



Daily Schedule Plan

Module 1 Ocala Fl

Marion Baptist Association

Biblical Counseling: What Is It?

*(Defining a Biblical Sufficiency-Based Model of Personal Ministry
and the Nature of Personal Spiritual Growth)*

Pastor Mike DeGuzman, OIC, ACBC

Pastor Chuck Aaron, OIC ACBC

Steve Spires, M.Ed., OIC, ACBC

Weekend 2

Saturday, 10 September 2022

08:00 Review of Weekend 1 (Pastor Mike DeGuzman)

08:45 Break

08:50 *What Makes Biblical Counseling Biblical?*

Defining Biblical Counseling (Pastor Chuck Aaron)

09:35 Break

09:40 *How People Change: An Overview* (Pastor Mike DeGuzman)

10:25 Break

10:30 *Heat – The Reality of Life in This Fallen World* (Steve Spires)

11:15 Break

11:20 *Thorns – The Responses to Life in This Fallen World* (Pastor Chuck Aaron)

12:00 Break

12:05 *Cross – The Restoration of Life in This Fallen World* (Steve Spires)

12:50 Question & Answer (Pastor Mike DeGuzman)

Assign Projects for Growth

Return to ministry locations, begin your “Projects for Growth,” and joyfully anticipate Weekend 3!

Weekend 3: Saturday, 8 October 2022, 08:00

Marion Baptist Association

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Biblical Soul Care and Discipleship Training
Module 1

What Makes Biblical Counseling Biblical?
(Pastor Chuck Aaron, OIC, ACBC)

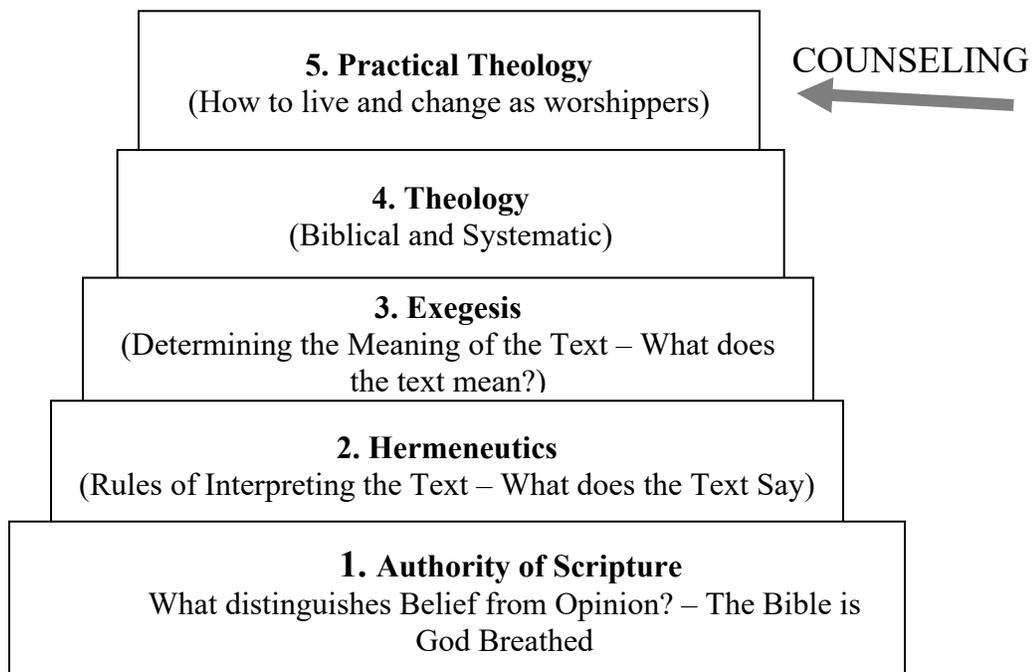
Introduction:

Even Christians have to be careful that they do not drift from truly biblical counseling.

Personal ministry is *biblical* when . . .

1. It recognizes the Bible as foundational.

The relationship of counseling to other biblical disciplines:



Authority of Scripture

The authority of Scripture means every word and stroke of the Bible possesses the authority of God and the right to rule the hearts, minds, and bodies of every inhabitant of the earth.

What sets apart the holy Scriptures from all other writings? The Bible is _____ OUT by God Himself, and without error in its original manuscripts, and possesses an intrinsic authority over all people, and claims sufficiency for all of our life issues for godliness 2 Pet 1:3-4.

God-breathed (_____), means Scripture is God speaking and thus has the final say in all matters—whether we choose to submit to it or not.

Hermeneutics

Hermeneutics refers to the theory and practice of Biblical Interpretation. HOW WE INTERPRET –
- _____?

The main principles of hermeneutics theory include: 1) _____ is the best interpreter of Scripture. 2) Texts of Scripture must be interpreted in context. 3) No text of Scripture (properly interpreted in its context) will contradict another text of Scripture.

Exegesis

This is a big word, but just think of the word “_____.” Exegesis is the process of *Drawing out, or exposing, the meaning of the passage*, from the passage.

In other words, this pyramid assumes that the meaning of the text is in the text **not in the reader**. Biblical counselors MUST _____ insert their own meaning into a Scripture. Biblical counselors must draw the meaning out of the Scripture with exegesis.

Biblical & Systematic Theology

Biblical Theology (What truths and doctrines does the Bible teach?)

When you think about Biblical Theology, think about how you would restate the main point of a particular verse or paragraph of Scripture after you’ve studied it. In other words, Biblical Theology refers to *Key Doctrinal Conclusions* that are derived from our exegesis.

Biblical Theology ensures God decides the emphasis of our _____ - _____. In other words, listen carefully, your doctrine and belief statements should always come from the results of your careful exegesis, rather than your religious traditions or creative imagination. **I like to use this statement, “What I say doesn’t matter, UNLESS what I say is what the Bible says, means, and teaches. Your counsel is Biblical Counsel. Do not forget that!**

Systematic Theology

Now Systematic Theology is where all the key *doctrines are categorized* and organized into a useable whole.

Systematic theology is the _____ of theology into systems that explain its various areas. For example, many books of the Bible give information about the angels. No one book gives all the information about the angels. Systematic theology takes all the information about angels from all the books of the Bible and organizes it into a system called angelology. That is what systematic theology is all about—organizing the teachings of the Bible into categorical systems.

Practical Theology

Practical theology is theology _____ to our daily lives. This refers to what we do as biblical counselors. Our counselees are receiving Practical theology so they will understand biblical principles for example, like progressive sanctification Rom 8:28-29. Counselees will need to learn to apply Rom 8:28-29 and 1 Cor 10:31 so they understand God’s Sovereignty and the reasons for living out (applying) these biblical truths. This is where our study of God and His Word intersects with *How to Biblically Change and Grow*. KOA...

