

Church Leadership Training Program



Module #1:

Biblical Counseling: What Is It?

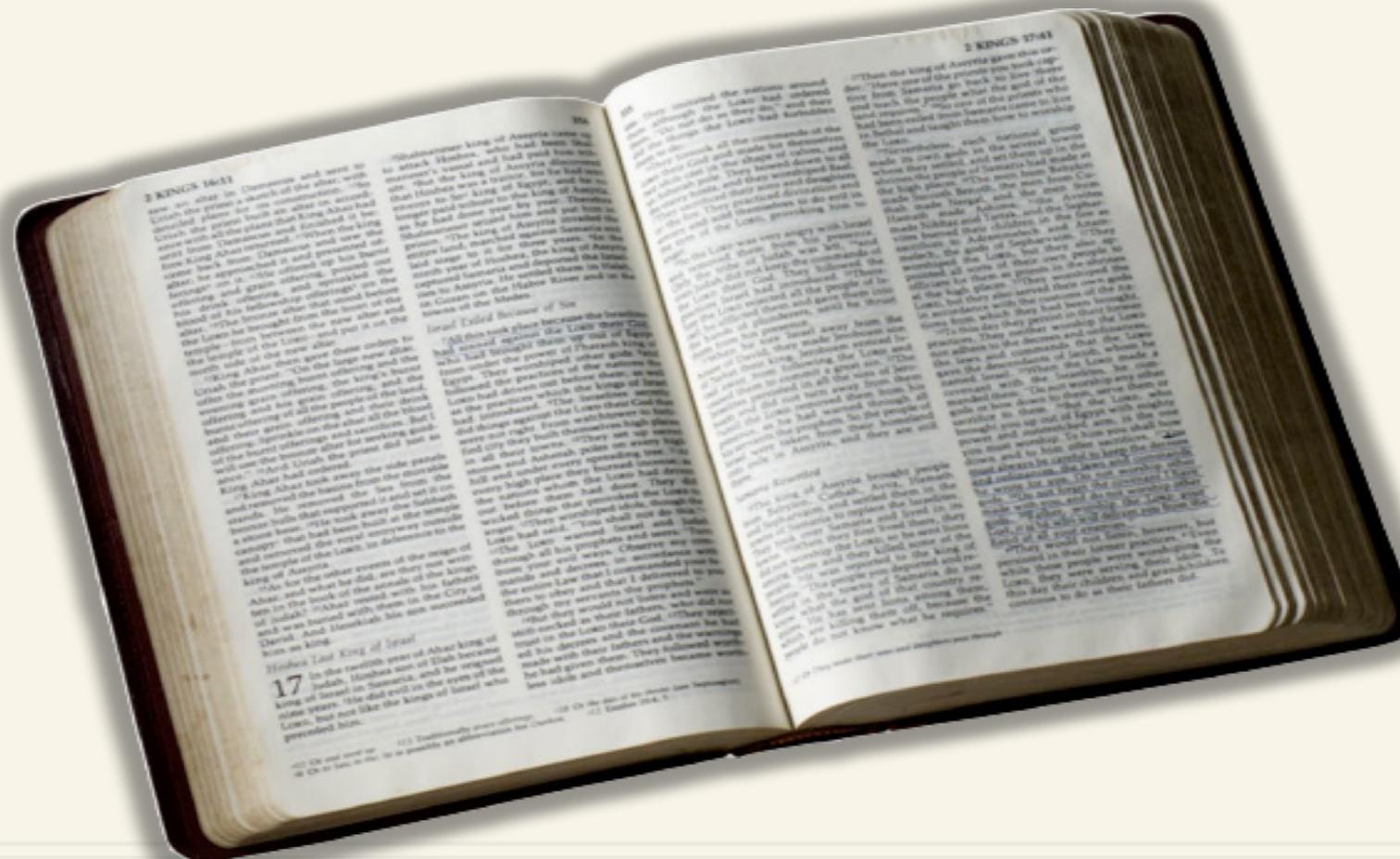
(Defining a Biblical Sufficiency-Based Personal Ministry Model
and the Nature of Personal Spiritual Growth)



What Makes Biblical Counseling Biblical?

Personal ministry is *biblical* when...

1. it recognizes the Bible as foundational.



The Relationship of Counseling to Other Biblical Disciplines

5. Practical Theology

4. Biblical & Systematic Theology

3. Exegesis

2. Hermeneutics

1. Authority

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 **BREATHED** 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.

Hermeneutics

- Hermeneutics refers to the theory and practice of Biblical Interpretation. HOW WE INTERPRET - WHAT DOES THE TEXT SAY?
-
- **The main principles of hermeneutics theory include:** 1) **SCRIPTURE** 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 “**EXPOSE**.” 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 NEVER** insert their own meaning into a Scripture. Biblical counselors must draw the meaning out of the Scripture with exegesis.

Difference between Exegesis and Hermeneutics

.Exegesis is the actual interpretation of the Bible, the bringing out (drawing out/or exposing the meaning; **Hermeneutics** is the study and establishment of the principles by which it is to be interpreted. What does the text say?

Biblical Theology

What Truths and Doctrines does the Bible Teach?

Biblical Theology refers to *Key Doctrinal (Teaching) Conclusions* that are derived from our exegesis.

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Biblical Theology ensures God decides the emphasis of our **TAKE-AWAYS**. In other words, 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 say it this way, “What I say doesn’t matter, UNLESS what I say is what the Bible says, means, and teaches. Your counsel is Biblical Counsel.**

Systematic Theology

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

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Systematic theology is the **DIVISION** 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. Some examples:

Christology is the study of God the Son, the Lord Jesus Christ.

Pneumatology is the study of God the Holy Spirit.

Eschatology is the study of the end times.

Practical Theology (Counseling)

- Practical theology is theology **APPLIED** 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 only biblical counseling if the Bible has active, functional control in the **discipleship** process

5. Counseling

Based on a commitment to the authority and sufficiency of the Scriptures

4. Theology

3. Exegesis

2. Hermeneutics

1. Authority

Implications:

Doing #1-4 without doing #5
produces an “**academic**”,
(therefore, ineffective)
Christianity

5. Counseling

Based on a commitment to the
authority and sufficiency of the
Scriptures

Product?

4. Theology

3. Exegesis

2. Hermeneutics

1. Authority

Is what I'm doing in #5 coming directly from #1-4?

Would I be more effective in #5 if I had more training in #1-4?



Personal ministry is biblical when ...

1. It is encouraged to be done by every believer with every believer (Rom. 15:14, et al.)

God designed that life in the Body of Christ involve all of its members regardless of their formal training (Gal. 6:1)



Personal ministry is biblical when ...

1. It is encouraged to be done by every believer with every believer (Rom. 15:14, et al.)

However, God expects every believer to grow and change toward Christlikeness (2 Peter 3:18; et al.), and ...

Therefore, spiritual maturity and biblical knowledge will increase your effectiveness in personal ministry.



Personal ministry is biblical when ...

2. It is motivated and energized by Christ's love (John 15:12; 2 Cor. 5:14)

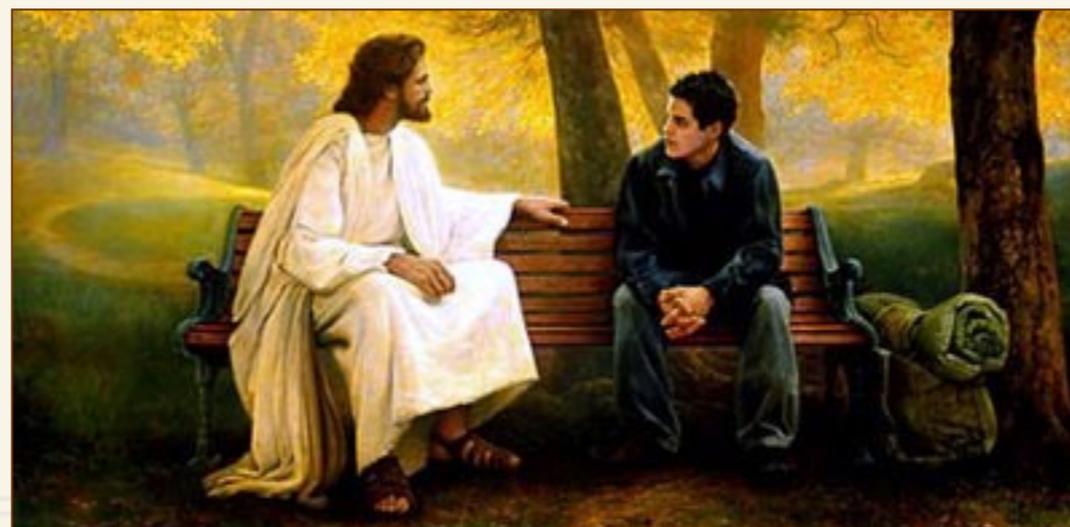
- ✓ In ministry, “relationship is everything.” Someone must initiate the work of redemption Example: Jesus condescended, without arrogance to serve us.
- ✓ In ministry, motive matters.

Personal ministry is biblical when ...

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

What was Jesus’ method - and result? (See Jn. 4)

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

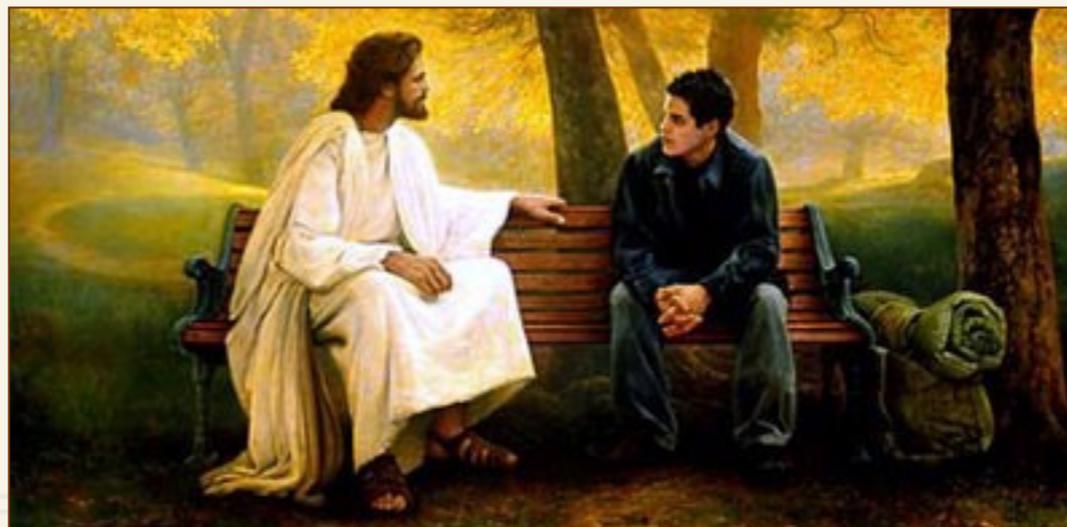


Personal ministry is biblical when ...

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

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

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



Personal ministry is biblical when ...

4. Its instruction *originates* in the Bible.

✓ This requirement demonstrates the believer/counselor's commitment to the *sufficiency* of the Scripture. (2 Peter 1:3; John 17:17)



A good question: Where is that in the Bible?

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



Personal ministry is biblical when ...

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

Always ask: Where in the Bible does that concept originate?



Personal ministry is biblical when ...

5. Its prescriptions reinforce *Biblical* disciplines.

“Projects for Growth” develop Biblical hope, assign responsibility for change, and demonstrate the seriousness of the disciple-making relationship.



Personal ministry is biblical when ...

6. It prepares counselees (disciples) to become counselors (disciplers; mentors).

God expects all believers to use the lessons He teaches them
by helping others (2 Cor. 1:3-4; Rom. 5:1-5)



*Sanctify them in the truth;
Your Word is truth
John 17:17*

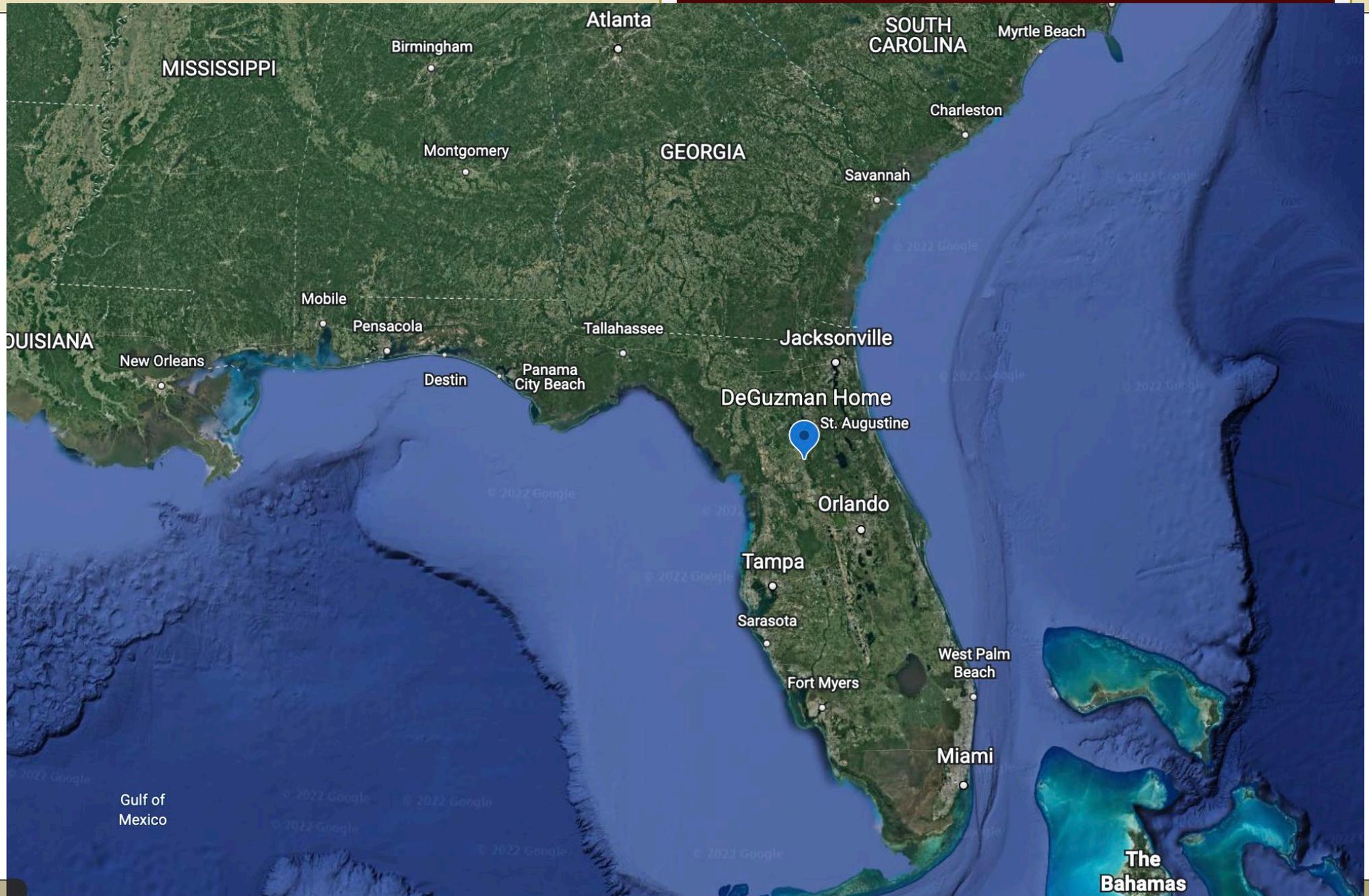




How People Change: An Overview

Because perspective is important ...





