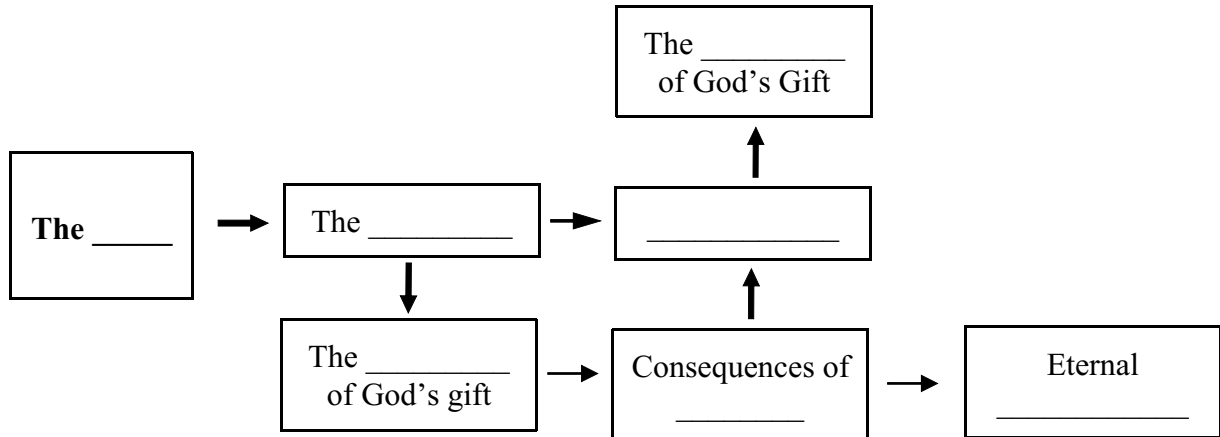
These ingredients are common throughout Scripture as the method of God dealing with His people - cf. Deuteronomy 28-29, etc.

3. Basic Counseling Tips

- A. Counsel only those who _____ it from you. If they are forced they will not heed because they do not want to. You are wasting your time. If someone comes to see you unwillingly or under deception, disarm their resistance by making them understand that counseling is up to them. Give the counselee the choice of staying or leaving.
- B. _____ Responsibility. You can only counsel the person present, so avoid commenting about those not present. Avoid hearing (i.e. resist) negative and derogatory comments about another person not present. If hearsay is told, try to get the source of the second hand information to go back to the source of their information and confront that first source.
- C. Good communication consists of both _____ and talking. Do not jump to conclusions. Be a good listener and interact with counselee in order to keep counselee on track and to clarify your understanding. Prov. 10:19; 13:3; 15:1,2,4,28; 16:24;17:28; 18:8,13,17,21; 21:23. Talk with sensitivity and compassion - Prov.29:20; 12:23 & Eph. 4:29 & James 1:19,20
- D. _____ are a natural part of a counselling session. Be sure that neither your emotions or theirs changes your thinking. While it is helpful to sympathize and empathize, do not allow emotions to dictate how you think or act.

See attached "Basic Flow Chart of Counseling"

Basic Biblical Philosophy for Counseling Unbelievers



The Bible

Biblical counseling is built on the following presuppositions

- 1) The Bible is _____ by God and is inerrant and infallible word of God and therefore true in every matter to which it speaks (2 Timothy 3:16-17)
- 2) The Bible is _____ to us by the Holy Spirit (2 Peter 1:20-21; 1 John 2:27), so only a Christian walking in the Spirit can properly interpret and apply its truths.
- 3) The Bible is able to _____ the thoughts and intentions of man (Hebrews 4:12)
- 4) The Bible is _____ because God has by His divine power granted us everything pertaining to life and godliness through the true knowledge of Christ (2 Peter 1:2,3).
- 5) The Bible will _____ its work (Isaiah 55:11; 1 Thessalonians 3:13)
- 6) The Bible is the imperishable seed that brings about the new birth (1 Peter 1:23-25).

For these reasons we use the Bible to _____ the spiritual (psychological) problems of the counselee. There may also be medical (biological) problems that also need to be addressed.

The Gospel

- A) Man is _____ and under the just condemnation of God (Romans 3:23; Ezekiel 18:20)
- B) God has made provision to _____ sinful man through the atonement of Jesus Christ (John 3:16; 1 Peter 1:18-19)
- C) The Holy Spirit brings sinners to conviction of sin, righteousness and judgement (John 16:8) so that they might _____ from their sins (2 Corinthians 7:10)
- D) God extends His _____ and mercy to enable the repentant sinner to believe in the person and work of Jesus Christ and be regenerated to new life (Ephesians 2:4-9). That faith is then reckoned to the sinner as righteousness (Romans 5:1) so that they are _____ before God and no longer under His condemnation (Romans 8:1).

E) God continues to work in the believer conforming them to the image of His _____ (Romans 8:29) and enabling them to perform good works (Ephesians 2:10).

While the gospel is the central message we want to express to the unbeliever, we communicate the truth of God's word to them even if they _____ to hear the gospel. We hold up to them God's standards, and though they cannot meet them in and by themselves, they are used by the Holy Spirit to bring them to _____ of sin so that they will be open to the gospel (Romans 3:20).

Repentance & The Reception of God's Gift.

2 Corinthians 7:9-10 explains that repentance is the difference between godly sorrow and the sorrow of the world. *"I now rejoice, not that you were made sorrowful, but that you were made sorrowful to [the point of] repentance ; for you were made sorrowful according to [the will of] God, in order that you might not suffer loss in anything through us. 10 For the sorrow that is according to [the will of] God produces a repentance without regret, [leading] to salvation; but the sorrow of the world produces death."*

Godly sorrow results in _____ which leads to salvation which is the reception of God's gift of redemption and forgiveness of sin through faith in Christ Jesus. Those who repent and receive God's gift of salvation will have a new perspective and proper perspective on God and themselves which leads to a changed way of thinking about life and its purpose and a changed way of living.

Rejection of God's Gift & Consequences of Sin

A person that rejects the gospel will experience the consequences of their sin. _____ describes this as a continual progression downward sin leads to additional sin and the additional results of those sins. Behavior may or may not become more obviously immoral with the related physical, mental and emotional consequences, but even those who maintain a moral veneer become more distant from the true God, often replacing Him with man made philosophies and religions. The moral unrighteous of Romans 2:1-16 and the religious unrighteous of Romans 2:17-29 are still under God's condemnation and live very far from the blessings that could be theirs if they walked with Christ.

The counselor should _____ the unbelieving about the various temporal consequences of continued sin. For example, drunkenness leads to physical (hangovers, diseases, death), economic (wasted funds, lost work time, lost jobs), and social harm (strained relationships, broken families, jail, injury to other people, etc.). Pride leads to poor decisions, strained relationships and increased isolation. The counselor should also warn of the spiritual consequences of an increasing alienation from God and its final consequence of eternal judgement.

Eternal Punishment

The final consequence of sin and rejecting God's gift of salvation in Jesus Christ will be eternal _____. Hell is a real place in which all those who do not know God and obey the gospel of the Lord Jesus will be pay the penalty of eternal destruction and be shut away from the presence of the Lord (2 Thessalonians 2:9-9). They will be judged according to their _____ and cast into the lake of fire, which is the second death (Revelation 20:11-15).