Implications:

- Doing #5 (counseling) without doing #1-4 is not biblical counseling because the Bible does not have active, functional control in the _____ process.
- Doing #1 through #4 without doing #5 (counseling) produces just an “_____,” therefore, ineffective Christianity.

Some Questions:

- Is what I’m doing in #5 (counseling) coming directly from #1 through #4?
- Would I be more effective in #5 if I had more training in #1 through #4?

2. It is encouraged to be done by every believer with every believer (Rom 15:14).

God designed that life in the body of Christ involve ALL OF ITS _____ regardless of their formal training (Gal 6:1-2).

God expects EVERY BELIEVER to grow and change towards Christlikeness (2 Pet 3:18).

This is very important. Because for many years, evangelical pastors have been trained in some of our seminaries - that pastors and church members are not qualified to counsel people who have serious LIFE problems. Instead, they believe they should send their church members to trained psychologists who are to be the clinical experts in soul care. THERE ARE EXAMPLES OF THIS RIGHT WHERE I LIVE.

3. It motivates and energizes the counselor by Christ’s love (John 15:12; 2 Cor 5:14; 1 John 4:19).

In ministry . . . motive matters.

Please don't think that your motives as a counselor towards The Word of God and your counselee don't matter.

Someone must initiate the work of redemption. Example: Jesus condescended in love to serve us.

We're to come in love to serve our Counselees.

**As a Biblical Counselor God allows you a front row seat to watch Him work and it's amazing!
The ministry of counseling must be done in LOVE.**

Relationship is everything!

4. It focuses on a relationship with Christ, not just “problems.”

Our mission is life-changing, discipleship building, not just life-easing problem solving.

What was Jesus' method—and result?

Example: Samaritan woman at the well (John 4:1-42).

Her new evangelist heart (John 4:39)!

If *all* we do is “address/solve problems,” personal ministry becomes a kind of behaviorism.

Real change occurs when people learn to understand themselves and their problems in the context of a living, vital relationship with Christ.

5. Its instruction *originates* in the Bible.

This requirement demonstrates the counselor's commitment to the sufficiency of the Scripture (John 17:17; 2 Pet 1:3).

A good question: “Where is that in the Bible?”

A better question: “Does that concept originate in the Bible?”

[Remember: *Biblical* counseling is based on proper hermeneutics, careful exegesis, and sound theology

Remember, always ask “Where in the Bible does that originate?”]

6. Its recommendations reinforce *biblical* disciplines.

For example: “**Projects for Growth.**”

- Develop biblical hope.
- Assign responsibility for change.
- Demonstrate the seriousness of the disciple-making relationship.

7. It prepares counselees (disciples) to become counselors (disciplers).

God expects all believers to use the lessons He teaches them by HELPING OTHERS (2 Cor 1:3-4).

In ENDING

What makes Biblical Counseling Biblical

When it recognizes the Bible as Foundational. When level 5 is the result of careful preparation in Levels 1-4.

What makes Personal Ministry Biblical

1. It is encouraged to be done by every believer with every believer
2. It is motivated and energized by Christ's Love.
3. It is focused on a relationship with Christ, not just problems.
4. Its instruction originates in the Bible.
5. The Bible's prescriptions (Teaching/Instruction/Application) reinforce *biblical* disciplines.



Biblical Soul Care and Discipleship Training
Module 1

How People Change: An Overview
(Pastor Mike DeGuzman, OIC, ACBC)

Introduction:

Because perspective is important . . . an overview can be helpful!

Draw a picture . . . think of *an object* that represents this kind of person . . .

Jeremiah 17:5-8 – two kinds of people . . .

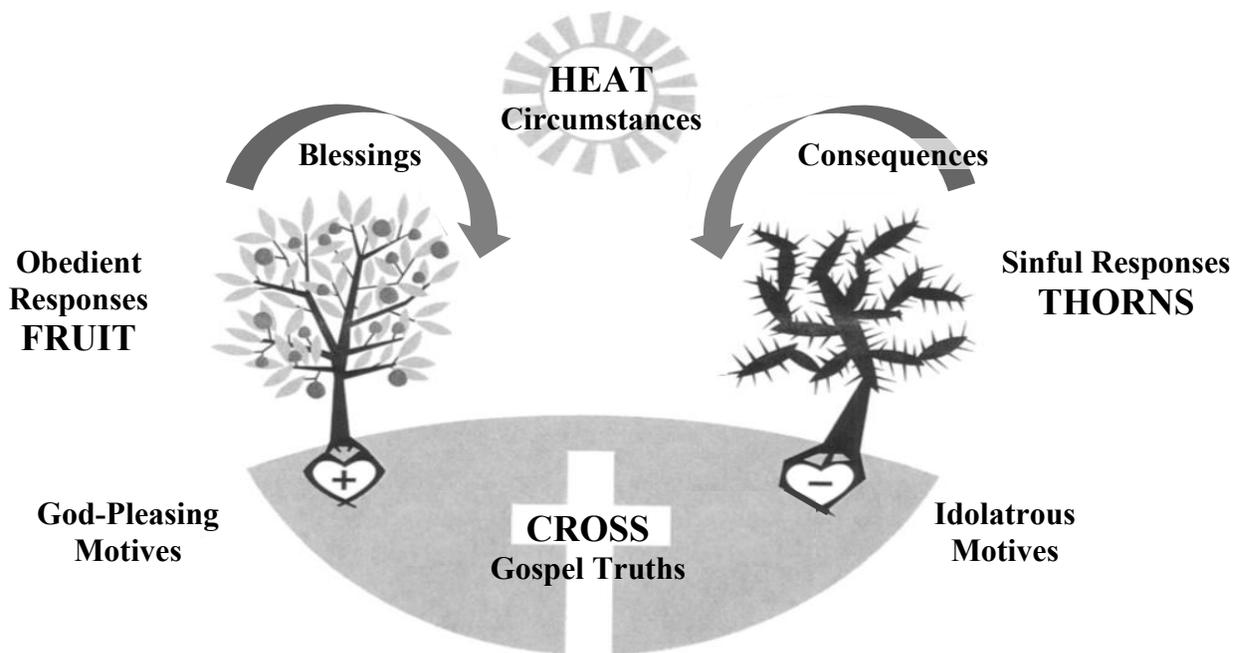
- vv. 5-6 He trusts in man (_____), cf Jer 2:13.
- vv. 7-8 He trusts in the _____.
 - His spiritual food comes from an unending source of nutrition.
 - He fears neither heat nor drought; in fact, is fruitful.

“The Fathers of the Church were not afraid to go out into the desert because they had a richness in their hearts. But we, with richness all around us, are afraid, because the desert is in our hearts.” Franz Kafka

Taking a look at how we change:

Circumstances	
Obedient Responses	Sinful Responses
God-Pleasing Motives	Idolatrous Motives
Gospel Truths	

How does this picture apply to our topic?