MISSISSIPPI

Atlanta

SOUTH CAROLINA

Myrtle Beach

Birmingham

Charleston

Montgomery

GEORGIA

Savannah

Mobile

Pensacola

Tallahassee

Jacksonville

LOUISIANA

New Orleans

Destin

Panama City Beach

DeGuzman Home

St. Augustine

Orlando

Tampa

Sarasota

Fort Myers

West Palm Beach

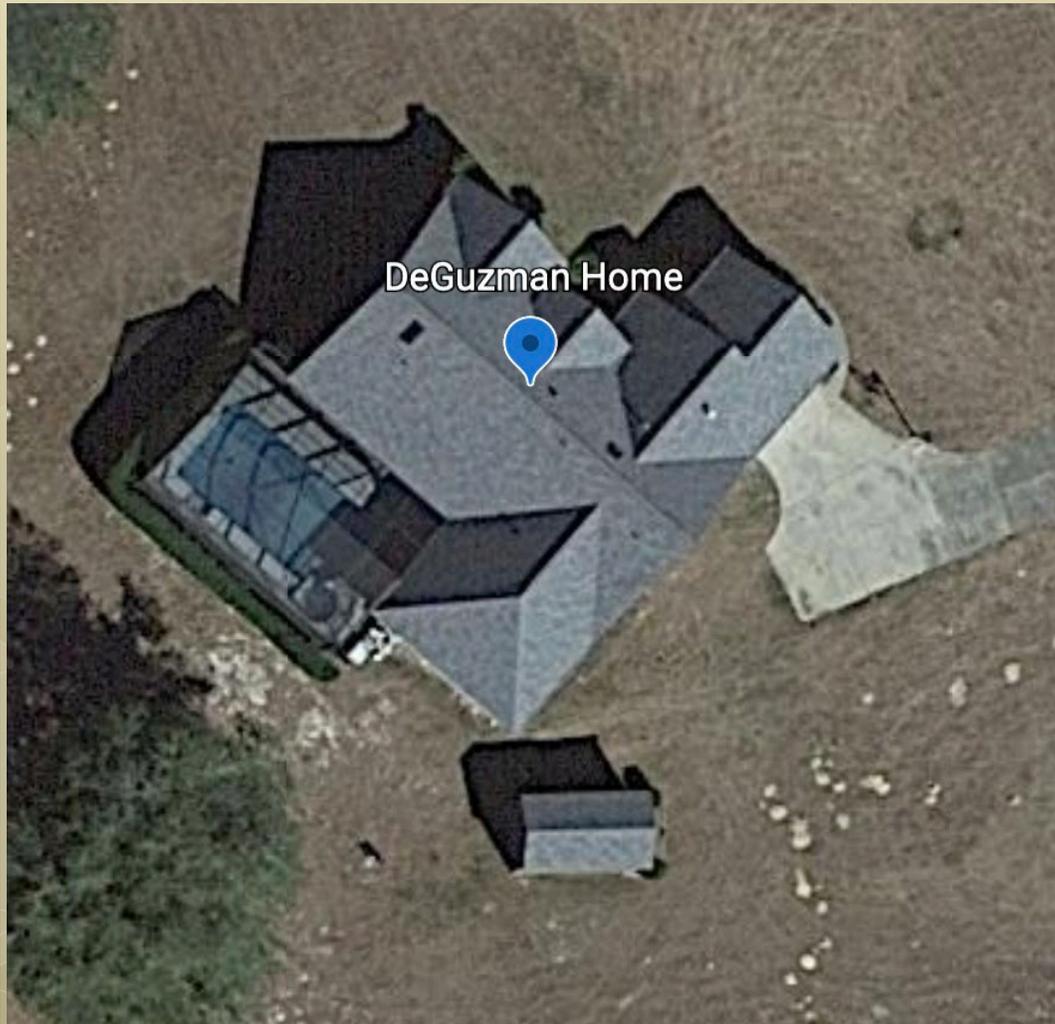
Miami

Gulf of Mexico

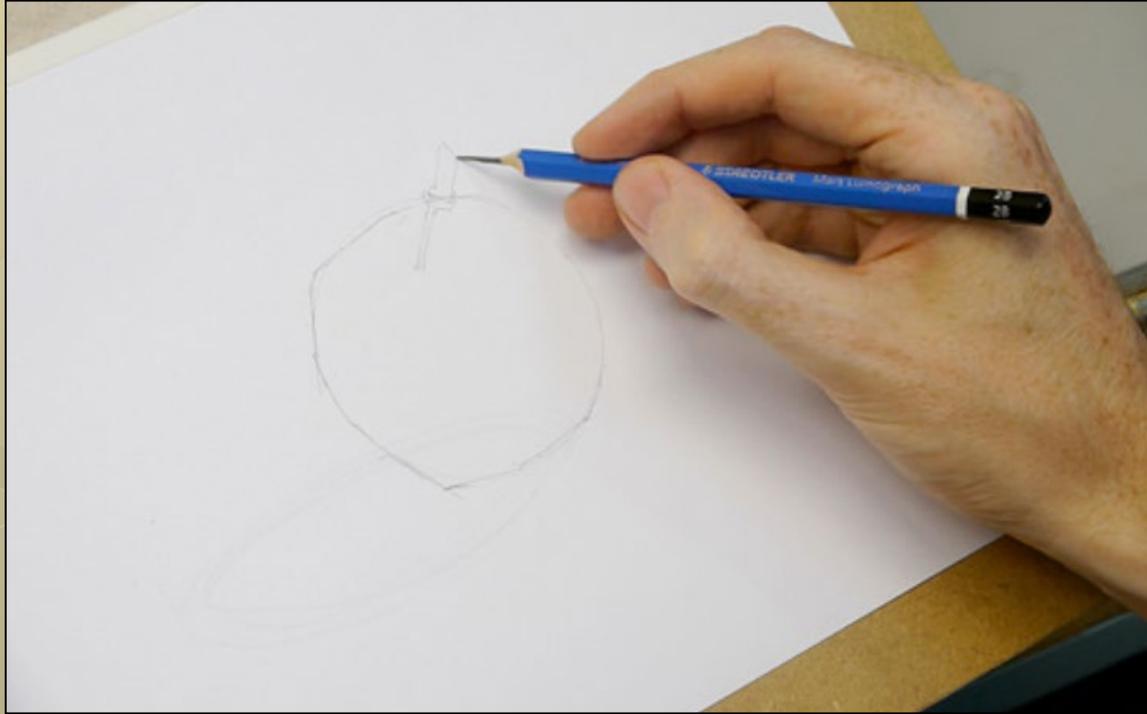
The Bahamas



... an overview can be helpful!



Now draw this picture in your notes:



Think of an OBJECT that represents
this kind of person . . .

I AM NOT RELIGIOUS
I AM A
HUMANIST
BECAUSE HUMAN BEINGS
ARE MORE IMPORTANT
THAN DOGMA AND TRADITIONS

- He trusts in man—
a humanist.
- His strength is in
himself.
- His heart has little
room for God—a fool.



Here is the
picture God
gives . . .

Turn to Jeremiah 17:5-8
Two kinds of people . . .



vv. 5-6

**TRUSTING
MAN
OVER
GOD**

He trusts in man (himself)



TRUST
GOD
NOT
MAN

He trusts in the Lord.

- His spiritual food comes from an unending source of nutrition.
- He fears neither heat nor drought; in fact, is fruitful.

vv. 7-8

TRUST
GOD
NOT
MAN

He trusts in the Lord



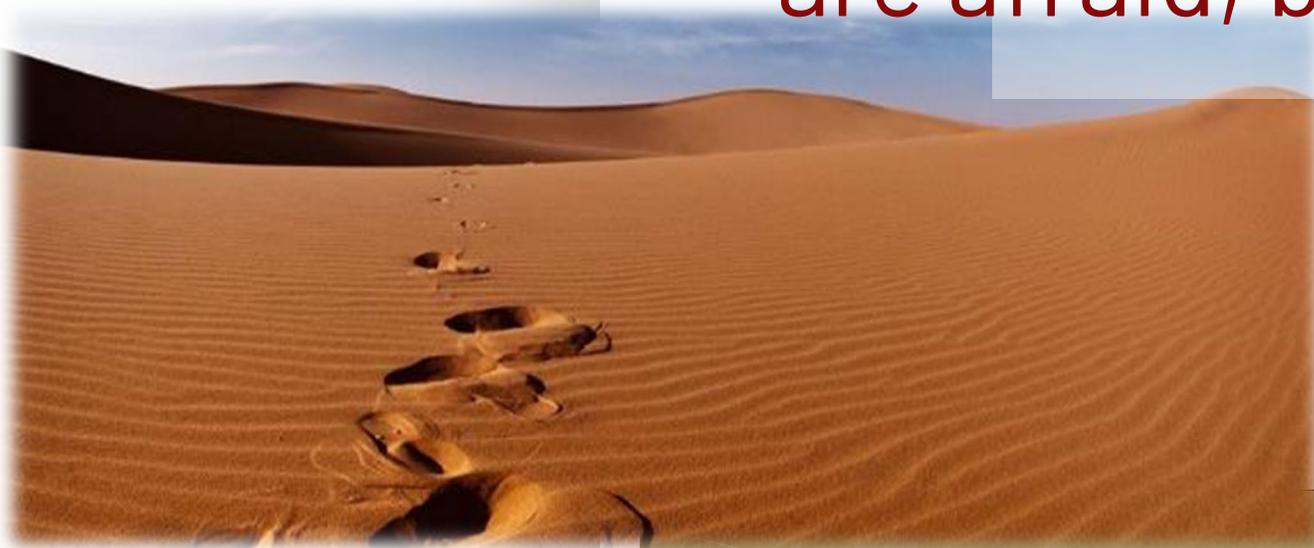


“

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 | PRESSURE | STIMULI

Obedient Responses

Sinful Responses

God-Pleasing Motives

Idolatrous Motives

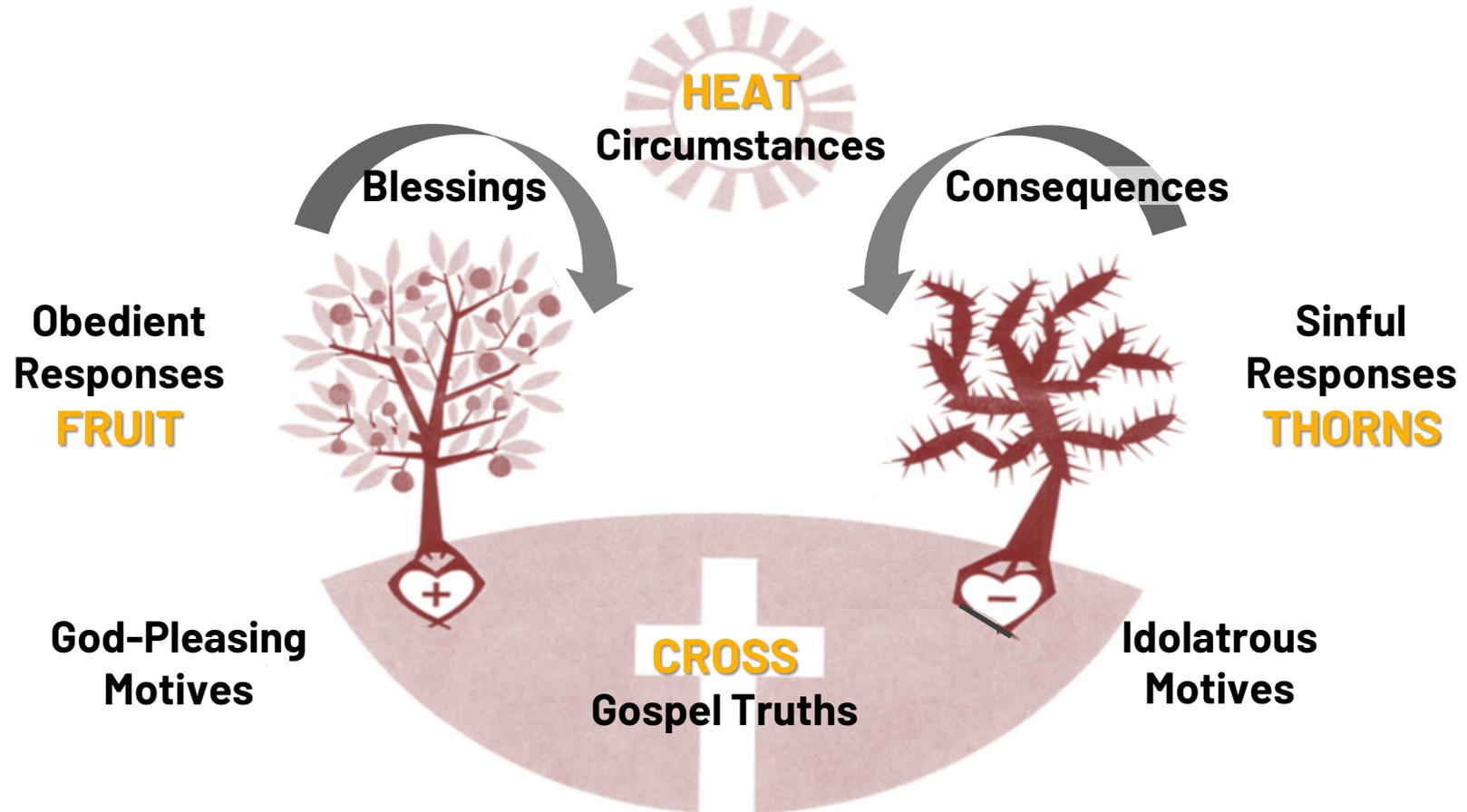
GOSPEL TRUTHS



How does this picture apply to our topic?