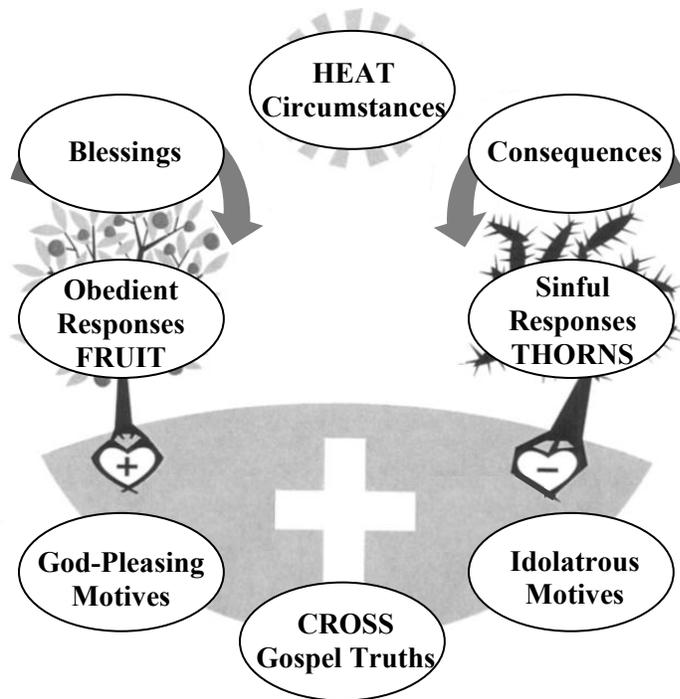


“For there is no good tree which produces bad fruit, nor, on the other hand, a bad tree which produces good fruit. For each tree is known by its own fruit. For men do not gather figs from thorns, nor do they pick grapes from a briar bush.”

Luke 6:43-44

“The good man out of the good treasure of his heart brings forth what is good; and the evil man out of the evil treasure brings forth what is evil; for his mouth speaks from that which fills his heart.”

Luke 6:45



Bible study . . . projects for growth:

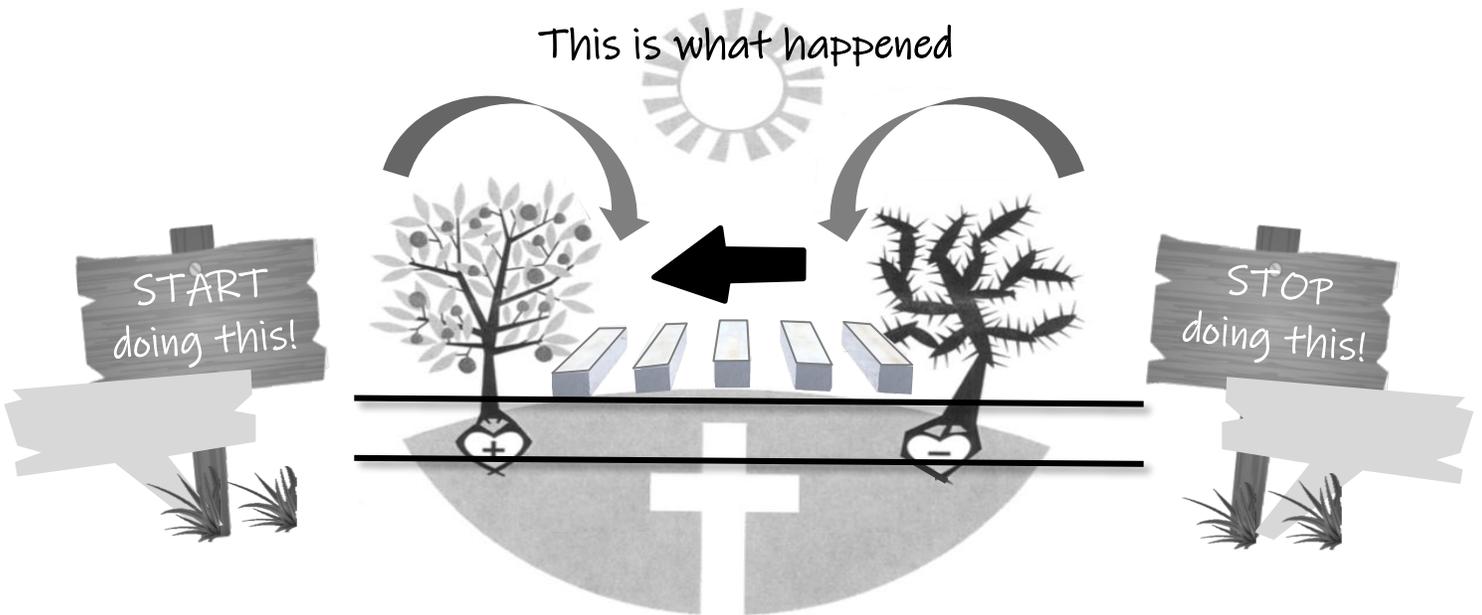
1. What is the heart? Why is it so important?
1 Sam 16:7; Ps 139:23; Proverbs 28:26; Jer 17:9-10; Matt 5:28, 6:21, 12:34, 15:18; Heb 4:12

“Watch over your heart with all diligence, for from it flow the springs of life” (Prov 4:23).

“In our society today, the humanist ideal of happiness or interior well-being was incorporated into Christian faith without any drastic modification so that religion was given a decidedly anthropocentric [humans more important than God] orientation. It is generally acknowledged that much popular religion (both conservative and liberal) is narcissistic (egocentric), focusing on inner feelings and on purely personal hopes and goals. God is deemed necessary to help his people attain the desires of their hearts or to find perfect happiness.”

Donald G. Bloesch
Faith and Its Counterfeits, InterVarsity Press, Downers Grove, IL, 1981, p. 12ff

Counseling without a heart-transforming focus:



Background: Numbers 11-14

11:1 - The people COMPLAIN about situation; blame God.