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

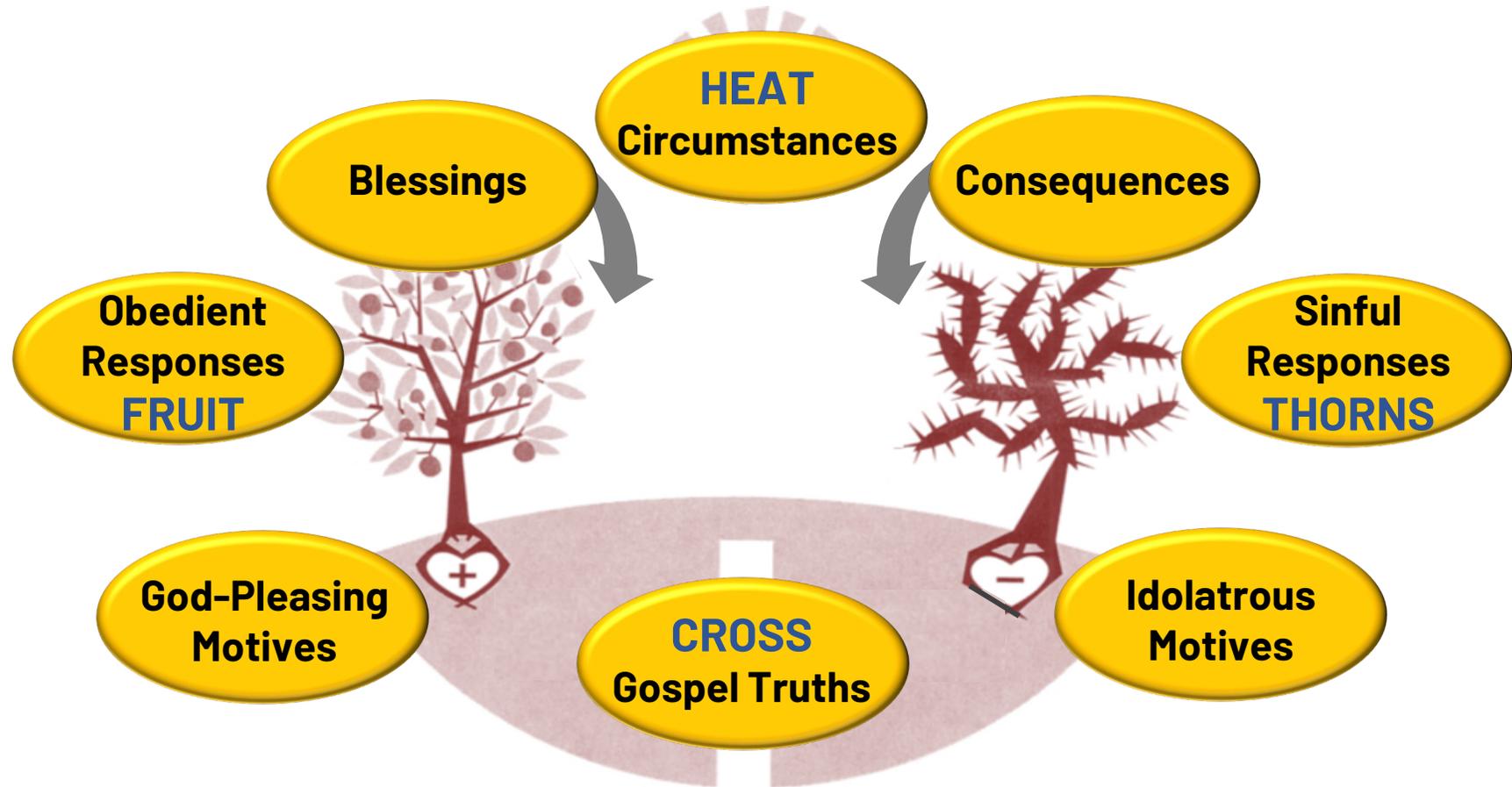


“



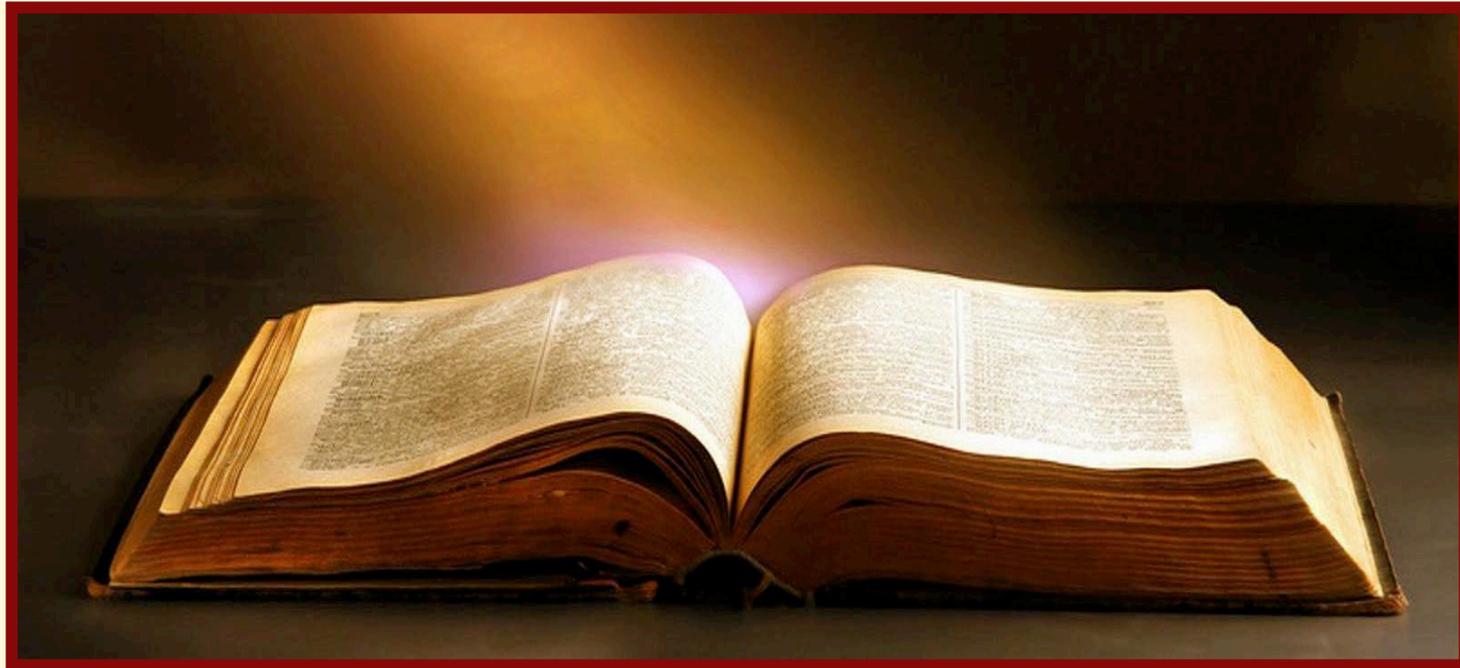
The good man out of the good
treasure of his heart brings forth
what is good;
and the evil man out of the evil
treasure brings forth what is evil;
for his mouth speaks from that
which fills his heart.

Luke 6:45



Bible study project:

What is the heart and why is it so important?



Bible study project:

What is the heart and why is it so important?

- 1 Samuel 16:7 man looks at the outward appearance. God looks at the heart
- Ps 139:23 search me and know my heart; try me and know my anxious thoughts

Bible study project:

What is the heart and why is it so important?

- Proverbs 28:26 he who trusts in his own heart is a fool
- Jeremiah 17:9-10 the heart is more deceitful than all else and is desperately sick; who can understand it? I, the Lord search the heart.

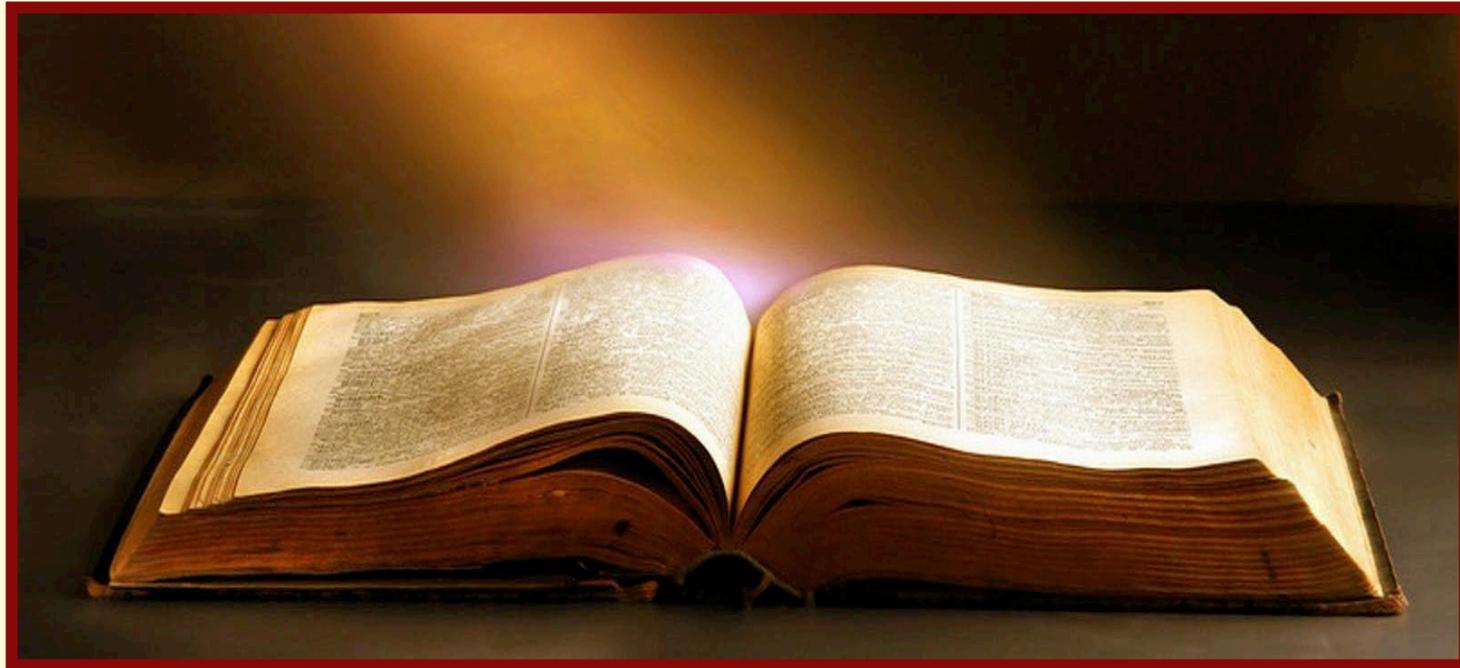
Bible study project:

What is the heart and why is it so important?

- Matthew 5:28 everyone who looks with lust has committed adultery with her in his heart
- Matthew 6:21 where your treasure is, there your heart will be also
- Matthew 12:34 the mouth speaks that which fills the heart
- Matthew 15:18 the things that proceed out of the mouth come from the heart

Hebrews 4:12

The word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.



Keep your heart
with all
vigilance, for
from it flow the
springs of life. -
Prov. 4:23

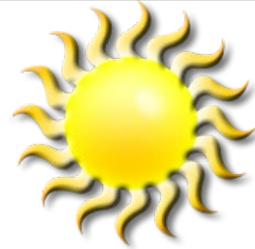




“In our society today, the humanist ideal of happiness or interior well-being was incorporated into Christian faith without any drastic modification so that religion was given a decidedly anthropocentric orientation. It is generally acknowledged that much popular religion (both conservative and liberal) 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.”

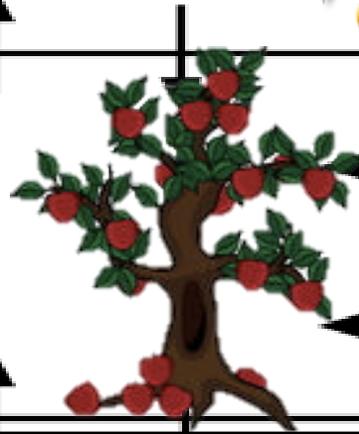
- Donald G. Bloesch -

Faith and Its Counterfeits, InterVarsity, Downers Grove, IL, 1981, p. 12ff.



This is what happened

Start doing
this



?