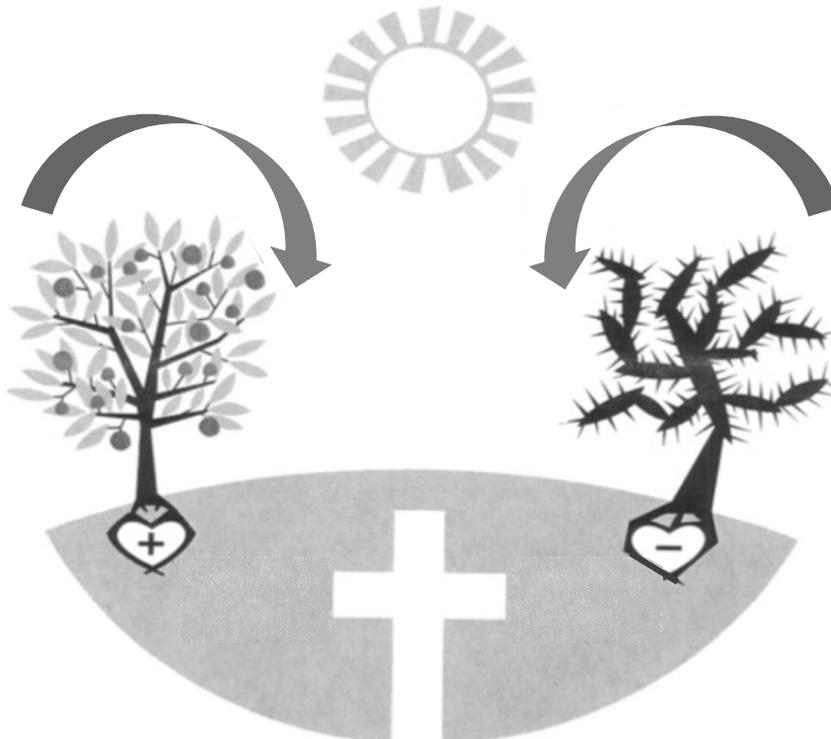
11:4-6 - The people COMPLAIN about the food.

11:10-15 - Moses COMPLAINS about the people and his burdens as their leader.

12:1 - Miriam and Aaron COMPLAIN against Moses.

13:26-29 - The people COMPLAIN about the necessary battles.

14:1-4 - The people COMPLAIN; blame Moses, seek a new leader.

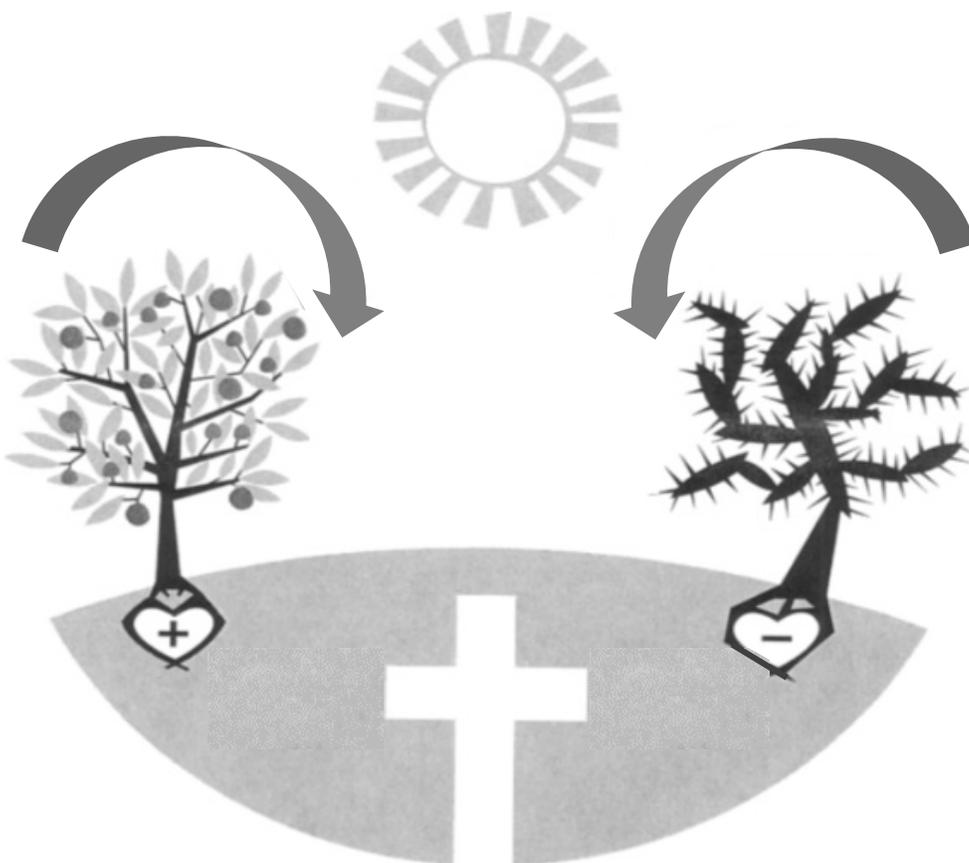


A Case Study – 2 Corinthians 1:3-12 . . . Project for Growth:

What are the circumstances (heat)?

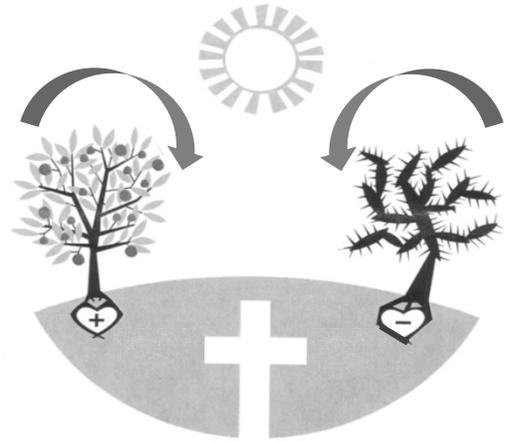
What are the idolatrous motives, sinful responses (thorns), and consequences?

What are the gospel truths (cross), God-pleasing motives, obedient responses (fruit), and blessings?



Application questions . . . Project for Growth:

- What has been your challenging circumstance(s)—heat?
- What were your sinful responses—bad fruit?
- What beliefs and cravings ruled your heart?
- What consequences did you face from your sin?
- What gospel truths (Scripture) changed your heart?
- What new desires did God transform in your heart?
- What were your obedient response—good fruit?
- How were you blessed through obedience?



Where do your answers go on the diagram?



**Biblical Soul Care and Discipleship Training
Module 1**

Heat – The Reality of Life in This Fallen World
(Steve Spires, M.Ed., OIC, ACBC)

Introduction:

Seeing the BIG PICTURE makes all the difference!

Seeing the Big Picture When It Comes to Helping People Change

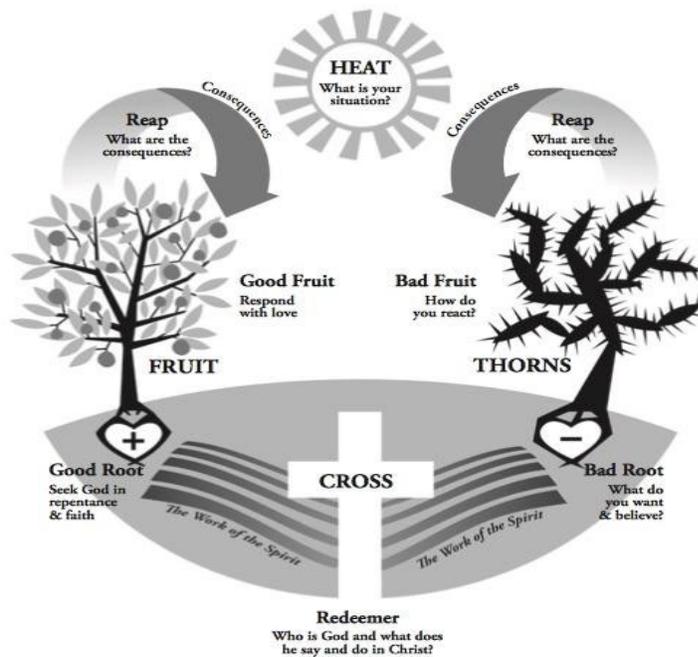
- The Bible is not intended to be used as a set of _____ . . .
- The Bible (compiled of 66 books) is a _____ book . . .

Four Metaphors (Found in the Bible) to Help Us Get the Big Picture

Jeremiah 17:5-10

- This passage shows us a picture of HEAT. v. 8 – This reveals our _____ (it reminds us of the situations we find ourselves in).
- This passage shows us a picture of THORNS. v. 6 – This reveals our _____ (it reminds us of how we often sinfully react to our situations).
- This passage shows us a picture of the CROSS. vv. 5, 7 – This reveals our _____ (it reminds us of the gospel and how it is to impact and empower our lives).

- This passage shows us a picture of FRUIT. vv. 7, 8 – This reveals our _____ (it reminds us of our new responses from our new heart).



1. God knows the pain, struggles, and brokenness of my world in detail (HEAT).
2. God understands my heart and how I naturally respond to the heat (THORNS).
3. God meets me and changes me in the midst of life’s challenges (CROSS).
4. God changes me from the inside out (my heart, not only my behavior) thus producing a harvest of good things in and around me (FRUIT).

I. OUR TROUBLES – The Reality of the World We Live In

A. What is “Heat”?

1. “Heat” asks the question . . . What are your circumstances? or What is your situation?
2. Heat is basically your environment. It involves all external factors of life and includes both *blessings* and *difficulties*. Some examples are temptations, difficult people, strengths and weaknesses, relationships, work challenges, marriage problems, church problems, health issues, schedules, parenting challenges, cultural pressure, financial stress, the expectations of others, difficulties in ministry, etc.

Tripp & Lane, *How People Change*, pp. 130-131

3. A biblical description of heat, i.e., circumstances: Rom 8:20-22; 1 Pet 5:8.
See *How People Change*, pp. 122-124

“For the creation was subjected to futility, not willingly, but because of Him who subjected it, in hope that the creation itself also will be set free from its slavery to corruption into the freedom of the glory of the children of God. For we know that the whole creation groans and suffers the pains of childbirth together until now” (Rom 8:20-22).

4. Some biblical examples of heat in action (just from Genesis!).
- **Cain.** Gen 4:1-15 – Dealing with acceptance or rejection.
 - **Abraham and Abimelech.** Gen 20:1-11 – Recognizing that others can and do hurt us.
 - **Jacob and Laban.** Gen 29 – Responding to difficult people who take advantage of us.
 - **Rachel and Leah.** Gen 30:1-14 – Feeling of jealousy because of what others have and what we want.
 - **Joseph and his brothers.** Gen 37 – Jealousy of others leads to you being hated.
 - **Cupbearer.** Gen 40:20-23 – Laboring without recognition or appreciation; or others who forget about us.
5. Sources of heat, i.e., circumstances.
- People.
 - Environment.
 - Self (strengths or weaknesses, health or illness, appearance, etc.).
 - Satan / Spiritual realm.
 - Ultimately, God (The Sovereign).

B. Misconceptions About “Heat” (Circumstances)

1. I am a victim of heat, i.e., my circumstances (Gen 3:12-13).
- Genetics.
 - Upbringing.
 - Opportunities.

2. I am the source of the good heat, i.e., the good circumstances in my life (Matt 5:45; 1 Cor 4:7; James 1:17).
3. Good heat, i.e., good circumstances in life, means God is blessing me. Bad heat, i.e., bad circumstances in life, means God is punishing me (Job; Matt 8:20; Luke 12:18-21; 1 Pet 1:6-9).
4. My only hope in life is to change my heat, i.e., circumstances (Lam 3; Phil 4:11-14).
5. Sometimes the heat, i.e., circumstances of life, are too difficult to endure (1 Cor 10:13; 2 Cor 12:7-10; James 5:7-11).
6. But the Bible teaches that:
 - People are NOT PASSIVE VICTIMS but rather ACTIVE RESPONDERS to the heat, i.e., the circumstances of life.
 - Heat, i.e., circumstances, are never the CAUSE of unbiblical responses to life, but the OCCASION of unbiblical responses to life.

C. The Text Explained – Psalm 88:1-18

1. God is _____ of the full range of our human experiences. vv. 3-8
2. God’s _____ of a Redeemer is for those who live in a world of trouble. vv. 1-2
3. God _____ us to run to Him, rather than away from Him in our times of trouble. vv. 9-18

D. The Truth Applied – What are your current troubles? How are you responding to them?

II. OUR TRIALS – They Have a Purpose

A. The Text Explained – James 1:1-12

Things to learn when the heat is turned up in your life . . .

1. Realize there is a _____ for your trial. v. 2
 “. . . when you encounter various trials . . .”
 “Consider it all joy, my brethren . . .”
2. Remember God wants to produce _____ through your trial. vv. 3-4
 “. . . knowing that the testing of your faith produces . . .”

Trials produce at least two things . . .

- Trials produce _____ v. 3

- Trials produce _____ v. 4

“ . . . so that you may be perfect . . . ”

“ . . . and complete . . . ”

3. Return to God’s _____ during your trial. vv. 5-8

“But if any of you lacks wisdom, let him ask of God . . . ”

Three things we will find when we return to God v. 5

- God is _____. *“ . . . who gives to all . . . ”*

- God is _____. *“ . . . generously . . . ”*

- God is _____. *“ . . . and without reproach . . . ”*

Note: This is to be done *“in faith.”* vv. 6-8

4. Recall what your _____ are in your trial. vv. 9-11

“The brother of humble . . . and the rich man . . . ” vv. 9-10

“So too his pursuits will pass away . . . ” v. 11

5. Rejoice in the _____ of your trial. v. 12

“Blessed is the man who perseveres under trial . . . ”

“Once he has been approved . . . crown of life . . . those who love Him.”