Stop doing
this

Counseling without a heart-transforming focus



A Biblical Illustration: 1 Corinthians 10:1-14



The 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 Biblical Illustration

Life in the wilderness; Numbers 11-14

Circumstances

Encouragement; 6, 11-14

Judgment; 5, 9b, 10b

Victory under pressure; 13-14

Evil behavior; 7b-9a, 10a

Hearts set on Christ; 11-12

Hearts set on evil things; 6-7a

God's presence in food and drink from Christ the Rock; 1-4

CROSS
Gospel Truths

Another Illustration – James 1:12, 14-15

... under trial ... the test ...

Blessed ...

... crown of life, ...

... death.

... steadfast ...

... sin ...

... those who love Him.

... his own desire ...

... God has promised ...

CROSS
Gospel Truths

Application Questions:

A Project for
Personal Growth



Application Questions

- What has been your challenging circumstance(s)?
- What were your sinful responses?
- What cravings and beliefs ruled your heart?
- What consequences did you face after sinful actions?



Application Questions

- What Scripture changed your heart?
- How did God transform your desires?
- What were your obedient responses?
- How was God glorified through your obedience?



Application Questions:

What has been your challenging circumstance(s)?

Circumstances

How was God been glorified through your obedience?

What consequences do you face from your sin?

What were your obedient responses?

What were your sinful responses?

How did God transform your desires?

What beliefs and desires ruled your heart?

CROSS

Gospel Truths

What Scripture changed your heart?

Sanctify them in the truth;
Your Word is truth.
(John 17:17)



Church Leadership Training Program



Module #1:

Biblical Counseling: What Is It?

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

A Biblical Description of Heat:

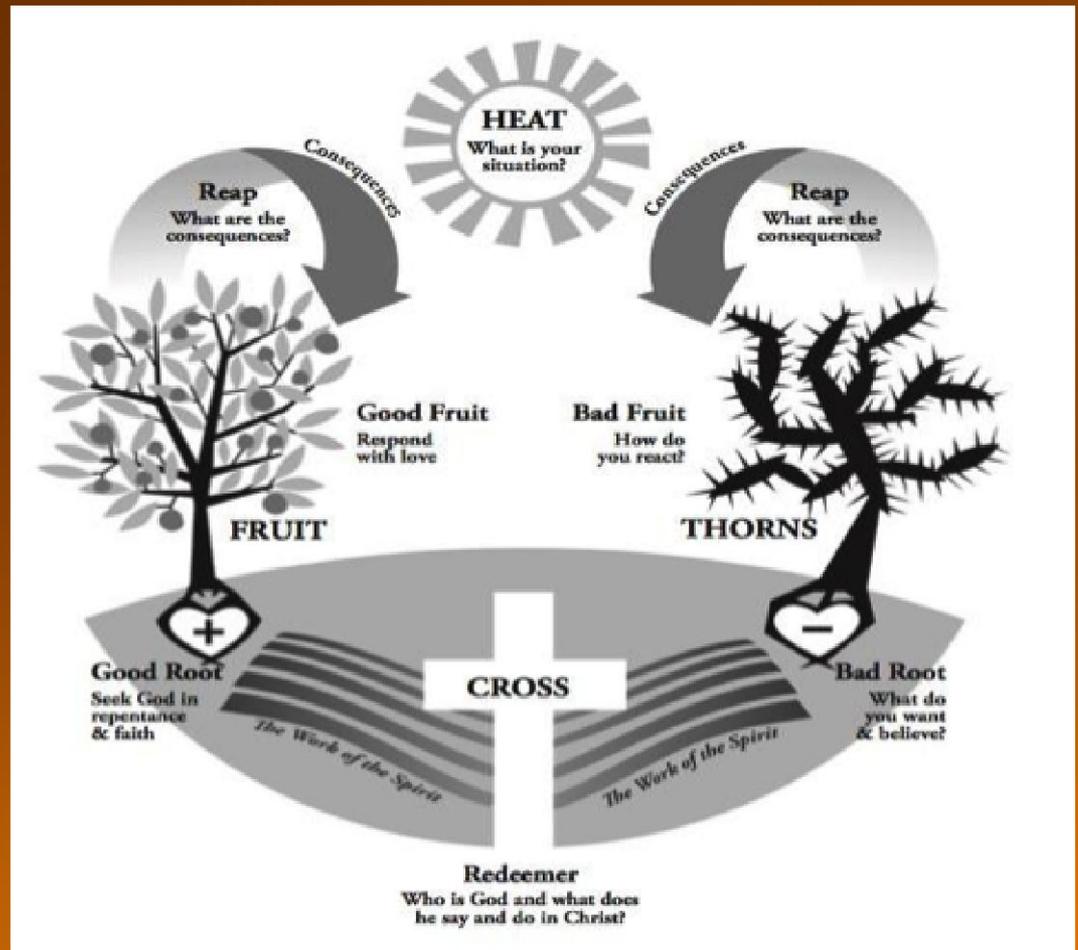
Understanding the Circumstances of Life



Four Biblical Metaphors

Jeremiah 17:5-10

- **HEAT** (v.8)
- **THORNS** (v.6)
- **CROSS** (vv. 5, 7)
- **FRUIT** (vv. 7, 8)



What is “HEAT”?



- HEAT asks the question:

What are your **circumstances**?

Or

What is your **situation**?

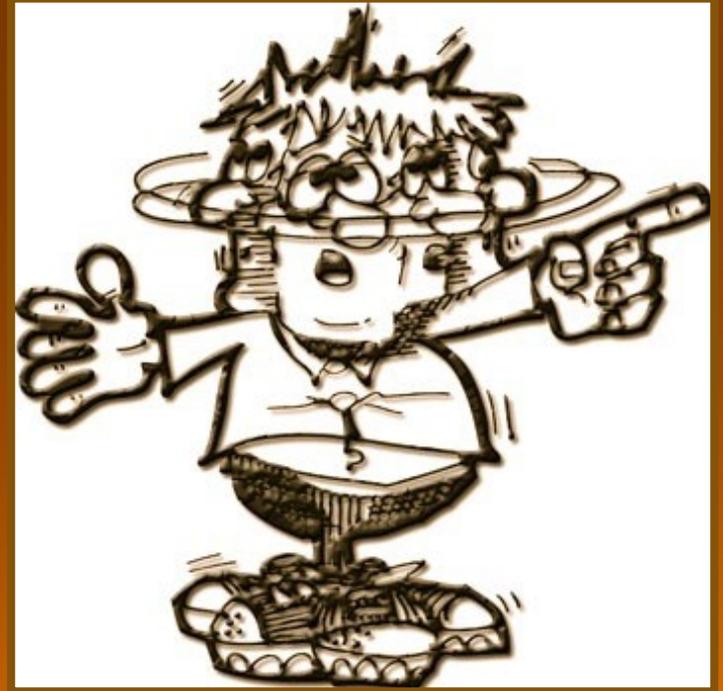
What is HEAT?

- “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*, 130-131)

What is HEAT?

- Some biblical descriptions of HEAT (i.e. circumstances:
Rom. 8:20-22; 1 Pet. 5:8
(cf. *How People Change*,
122-124)



What is HEAT?

- Sources of HEAT (i.e. circumstances)



1. People

What is HEAT?

- Sources of HEAT (i.e. circumstances)

2. Environment



What is HEAT?

- Sources of HEAT (i.e. circumstances)



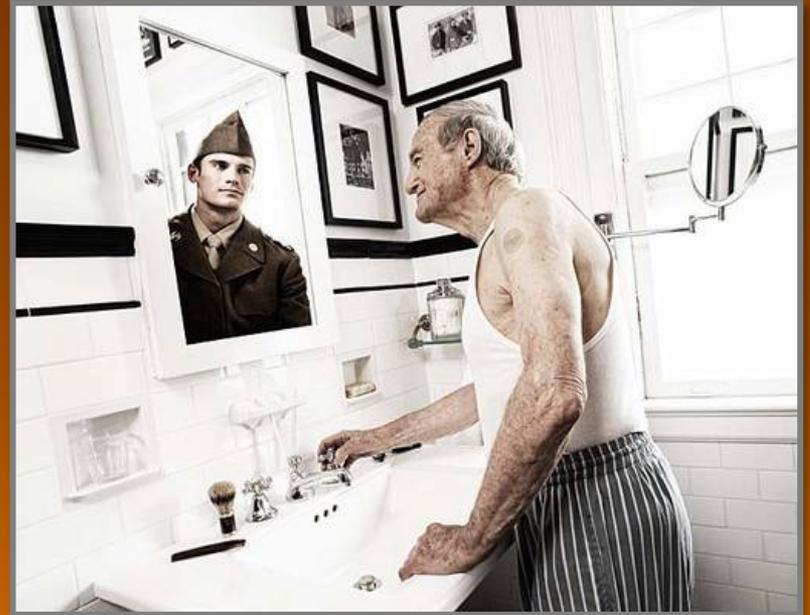
3. Satan / Spiritual
Realm

What is HEAT?

- Sources of HEAT (i.e. circumstances)

4. Self

(strengths or weaknesses,
health or illness,
appearance, etc.)



What is HEAT?

- Sources of HEAT (i.e. circumstances)

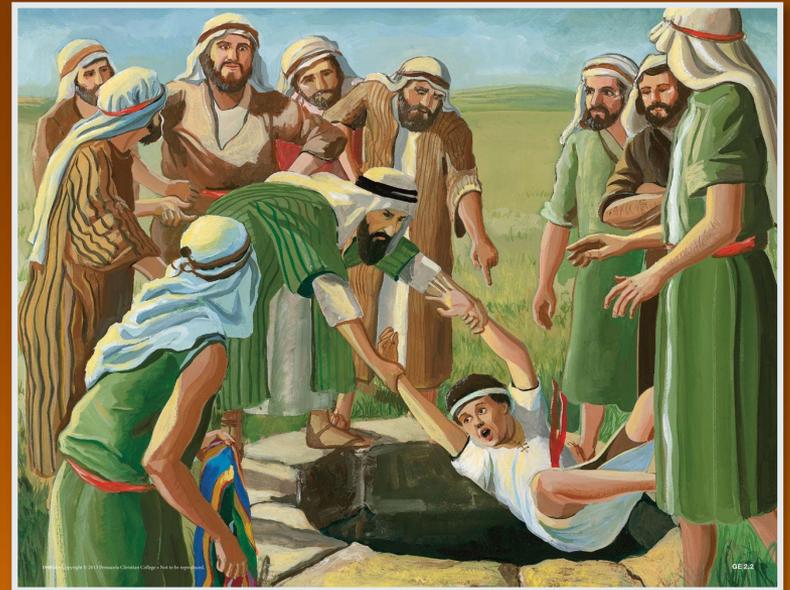


5. Ultimately, God
(Who is Sovereign)

What is HEAT?

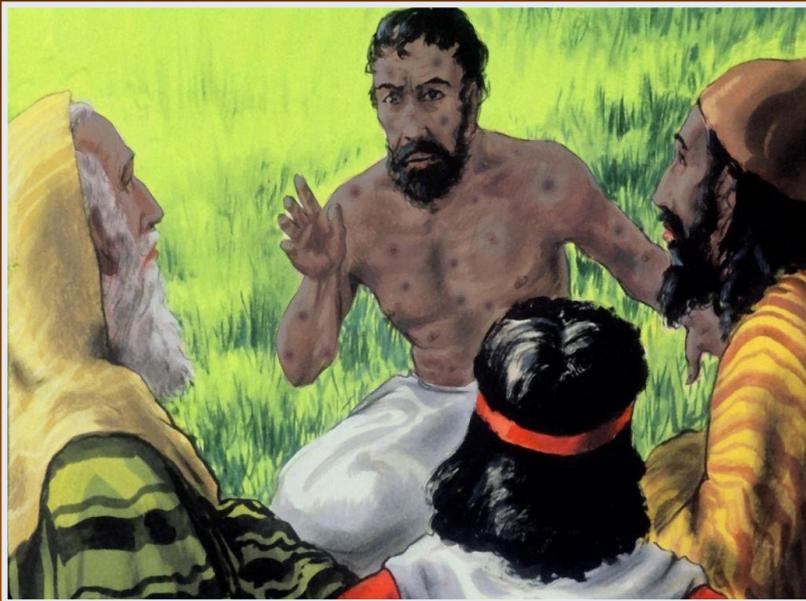
- Additional biblical examples of HEAT (i.e. circumstances)

1. Joseph's brothers. (Genesis 37)



What is HEAT?

- Additional biblical examples of HEAT (i.e. circumstances)



2. Job
(Job 1-2)

Misconceptions about HEAT.

- I am a victim of HEAT (i.e. my circumstances) Genesis 3:12-13

1. Genetics



Misconceptions about HEAT.

- I am a victim of HEAT (i.e. my circumstances) Genesis 3:12-13

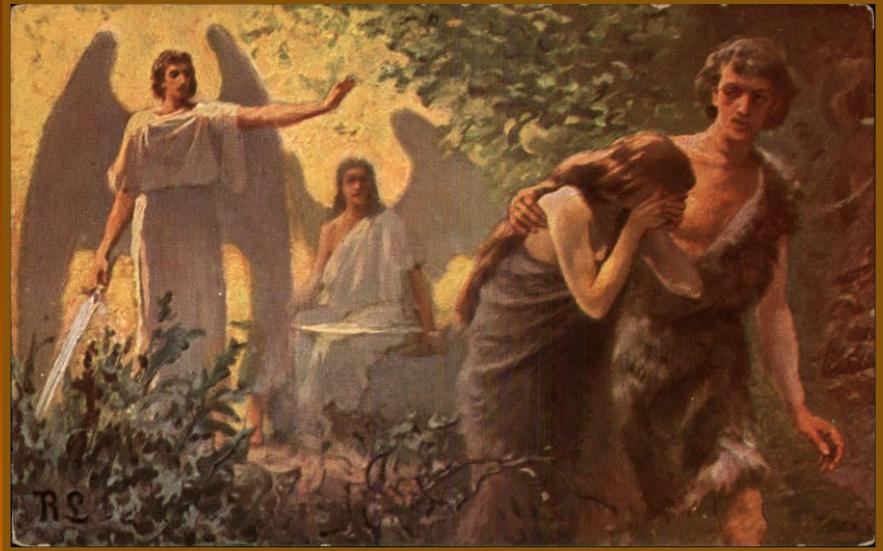


2. Upbringing

Misconceptions about Heat.