B. The Truth Applied – How are you assessing your current trials? How are you responding to them?

III. OUR COUNSELING – The Needed Perspective

A. Essential to Biblical Counseling

1. A biblical understanding of heat, i.e., the circumstances of life, is required since:
 - All counseling problems involve heat.
 - Most counselees come to counseling to seek some form of relief from the heat, i.e., their difficult circumstances.
2. Understanding that relief may not come soon, ever, or the way we would imagine.

B. Asking God to Change Our Circumstances

1. Counselees can often **ONLY** ask God to change their circumstances (James 4:3).
2. Some circumstances we ask God to change are the very circumstances He is using to change us!



Biblical Soul Care and Discipleship Training
Module 1

Thorns – The Responses to Life in This Fallen World
(Pastor Chuck Aaron, OIC, ACBC)

Introduction:

“Thorns” reflect how we most NATURALLY respond to the “heat” in our lives.

A Picture of Contrasting Lifestyles

This chart shows the HEAT at the top, which are the circumstances, issues, and trials we all experience in this life living with our sin natures in a sinful world.

We see on the right side of the Chart what happens when we react and respond sinfully to the HEAT. As a result, we produce BAD THORNY fruit.

HEAT: Circumstances are the “stuff of life.” We all have various trials (Jas 1:2)—various struggles with sin and suffering.

THORNS: The real question is: “How do we respond to our circumstances?” THORNY responses are sinful and prickly.

Jeremiah 17:5-6

Christians can have THORN bush responses to life.

_____ : When we’re in the desert, there is more HEAT
Yet God uses THORNS to show us where we need to change.

We see the CROSS at the bottom that is telling us AS BELIEVERS IN CHRIST we have the ability to respond to the HEAT in a biblical God honoring manner.

On the left we see what happens when we react and respond in a Godly manner to the HEAT. When we respond in faith, and in obedience to the Word of God we produce godly FRUIT (works of Righteousness) for God’s glory.

Jeremiah 17:7-8

How we respond to the _____ is a signal of what’s going on in our heart. We can respond godly.

Jeremiah 17:9-10

We are not just blind to our sin, but often blind to our blindness (v. 9).

We need God's grace to expose our sinful hearts (v. 10).

And we need other's counsel to point out THORNS. Self-examination is a community effort (Gal 6:1).

So, we have a great need to uproot sin in our live to bring God glory every day.

We must weed out _____ before planting the garden.

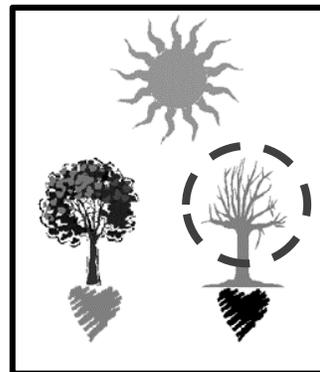
We must _____ each sinful response to life.

In Ephesians chapters 4-6 We have various sinful responses

A person's behavior is rooted in wrong _____ (4:17, 20-22) and wrong _____ (4:19, 20-24).

Examples of sinful (thorny) responses to Ephesians 4-6:

1. Sensuality (4:19b) – Abram and Hagar (Gen 16)
2. Lying (4:25a) – Abram in Egypt (12:10-20)
3. Anger (4:26a) – Cain (Gen 4)
4. Stealing (4:28a) – Jacob and Laban (Gen 29-31)
5. Bitterness (4:31a) – Naomi (Ruth 1:19-21)
6. Wrath (4:31b)
7. Anger (4:31c)
8. Clamor (4:31d) – Cushite wife (Num 12:1-2)
9. Slander (4:31e) – Absalom of David (2 Sam 15:1-6)
10. Malice (4:31f)
11. Sexual immorality and all impurity (5:3a, 5)
12. Covetousness (5:3b; 5) – Achan (Josh 7)
13. Foolish talk (5:4) – Thief mocking Christ (Luke 23:39)
14. Deception with empty words (5:6)
15. Works of darkness (5:7, 11)
16. Secret, shameful sins (5:12)
17. Foolishness (5:17a)
18. Drunkenness (5:18a) – Lot (Gen 19:30-38)
19. Deny – Pretend things are ok (e.g., Lot in Gen 19; Sarai as Hagar slept with Abram; Abram giving in to Sarai)
20. Magnify – Life defined by one painful moment (e.g., Cain in Gen 4; Sarai regrets decision)
21. To become Prickly or hypersensitive – “I won't be hurt again”
22. To return Evil for evil “I'll hurt like you hurt me”
23. To be bogged down, paralyzed, captured – Quitting in suffering
24. To be self-excusing & Self-Righteous – Blaming sins in my life on others



What is the Real Problem, Is it?

“I've had a bad day?”

Other people?

“My body made me do it?”

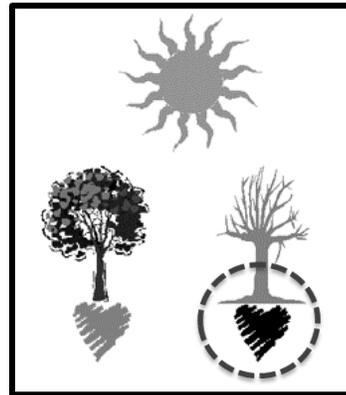
My painful past?

Our excuses focus on HEAT, instead of admitting a _____ .

- I've had a bad day – So how did Jesus handle suffering differently than his disciples on the night before his crucifixion?
- Other people – But would Euodia and Syntyche have been better off if one had left the church of Philippi (Phil 4:2)?
- My body made me do it (e.g., physical suffering, chemical imbalance, lack of sleep, Elijah's exhaustion) – Bodily weakness only provides the occasion for sin.
- A painful past – But why was Joseph able to respond to a dysfunctional family better than his brothers (Gen 37-50)?

The heart of the problem.

“For from within, out of the heart of men, proceed the evil thoughts, fornications, thefts, murders, adulteries, deeds of coveting and wickedness, as well as deceit, sensuality, envy, slander, pride and foolishness. All these evil things proceed from within and defile the man” (Mark 7:21-23).



- The heart of the problem is the problem of the _____.
- All sinful behavior grows out of a heart captured by something other than _____.
- We must recognize and _____ the heart motives of our sinful responses if we are to grow in Christ.

A person's sinful behavior is an issue rooted in the heart (our Inner Man / our Control Center) and manifested in wrong _____ (vv. 17, 20-22) and wrong _____ (vv. 19, 20-24).

- The heart includes our control center - innermost thoughts, emotions, and desires.
- The heart can grow futile and darkened, ignorant, hardened, and calloused. Heart desires can be greedy.
- Sinful heart desires ((4:17-19a), then lead to sinful patterns of behavior (THORNS) (4:19b-5:18)
- A bad _____ grows up into bad fruit. Wrong responses to life result from wrong thinking, which result from _____ heart desires.