- I am a victim of HEAT (i.e. my circumstances) Genesis 3:12-13

3. Opportunities



Misconceptions about HEAT.



- I am the source of the good heat
- (i.e. The good circumstances in my life.)

(James 1:17; Matt 5:45)

Misconceptions about HEAT.

- 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, cf. Gal. 6:7, 1 Pet. 1:6-9, Luke 12:18-21)

Misconceptions about HEAT.



- My only hope in life is changing my HEAT (i.e. my circumstances).

(Phil. 4:11-13, Lam. 3)

Misconceptions about HEAT.

- Sometimes the HEAT (i.e. the circumstances) of life is/are too difficult to endure.

(1 Cor. 10:13)



Misconceptions about HEAT.

- But the Bible teaches:



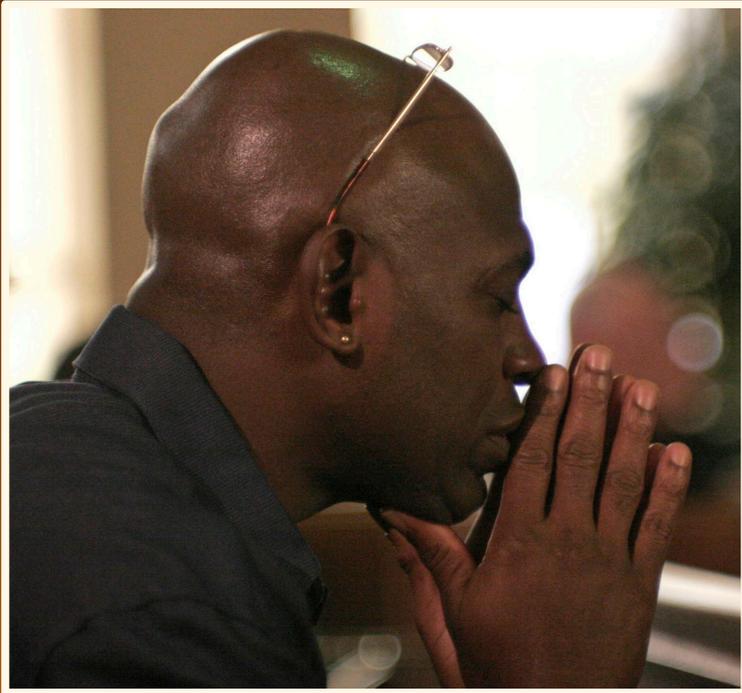
1. People are not passive victims but rather active responders to the HEAT (i.e. the circumstances) of life.

Misconceptions about HEAT.

- But the Bible teaches:
 2. HEAT (i.e. circumstances) is/are not the *cause* of unbiblical responses to life, but the *occasion* of unbiblical responses to life.



What Is God Doing in the HEAT We Experience in Life?



- God wants us to come to Him to deal with the struggles of HEAT (i.e. our circumstances)

(Ps. 88, Heb. 4:16)

What Is God Doing in the HEAT We Experience in Life?

- God is working His good plan through our circumstances to make us more like Christ.

(Rom. 8:28-29)



What Is God Doing in the HEAT We Experience in Life?

- God is working through our circumstances to produce endurance and maturity. (James 1:2-4)



What Is God Doing in the HEAT We Experience in Life?

- God is working through our circumstances to expose our hearts.



(James 4:1-3, cf. Num. 11, 14, 20, Deut. 8)

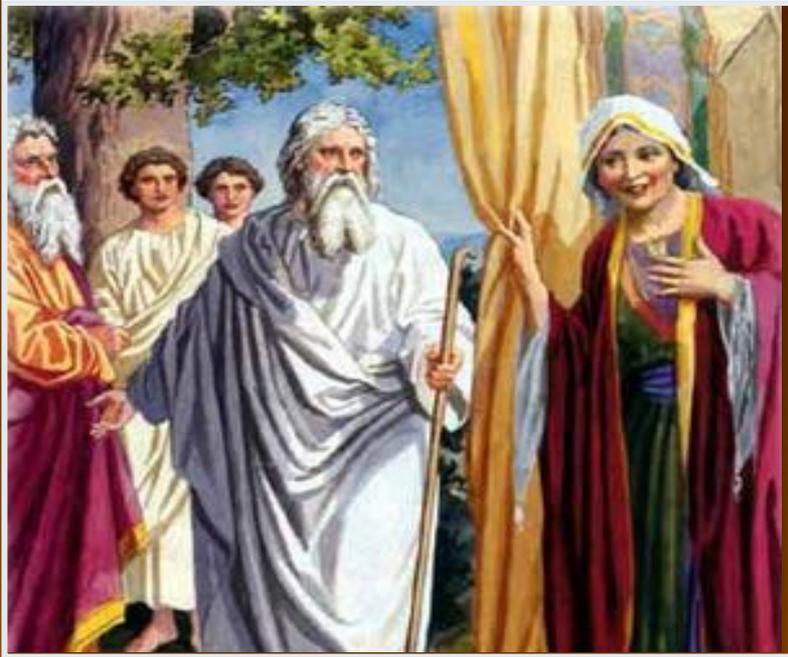
Yet More Biblical Examples of HEAT in Action (Just from Genesis)

- Dealing with acceptance or rejection.



(Cain – Genesis 4)

Yet More Biblical Examples of HEAT in Action (Just from Genesis)



- Recognizing that others can and do hurt us.

(Abraham & Abimelech – Genesis 20:1-11)

Yet More Biblical Examples of HEAT in Action (Just from Genesis)

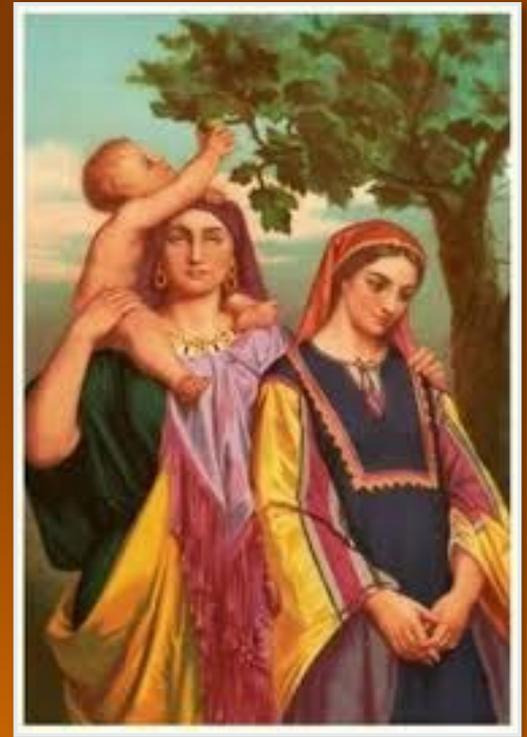


- Responding to difficult people who take advantage of us.

(Laban – Genesis 29-30)

Yet More Biblical Examples of HEAT in Action (Just from Genesis)

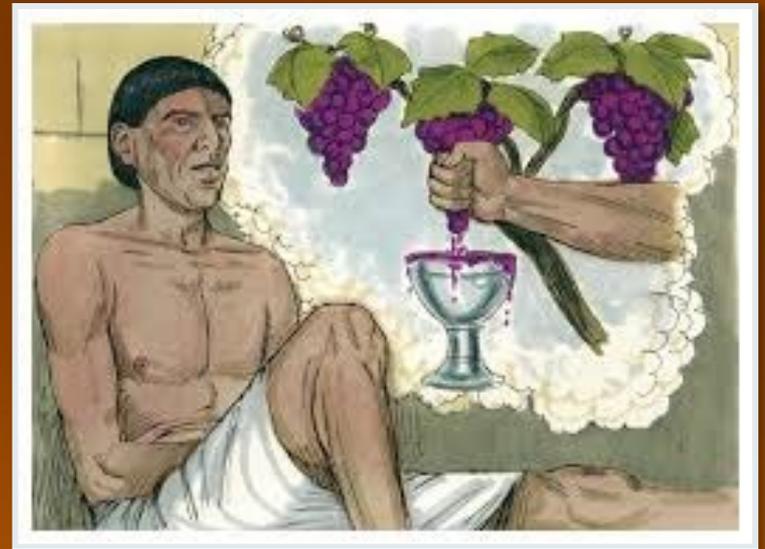
- Feeling envy and/or jealousy because of what others have and we want.



(Rachel & Leah – Genesis 29-30)

Yet More Biblical Examples of HEAT in Action (Just from Genesis)

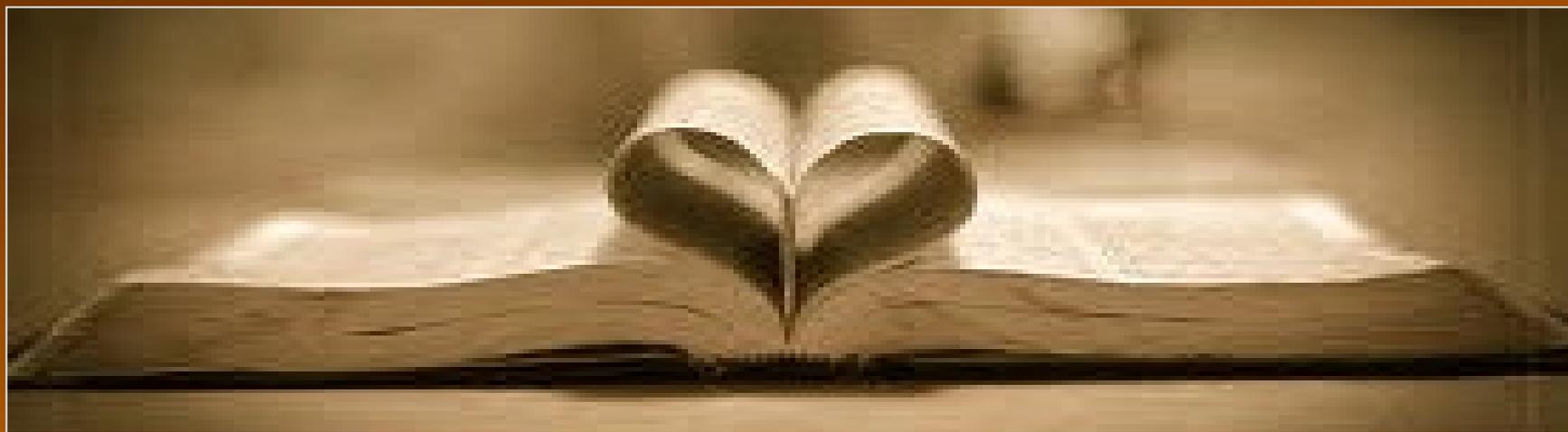
- Laboring without recognition or appreciation.



(Cupbearer – Genesis 40:23)

Conclusion:

A Biblical understanding of HEAT (*the circumstances of life*) is essential to biblical discipleship and counseling since all counseling problems involve circumstances and most counselees come to counseling to seek some form of relief from difficult circumstances.





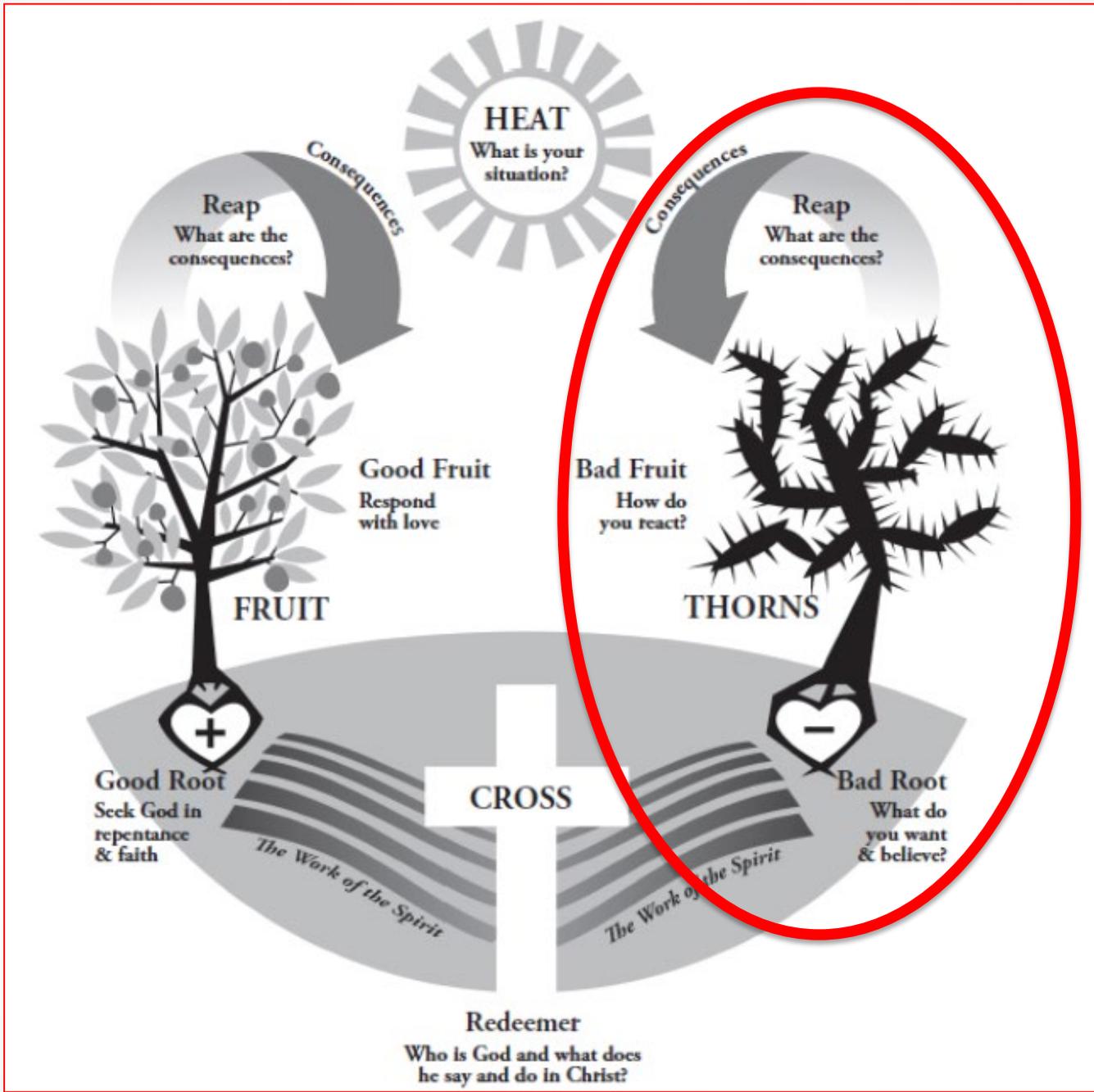
Sanctify them in the truth;
Your Word is truth.

John 17:17

A Biblical Description of Thorns

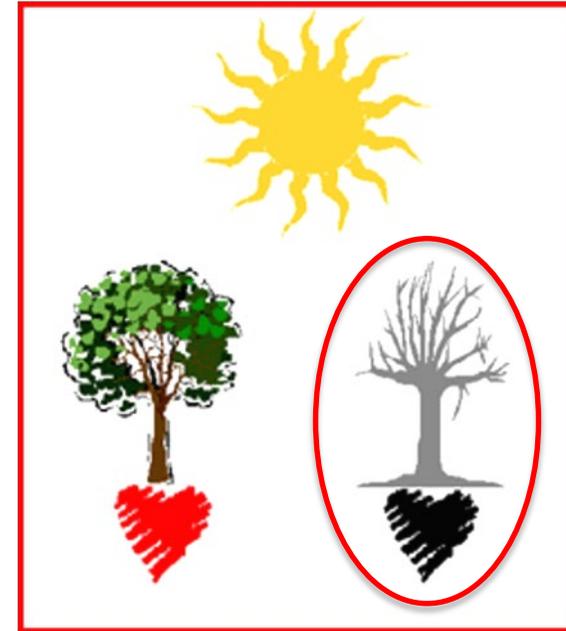


Sinful Responses to Life's
Circumstances



1. Fruit or Thorns?

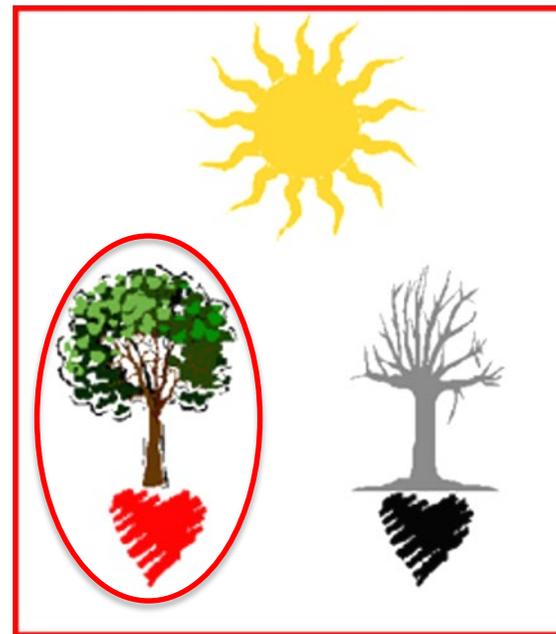
Jeremiah 17:5-6: Thus says the Lord: "Cursed is the man who trusts in man and makes flesh his strength, whose heart turns away from the Lord. He is like a shrub in the desert, and shall not see any good come. He shall dwell in the parched places of the wilderness, in an uninhabited salt land."



1. Fruit or Thorns?

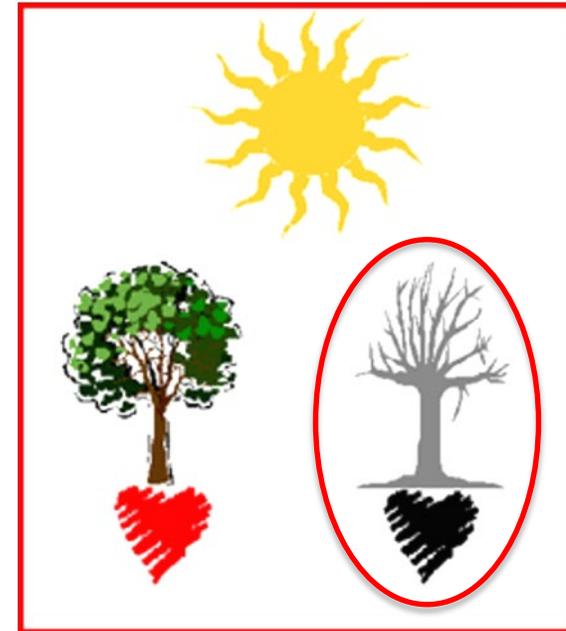
Jeremiah 17:7-8: Blessed is the man who trusts in the LORD, whose trust is the LORD. He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit.

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



1. Fruit or Thorns?

Jeremiah 17:9-10 The heart is deceitful above all things, and desperately sick; who can understand it? "I the LORD search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds."



The need to Uproot Sin

- We must weed out **THORNS**, before planting the garden.
- We must **confess** each sinful response to life.



2. Various Sinful Responses (Eph 4–6)

1. Sensuality and every kind of impurity (4:19b)
2. Lying (4:25a)
3. Destructive anger (4:26a)
4. Stealing (4:28a)
5. Corrupting talk (4:29a)



2. Various Sinful Responses (Eph 4–6)



6. Bitterness(4:31a)

7. Wrath (4:31b)

8. Anger (4:31c)

9. Clamor (4:31d)

10.Slander (4:31e)

2. Various Sinful Responses (Eph 4–6)

11. Malice (4:31f)

12. Sexual immorality & all impurity (5:3a, 5)

13. Covetousness (5:3b, 5)

14. Filthiness, foolish talk & crude joking (5:4)

15. Deception with empty words (5:6)

2. Various Sinful Responses (Eph 4–6)



16. Works of darkness (5:7, 11)

17. Secret, shameful sins (5:12)

18. Foolishness (5:17a)

19. Drunkenness (5:18a)

20. To deny, avoid or escape

21. To magnify, expand and
catastrophize

2. Various Sinful Responses (Eph 4–6)



22. To become prickly and hypersensitive
23. To return evil for evil
24. To be bogged down, paralyzed & captured
25. To be self-excusing & self-righteous

So what is the real problem? Is it...

- “I’ve had a bad day?”
- Other people?
- “My body made me do it?”
- A painful past?

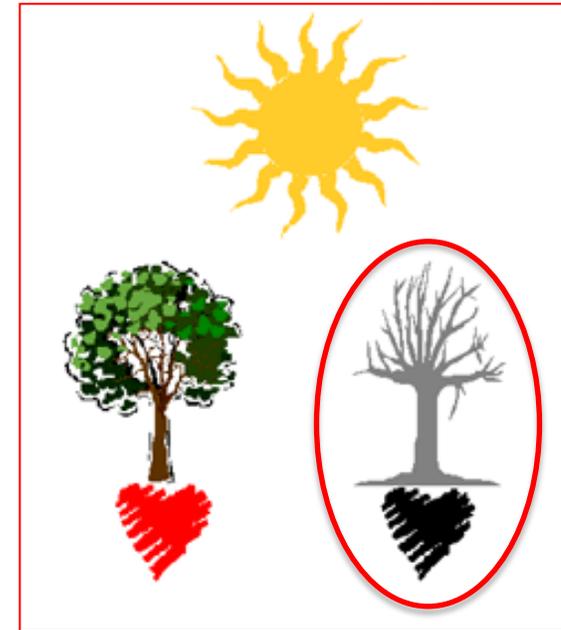
Our excuses focus on HEAT, instead of admitting a **sinful heart**.



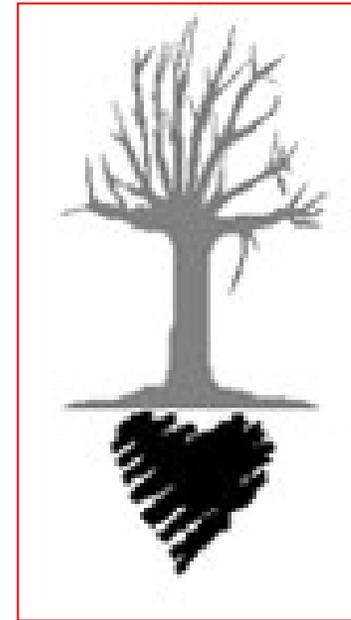
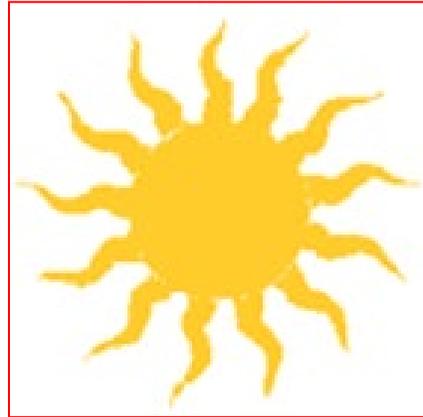
3. The Heart of the Problem

Mark 7:21-23 For **from within, out of the heart** of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. All these evil things come **from within**, and they defile a person.

- The *heart* of the problem is the problem of the **heart**.
- All sinful behavior grows out of a heart captured by something other than **Christ**. WE DO WHAT WE DO BECAUSE WE WANT WHAT WE WANT.
- We must recognize and **confess** the heart motives of our sinful responses daily to stay in communion with God and grow.



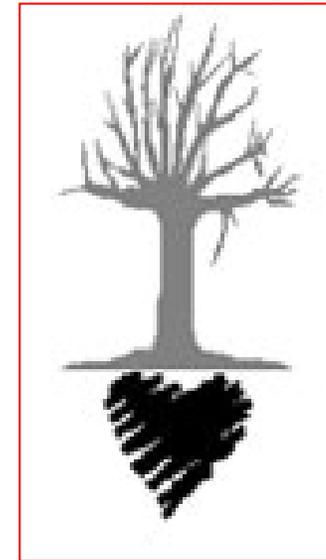
3. The Heart of the Problem



A bad **root** grows up into bad fruit. Wrong responses to life result from wrong thinking, which result from **corrupt** heart desires.

3. The Heart of the Problem

Ephesians 4:17b-19 You must no longer **walk** as the Gentiles do, in the futility of their **minds**. They are darkened in their **understanding**, alienated from the **life** of God because of the **ignorance** that is in them, due to their **hardness of heart**. They have become **callous** and have **given themselves up** to **sensuality**, **greedy** to **practice** every kind of **impurity**.



Our Design – We're made to live differently

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

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

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



Getting Personal

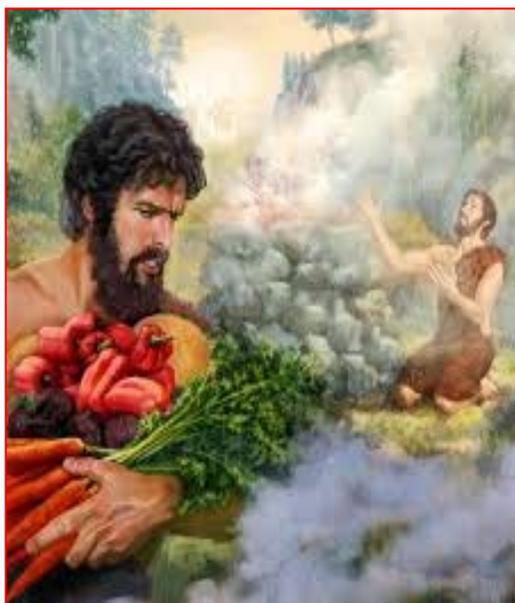
- What are your Thorns? (Complaining, laziness, anger, envy, lust, bitterness, avoidance, pride, indifference, hard words, blame, judgmental spirit, greed, lack of self-control, and so on.)
- Where do your actions and responses fail to demonstrate the fruit of faith?
- In your current situation and relationships, 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; too much emphasis on things like clothing, appearance, houses, cars)?

4. X-ray questions for the heart – We do what we do because we want what we want

- 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?



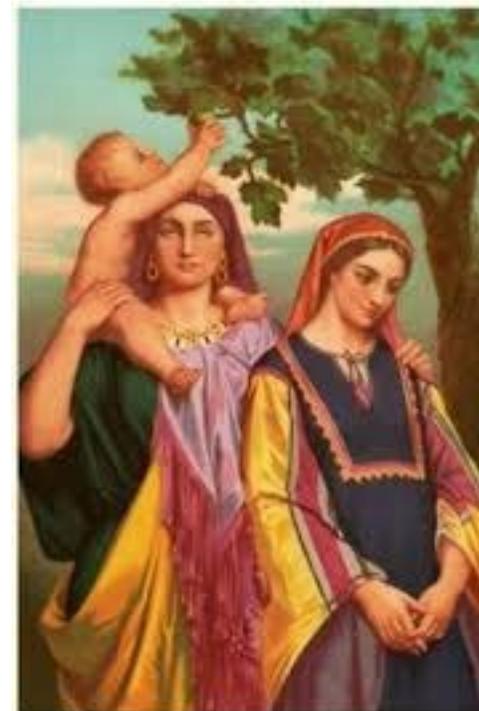
5. Let's get to the Heart. What Does the Bible Call These Sins?