OUR DESIGN – We Were Made to Live Differently

Ephesians 4:17-6:18

A. We are *not* to live like the _____ (old way, with thorny responses) vv. 4:17-32.

Problem	Example Problem Assessment	“Solution”
Other people	“I would be nicer to them if they didn’t treat me so poorly.” “He started it!”	Develop new relationships, avoid problem ones
Family ties	“I get angry because I grew up in a dysfunctional family.”	Find a new family of some sorts
Suffering	“I was traumatized by something, and I’ve never been the same. I can’t help thinking and acting this way.”	Seek out an endless supply of comfort
Circumstances	“I’ve had a hard day (finances, relationships, work, etc.) and you caught me at a low point.”	Avoid people or responsibilities at certain times
Unmet “needs”	“I wasn’t loved as a child, so I’m always living out of a deficit.”	Find people to serve my needs
Physiology	“I blew up because I haven’t been sleeping well.”	Get more sleep, change diet and exercise regimen

B. We *are* to live like _____ (new way, fruit tree) vv. 4:17-32.

C. Be prepared for spiritual _____ when you begin to change vv. 5:1-6:9.

GETTING PERSONAL...

- What are your Thorns? (Complaining, laziness, anger, envy, lust, bitterness, avoidance, pride, indifference, hard words, blame, judgmental spirit, greed, lack of self-control, and so on.)
- Where do your actions and responses fail to demonstrate the fruit of faith?
- In your current situation and relationships, how are you responding sinfully?
- Where are you experiencing the consequences of your responses?
- Where have you slacked off?
- When have you given into anger or envy?
- Where have you quit doing what God says is good?
- To whom have you spoken unkindly?
- Where have you blamed others?
- When have you accused God?
- Are you dealing with your feelings by doing unhealthy things (too much eating, spending, or working; escaping with too much TV or too many novels; too much emphasis on things like clothing, appearance, houses, cars)?

X-ray questions for the heart . . .

- What are you wanting that you’re not getting?
- Is there something you love more than God or your neighbor?
- What are your fears, hopes, and prayers?

- What do you feel you need right now?
- How would you define success or failure?

WHY . . . DO WE DO WHAT WE DO? BECAUSE WE WANT WHAT WE WANT!

There are several slides on Getting to the Heart. Let's Get to the Heart – What does the Bible call these sins?

It is vital that we understand sinful responses biblically. We may not define sin as the world does. Kleptomania is not a biblical term; the Bible calls it stealing. Narcissistic behavior is called selfishness. So what terms does the Bible use? And what are some examples of those sins?

1. Sensuality (Eph 4:19b) – Abram's adultery with Hagar (Gen 16) ← Heart desire to receive the covenant blessings (good desire became demand)
2. _____ (Eph 4:25a) – Abram in Egypt (Gen 12:10-20) ← Heart desire was fear of man. Fear is the flipside of desire.
3. Destructive anger (Eph 4:26a) – Cain (Gen 4) ← Heart desire = God's approval, pride, self-esteem
4. Stealing (Eph 4:28a) – Jacob and Laban (Gen 29-31) ← Heart desire = love of money
5. _____ (Eph 4:29a) – "rotten fish" talk like Ham's gossip about Noah (Gen 9:21-23) ← Heart desire = delight in his father's shame, love for pleasure
6. Bitterness (Eph 4:31a) – Naomi (Ruth 1:19-21) ← Heart desire = self-pity, not trusting God's goodness

Note: that any THORN can have many possible heart motives. And every heart motive can manifest many possible THORNS.

Let's Get to the Heart

James 4:1-2a What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel.

- Not "my brother made me do it!"
- Rather "I wanted something I wasn't getting!"
- If the problem is *me*, then the gospel gives hope for change.
- If the problem is *you*, then I will hide my sin behind yours and not receive the hope of the gospel.
- God's solution to conflict involves humble self-examination (Jas 4:6-10).

Too often we _____ sinful desires because they once were good desires. (Rom 1:24-25)

- When *good* desires become _____ desires they have become *sinful* desires (e.g., obedient children, marriage, job, ministry).
- Romans 1:25 They exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator.

Let's Get to the Heart (Continued)

- Desire—"I want..."
- Demand—"I must..."
- Expectation—"You should..."
- Judgement—"You didn't..."
- Punishment—"Now you must pay..."

Let's Get to the Heart (Continued)

- Christ-less solutions all miss the heart of the problem—a worship disorder when I love something else more than Christ.
- We worship our way into sin (THORNS), so we must worship our way out of sin (repentance in Christ). Never bypass the cross.

OUR COUNSELING

- A. All Christless solutions miss the _____ of the problem
- B. We worship our way into sin (THORNS), so we must worship our way out of sin.
- C. Never _____ the cross!



Biblical Soul Care and Discipleship Training
Module 1

Cross – The Restoration of Our Life in This Fallen World
(Steve Spires, M.Ed., OIC, ACBC)

Introduction:

The message of the “cross” CHANGES everything from the inside out!

*“And He died for all, so that they who live might no longer live for themselves,
but for Him who died and rose again on their behalf.” 2 Corinthians 5:15*

I. OUR REAL PROBLEM – What is Wrong with Me/Others?

A. Some people think it is something on the _____.

Examples

B. The Bible says it is something on the _____.

The Bible says that our personal problem is not _____ (low self-esteem), _____ (bad relationships and influences), _____ (the past), or _____ (something physiologically wrong).

These things “may be” significant influences, but my real problem is a _____ problem (my straying heart and my need for Christ).

- Luke 6:43-45
- Romans 1:21-25
- James 4:1-10

Getting personal . . . A Few X-Ray Questions

- Is there something you love more than God?
- Who or what do you see is the real problem?
- What do you think you need to fix the problem?
- What is your ultimate goal and what do you long for in the midst of the problems you are facing?

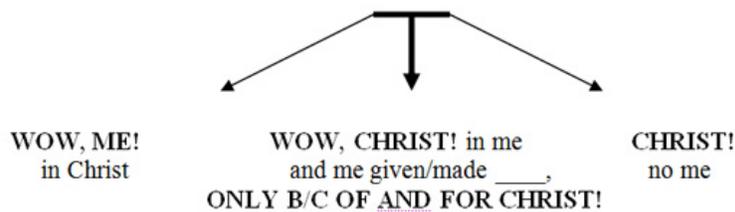
II. OUR REAL FIX – How God Changes Us Through Christ

A. Why Did Jesus ___ on the Cross?

- Our problem: Wrath (Rom 2:5-11; Eph 2:3; 1 Thess 1:9-10).
God’s solution: *Propitiation* (Rom 3:25; Heb 2:17; 1 John 2:2, 4:10).
- Our problem: Guilt (Rom 3:23; James 2:10).
God’s solution: *Justification* (Rom 3:21-22, 30, 5:1, 16-18; Gal 3:8).
- Our problem: Bondage (John 8:34; Rom 6:6, 16, 7:14; 2 Tim 2:26; 2 Pet 2:19).
God’s solution: *Redemption* (Isa 61:1; Rom 6:17-18, 22; 1 Pet 2:16).
- Our problem: Separation (Isa 59:2; Eph 2:1-3, 11-12, cf. Gen 3).
God’s solution: *Reconciliation* (2 Cor 5:18-21; Rom 5:6-11).

B. The Identity of a Christian – Crucified with Christ!

- Identity is important but watch out for two “ditches.”



Galatians 2:20

- It is based on a ___ fact. “*I have been crucified with Christ and I no longer live.*”
- It is to be a _____ reality. “. . . *but Christ lives in me.*”
- And it _____ in the way I live every day. “*The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.*”

C. The Implications for a Christian – We Are to Live a Christ-Centered / Cross-Centered Life Daily

“The Cross is the blazing fire at which the flame of our love is kindled, but we have to get near enough to it for its sparks to fall on us.” John Stott

D. How to Live a Cross-Centered Life

- Seven (7) reasons to memorize Scripture:
 1. Commanded by God. (Col. 3:16; Due. 6:4-9)
 2. Renews the mind and transforms our life. (Rom. 12:2)
 3. Helps against temptation. (Eph 6:10-20; Matt. 4:1-11; Psa. 119:11)
 4. Aids in applying God’s Word. (Phil. 4:8; Psa 119:13; Jam 1:19)
 5. Opens doors to counsel, encourage, and correct others. (Rom 15:4; 1 Th 4:18; 2 Ti 3:16)
 6. Gives a better understanding of God and His will. (Jn. 8:31-32, 14:21; Rom 12:2)
 7. Allows you to share with unbelievers. (1 Pe. 3:15)

- Practice strategic Scripture _____ related to the Cross.
 - Isaiah 53:4-6
 - Romans 3:21-26
 - Romans 5:6-10
 - Romans 8:28-39
 - 1 Corinthians 15:1-8
 - 2 Corinthians 5:21
 - Galatians 2:15-21

- Read and reflect upon the four _____.

- Study the _____ sayings of the Savior on the Cross:
 1. “Father forgive them, for they do not know what they are doing.”
 2. “I tell you the truth, this day you will be with me in paradise.”
 3. “Dear woman, here is your son,” and to the disciple, “Here is your mother.”
 4. “My God, my God, why have you forsaken me?”
 5. “I am thirsty.”
 6. “It is finished.”
 7. “Father, into your hands I commit my spirit.”

- _____ atonement, substitution, propitiation, justification, redemption, reconciliation, and salvation.

Recommended reading:
The Atonement by Leon Morris.

Know What You Believe by Paul F. Little.
Key Words of the Christian Life by Warren W. Wiersbe.

- Study the books of _____ and _____ accompanied by a good commentary.

Recommended reading:
John Stott's or John MacArthur's Commentaries.
Exposition of Romans by D. Martyn Lloyd-Jones.

- Continually be _____ a book on the Cross.

Recommended reading:
The Cross of Christ by John Stott.
The Cross: God's Way of Salvation by D. Martyn Lloyd-Jones.
The Cross & Christian Ministry by D. A. Carson.
The Discipline of Grace by Jerry Bridges.
The Atonement by Leon Morris.
The Power of the Cross of Christ by Charles Spurgeon.
The Apostles' Doctrine of the Atonement by George Smeaton.
The Glory of Christ by Peter Lewis.
Experiencing God's Forgiveness by John Ensor.

<p>Note: When it comes to the Cross, Charles Spurgeon is one of my favorites. It was said of Spurgeon: "No matter where he began in Scripture, he always took the shortcut to the Cross."</p>
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- Whatever verse you are reading or studying, ___ yourself, "What is the relation of this verse to the Cross?"

"In its context, every passage possesses one or more of four redemptive foci. Every text is predictive of the work of Christ, preparatory for the work of Christ, reflective of the work of Christ, and/or resultant of the work of Christ."

Bryan Campbell, President of Covenant Seminary

- Study the ___ Testament in relation to the Cross . . . see everything as pointing to Christ's coming, His work, and sacrifice for our sin.

Recommended reading:
The Gospel and Kingdom; A Christian Interpretation of the Old Testament
by Graeme Godsworthy.

- Study the _____ of God and the doctrine of sin.

Remember the doctrine of sin is a means, not an end. The doctrine of sin is a means (and a necessary one) of appreciating justifying grace and appropriating sanctifying grace.

Recommended reading:
The Holiness of God by R. C. Sproul.
The Enemy Within by Kris Lundgaard.
The Holiness of God by J. C. Ryle.

- Begin _____ each day with Cross-centered songs and hymns.
- Begin _____ each day confining yourself to giving thanks for the Cross and the effects of the Cross in your life.
- Recognize your need for the Holy Spirit and the gift of _____.

“There has not only been an objective, public act of divine self-disclosure in the crucifixion of God’s own Son, but there must be a private work of God by His Spirit, in the mind and heart of the individual. If we should express unqualified gratitude to God for the gift of His Son, we should express no less gratitude for the gift of the Spirit who enables us to grasp the gospel of His Son . . . Unless the Spirit enlightens us, God’s thoughts will remain deeply alien to us.”

Don Carson

The Cross & Christian Ministry: An Exposition of Passages from 1 Corinthians



Biblical Soul Care and Discipleship Training
Module 1 - Weekend 2
Where Do We Go from Here?
(Pastor Mike DeGuzman, OIC, ACBC)

By now you know that this isn't just a conference!

1. Read chapters 4-8 of *Instruments in the Redeemer's Hands*
2. Read the article “*Vive la Différence!*” by David Powlison in Appendix 3b of your notes. Be ready to speak about how this article and the module training has helped develop your understanding of biblical counseling.
3. Your story—using the Application Questions below, write a paragraph on each question. (Note: maximum of three pages).

This project is designed to help you recognize the functional idol (god) that was ruling your heart when you responded sinfully to the circumstances God ordained for you, and to glorify Him for the power of His word in changing your heart.

Application Questions:

1. What has been your challenging circumstance(s)?
 2. What are your sinful responses (thoughts / words / actions)?
 3. What idolatrous motivations (cravings and beliefs) rules your heart?
 4. What consequences did you experience?
 5. What changed your life? What transformed your heart? What gospel truth(s)?
 6. What blessings resulted?
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4. Pick one “help” booklet and read it through. Be ready to speak about the following:
 - What insight did this booklet give about the topic it speaks about?
 - What ways did you find this personally helpful?
 - What opportunities did you have to share with another person?