1. Sensuality — Abram's adultery (Gen 16)
2. **Lying** — Abram in Egypt (Gen 12:10-20)
3. Destructive anger — Cain (Gen 4)

5. Let's get to the Heart. What Does the Bible Call These Sins?

4. Stealing—Jacob & Laban (Gen 29-31)
5. **Corrupting talk**—Ham's gossip (Gen 9:21-23)
6. Bitterness—Naomi's lament (Ruth 1:19-21)



5. Let's get to the Heart. What Does the Bible Call These Sins?



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**.

5. Let's get to the Heart. What Does the Bible Call These Sins?

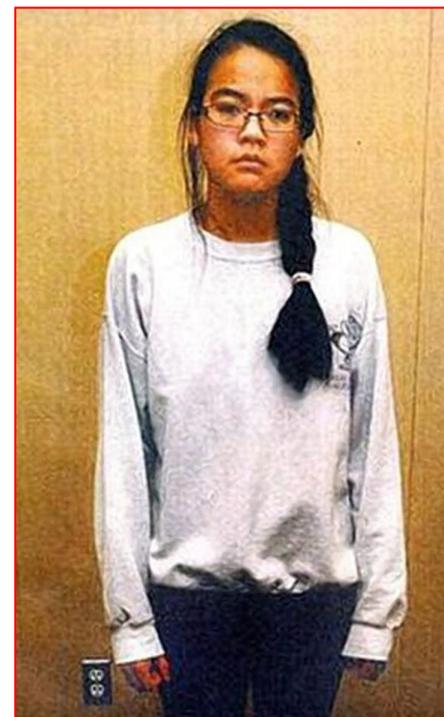
Too often we **excuse** sinful desires because they once were good desires. (Rom 1:24-25)

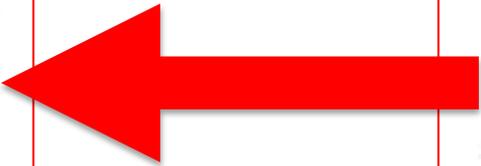
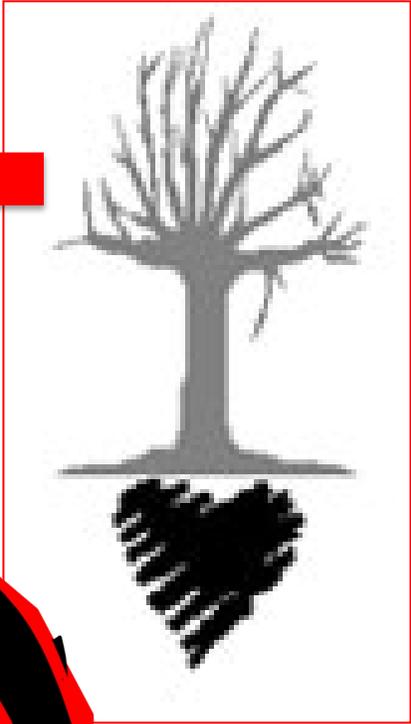
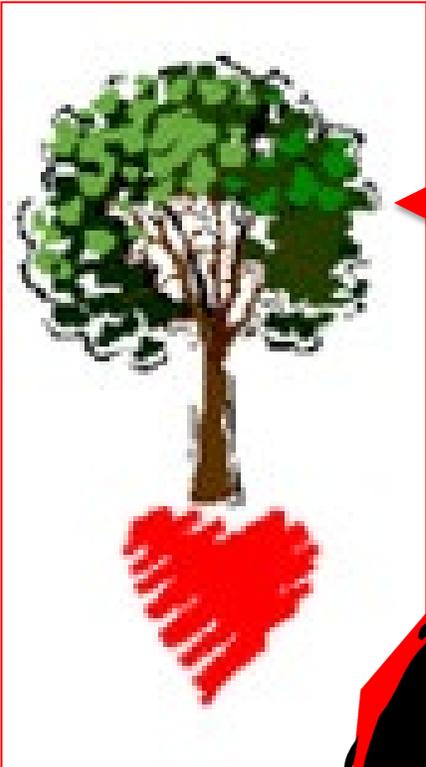
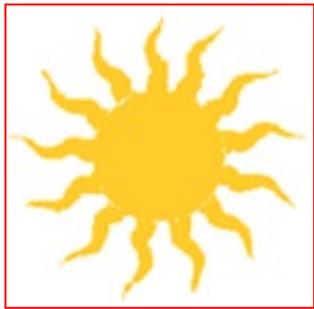
When *good* desires become **ruling** desires they have become *sinful* desires (e.g., obedient children, marriage, job, ministry).



5. Let's get to the Heart. What Does the Bible Call These Sins?

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







Our Counseling

- All Christless solutions miss the heart of the problem.
- We worship our way into sin (**THORNS**), so we must worship our way out of sin.
- Never bypass the cross!



Sanctify them in the truth;
Your Word is truth.
John 17:17

Church Leadership Training Program



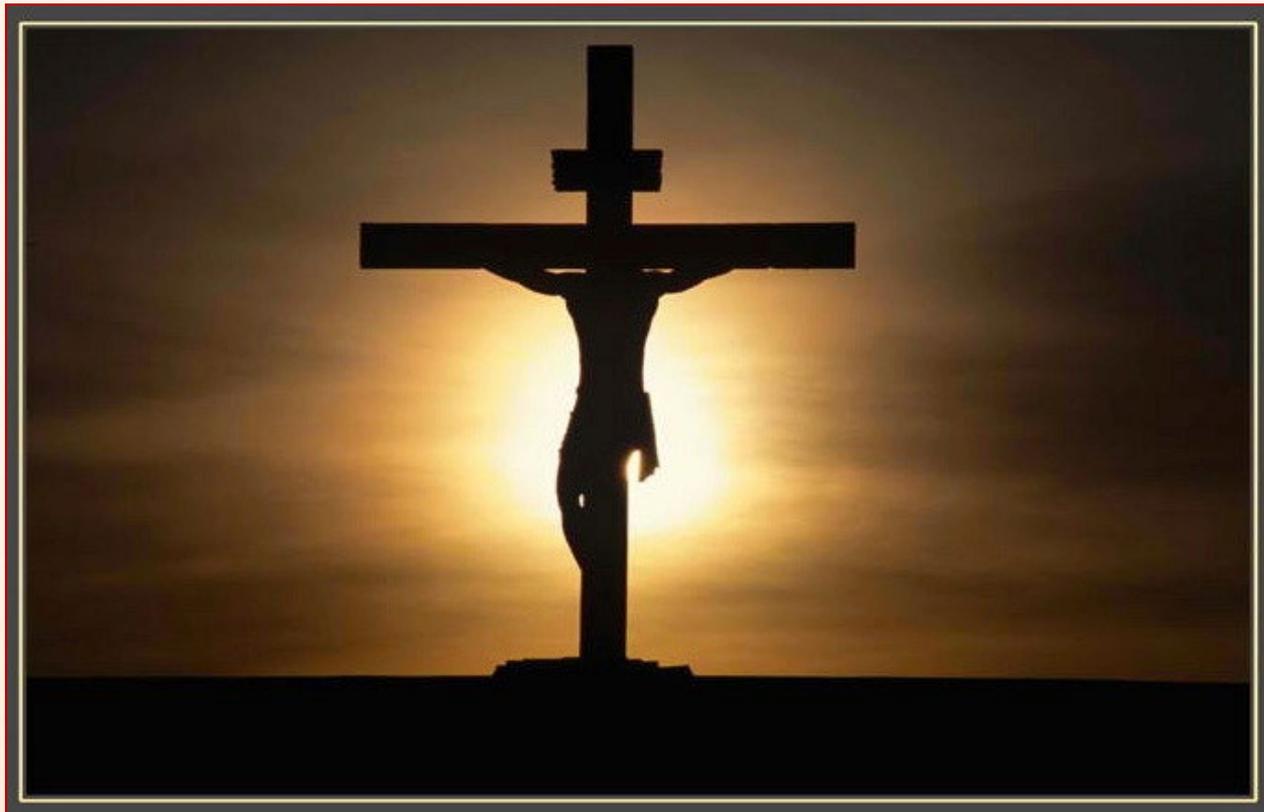
Module #1:

Biblical Counseling: What Is It?

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

The Cross

The Restoration of Our Life in This Fallen World



OUR REAL PROBLEM

What is wrong with me/others?

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



OUR REAL PROBLEM

What is wrong with me/others?

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

1. The Bible says that our personal problem is not:



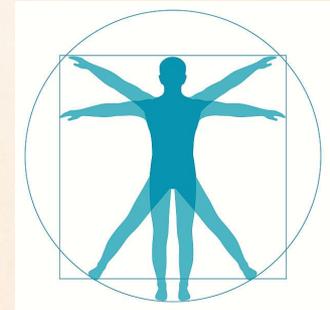
Psychology



Social



Historical



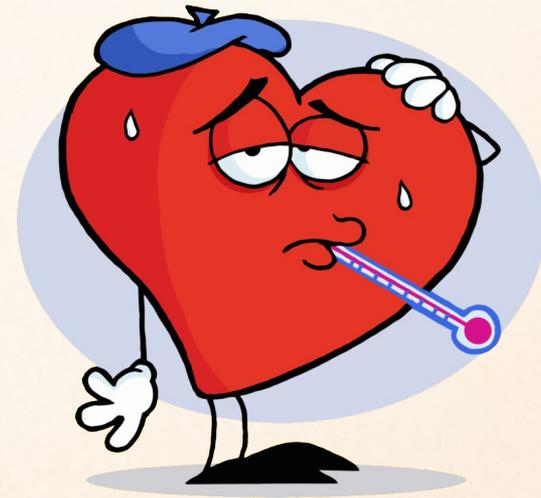
Physiological

OUR REAL PROBLEM

What is wrong with me/others?

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

2. These things “may be” significant influences, but my real problem is a heart problem.



JEREMIAH 17:9-10

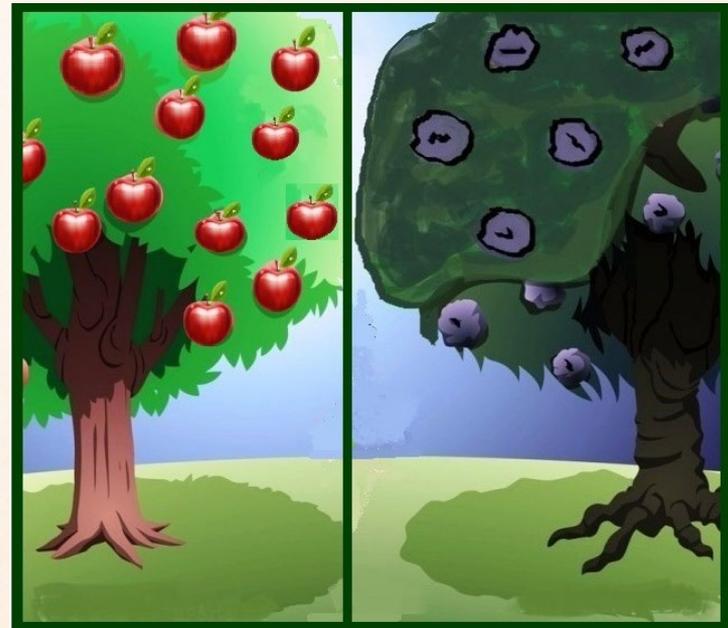
OUR REAL PROBLEM

What is wrong with me/others?

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a. **Luke 6:43-45**



OUR REAL PROBLEM

What is wrong with me/others?

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

2. These things “may be” significant influences, but my real problem is a heart problem.

b. **Romans 1:21-25**



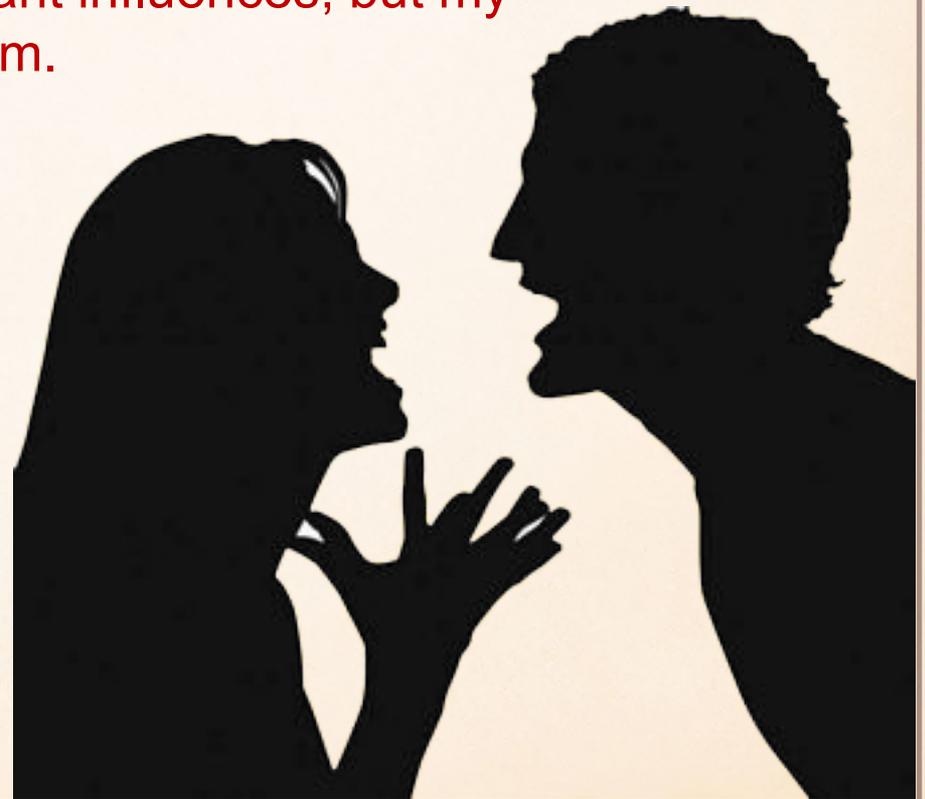
OUR REAL PROBLEM

What is wrong with me/others?

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

2. These things “may be” significant influences, but my real problem is a heart problem.

c. **James 4:1-3**



OUR REAL PROBLEM

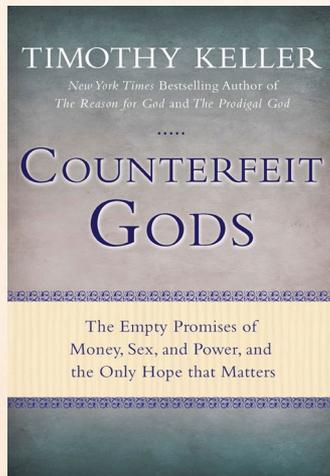
What is wrong with me/others?

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

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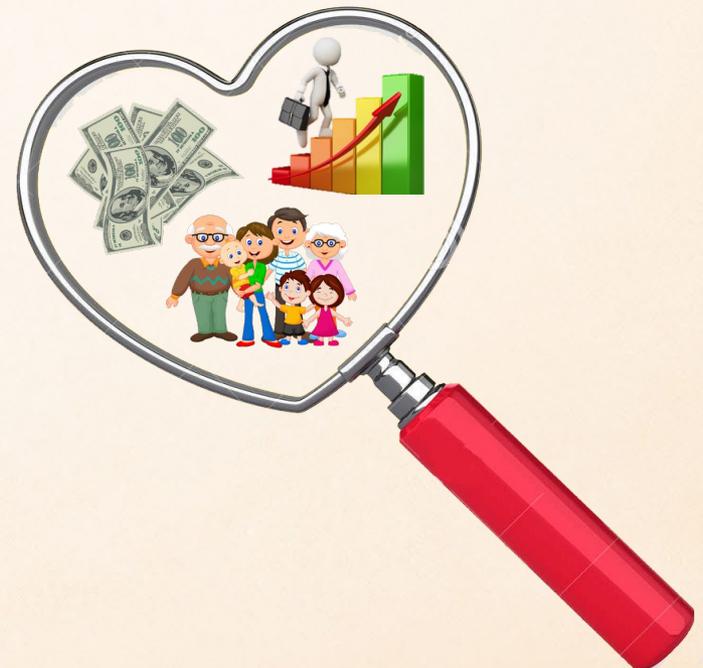
Resources:

Counterfeit Gods (Tim Keller)



Four Root Idols:

Power
Approval
Comfort
Control



OUR REAL PROBLEM

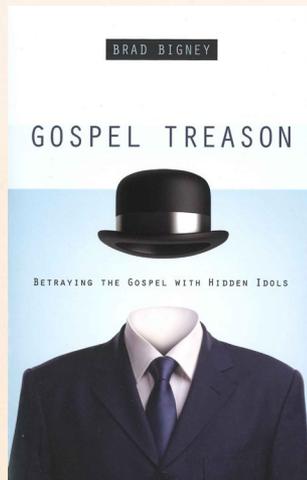
What is wrong with me/others?

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

2. These things “may be” significant influences, but my real problem is a heart problem.

Resources:

Gospel Treason (Brad Bigney)



Helps believers understand, identify, and do battle with the “sin beneath the sins” (heart idolatry) so that one can change and grow as a Christian.

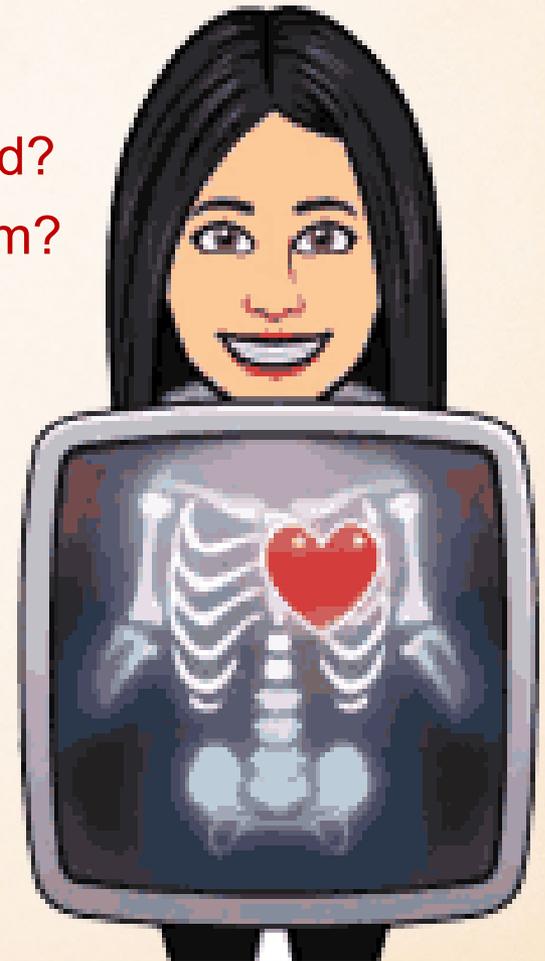


OUR REAL PROBLEM

What is wrong with me/others?

C. Getting personal ... A few x-ray questions.

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



Why did Jesus die on the cross?

1. Wrath (Romans 2:5-11)



Propitiation

Romans 3:25; Hebrews 2:17; 1 John 2:2, 4:10

Why did Jesus die on the cross?

2. Guilt (Romans 3:23, James 2:10)

Justification



Romans 3:21,30; 5:16-18; Galatians 3:8

Why did Jesus die on the cross?

3. Bondage (John 8:34, Rom. 6:6, 16-17, 7:14)



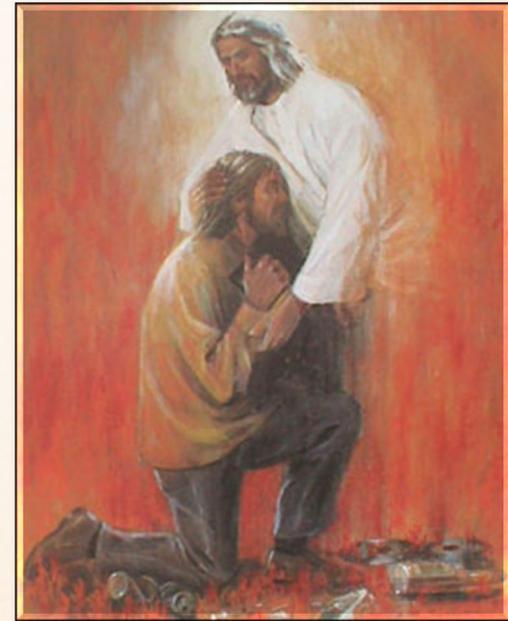
Redemption

Romans 3:25; Hebrews 2:17; 1 John 2:2, 4:10

Why did Jesus die on the cross?

4. Separation (Is. 59:2, Eph. 2:1-3, 11-12, cf. Gen. 3)

Reconciliation



2 Corinthians 5:18-21; Romans 5:8-11

How does the work of the cross change the *position* of a believer?



* He is "born again" (i.e. regenerated).

John 1:3, 3:3, cf. Ezekiel 36:26

How does the work of the cross change the *position* of a believer?

* He has a new nature.



2 Corinthians 5:17

How does the work of the cross change the *position* of a believer?

* He has a new heart.



Ezekiel 36:26, Jeremiah 31:31-34

How does the work of the cross change the *position* of a believer?

He has the indwelling ministry of the Holy Spirit.

Romans 8:9



How does the work of the cross change the *position* of a believer?

* And, from Romans 6 ...

1. A new identity

He is identified “with Christ” and is “in Christ”.

v. ; cf. 1 Corinthians 6:11,
Galatians 2:20



How does the work of the cross change the *position* of a believer?

* And, from Romans 6 ...

1. A new identity ...

WOW, ME!
in Christ

WOW, CHRIST! in me
and me given/made _____,
ONLY B/C OF AND FOR CHRIST!

CHRIST!
no me

How does the work of the cross change the *position* of a believer?



2. A new ability

He does not *have to*
sin.

Romans 6:5-7

How does the work of the cross change the *position* of a believer?

3. A new practice –
He can use his new
capacities for
righteousness, not sin.

Romans 6:11-13



How does the work of the cross change the *position* of a believer?



4. A new position –
He is not under law,
but under grace.

Romans 6:14

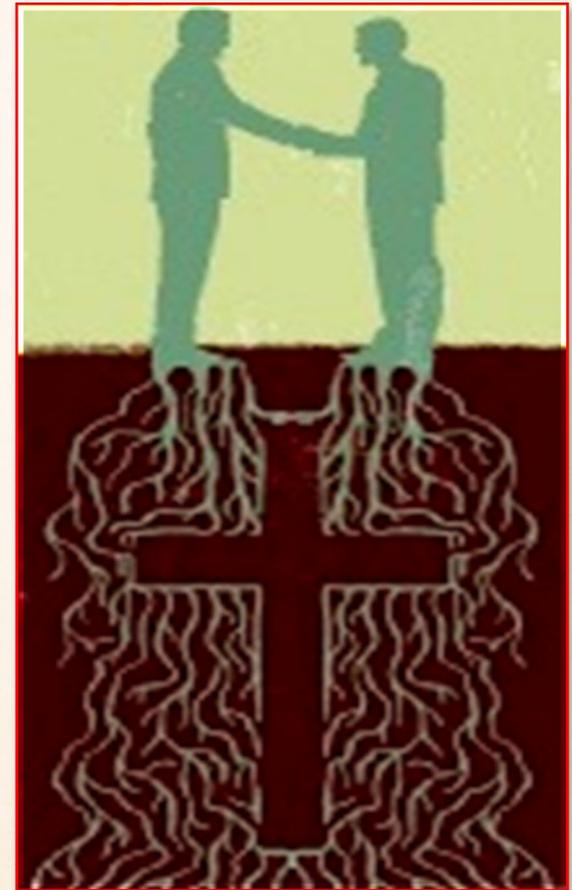
How does the work of the cross change the *position* of a believer?

5. A new growth –
He will progressively grow in holiness.
Romans 6:15-19



How should the work of the cross change
the *practice* of a believer?

* Actively trust Christ
in all things.
John 15



How should the work of the cross change
the *practice* of a believer?



* Draw near to Christ
for help in
temptation
Hebrews 4:14-16

How should the work of the cross change
the *practice* of a believer?

- * Look to Christ in
times of suffering
and affliction.
1 Peter 2:21-25



How should the work of the cross change
the *practice* of a believer?



- * Imitate the life of Christ in all things. The Gospels, esp. Matthew 5:43-48; cf. Romans 12:19-21

How should the work of the cross change
the *practice* of a believer?

* Intentionally seek to be
conformed to Christ.

Romans 8:28-29,
2 Corinthians 3:18,
1 Peter 1:14-16



1. Focus/Worship- 2 Corinthians 5:15

How should the work of the cross change
the *practice* of a believer?

2. Thinking; Beliefs;
Desires; Motives;
Attitudes

Romans 12:2;

2 Corinthians 10:5;

Galatians 5



How should the work of the cross change
the *practice* of a believer?

Reasons for Scripture Memorization ...

1. Commanded by God.
 - Colossians 3:16
 - Deuteronomy 6:4-9



How should the work of the cross change
the *practice* of a believer?

Reasons for Scripture Memorization ...

2. Renews our mind and
transforms our life.

- Romans 12:2



How should the work of the cross change
the *practice* of a believer?

Reasons for Scripture Memorization ...

3. Helps fight temptation.

- Ephesians 6:10-20
- Matthew 4:1-11
- Psalm 119:11



How should the work of the cross change
the *practice* of a believer?

Reasons for Scripture Memorization ...

4. Aids in applying God's Word.

- Philippians 4:8
- Psalm 119:13
- James 1:19



How should the work of the cross change
the *practice* of a believer?

Reasons for Scripture Memorization ...

5. Opens doors to counsel,
encourage, and correct others.

- Romans 15:4
- I Thessalonians 4:18
- 2 Timothy 3:16



How should the work of the cross change
the *practice* of a believer?

Reasons for Scripture Memorization ...

6. Allows you to share with
unbelievers.

- 1 Peter 3:15



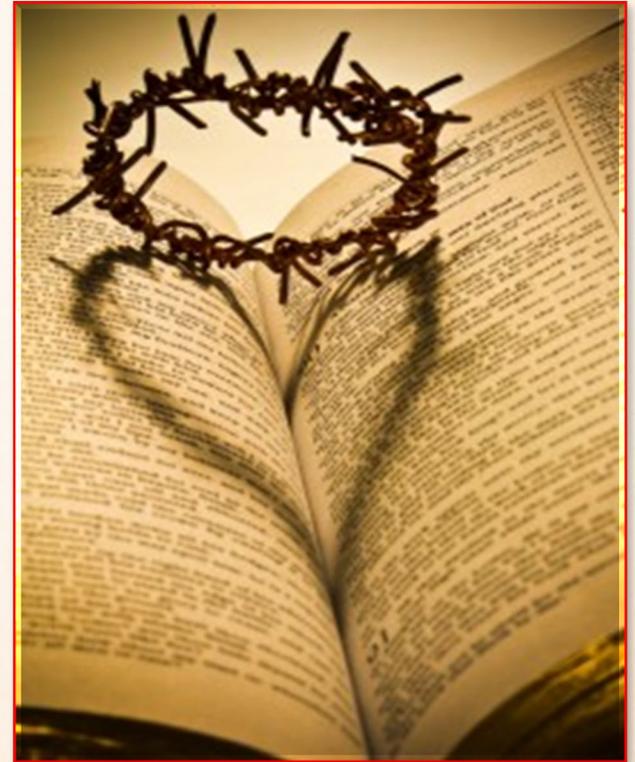
How should the work of the cross change
the *practice* of a believer?

3. Words

Ephesians 4:15, 25, 29; C
olossians 4:6

4. Actions

1 Corinthians 10:31





Sanctify them in the truth;
Your Word is truth.

John 17:17