



**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*

**Weekend 3**

**Saturday, 8 October 2022**

08:00 Review of Weekend 2 (Pastor Mike DeGuzman)

08:40 Break

08:50 *Fruit: The Results of Supernatural Change in Our Lives* (Pastor Chuck Aaron)

09:30 Break

09:40 *The Sinful Heart: Some of the Consequences of Idolatry Driven Sin*  
(Pastor Mike DeGuzman)

10:25 Break

10:35 *The Transformed heart: The Blessings of Worship-Motivated Obedience*  
(Pastor Chuck Aaron)

11:15 Break

11:25 *The Myths of Psychology and issues of Compatibility* (Pastor Mike DeGuzman)

12:00 Question & answer (Pastor Mike DeGuzman and Pastor Chuck Aaron)

Assign Projects for Growth

Evaluation

Group Picture

Return to ministry locations, begin your “Projects for Growth,” and joyfully anticipate Module 2!

Module 2: Saturday, 12 November 2022, 08:00

Marion Baptist Association

1520 NE 14<sup>th</sup> St

Ocala, Fl 34470

Contact email: [soulcareocala@gmail.com](mailto:soulcareocala@gmail.com)

Contact phone: 352 680-0056



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

*Fruit:*

*The Results of Supernatural Biblical Change in Our Lives*  
(Pastor Chuck Aaron, OIC, ACBC)

---

Introduction:

**The Big Question: What type of heart produces GODLY FRUIT?**

---

*One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, “Of all the commandments, which is the most important?” “The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.” (Mark 12:28-31)*

**I. THE GOAL – Biblical Change**

*Colossians 1:10, Hebrews 6:1, Romans 1:5*

A. The \_\_\_\_\_ is God’s primary focus when it comes to change.

**Some verses In the Old Testament**

**Deuteronomy 6:4-6**

<sup>4</sup>“Hear, O Israel: The LORD our God, the LORD is one.<sup>[a]</sup> <sup>5</sup>You shall love the LORD your God with all your heart and with all your soul and with all your might. <sup>6</sup>And these words that I command you today shall be on your heart (See **Mark 12:28-31**).

**1 Samuel 16:7**

But the LORD said to Samuel, “Do not look on his appearance or on the height of his stature, because I have rejected him. For the LORD sees not as man sees, for man looks on the outward appearance, but the \_\_\_\_\_ on the heart.

**Psalms 139:23-24**

Search me, O God, and know my heart! Try me and know my thoughts! <sup>24</sup>And see if there be any grievous way in me and lead me in the way everlasting!

## II. THE HEART OF THE SOLUTION (BIBLICAL CHANGE)

### A. How Do We Bear Good Fruit (Example Ephesians 4:22-29)

*True Biblical Change happens at the CROSS when God renews the heart-our innermost thoughts, emotions, and desires through the Put Off, Renew, and Put On process of biblical change.*

#### ***Eph 4:22-24***

- \_\_\_\_\_ your old self... (v22)
- **In Christ:** Be \_\_\_\_\_ in the spirit of your minds (v23)
- \_\_\_\_\_ the new self, created after the likeness of God in true righteousness and holiness (v24)
- We put off the old self (v. 22) and put on the new self (v. 24) when the truth of Jesus (Word of God) that renews our hearts (vv. 20-21).

## III. Eph 4:25-29 BEARING GOOD FRUIT

***Paul Tripp says, “God delivers us from \_\_\_\_\_ so that we don’t simply survive the heat but bear good fruit.”***

**Ephesians 4:25 (SPEAKING \_\_\_\_\_)** Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another.

**Ephesians 4:26-27 (PROMOTING \_\_\_\_\_)** Be angry and do not sin; do not let the sun go down on your anger and give no opportunity to the devil.

**Ephesians 4:28 (BEING \_\_\_\_\_)** Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need.

**Ephesians 4:29 (GRACIOUS \_\_\_\_\_)** Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

## IV. EXAMPLE OF BEARING GOOD FRUIT IN THE HEAT (Example Psalm 4).

David is besieged with suffering, injustice, and oppression. We see David’s changing attitudes in his most difficult circumstances. David moves from anxiety to assurance as he travels down the road of prayer and trust in God. David fled into a cave when his son, Absalom, was trying to kill him (2 Sam 14-18).

**Vs 1-2 DAVID \_\_\_\_\_ TO THE LORD** Answer me when I call, O God of my righteousness! You have given me relief when I was in distress. Be gracious to me and hear my prayer! O men, how long shall my honor be turned into shame? How long will you love vain words and seek after lies?

**Vs 3 DAVID \_\_\_\_\_ HIS IDENTITY** But know that the LORD has set apart the godly for himself; the LORD hears when I call to him.

**Vs 4** David \_\_\_\_\_ (Examines) His Own Heart – “Be angry, and do not sin; ponder in your own hearts on your beds and be silent.”

**Vs 5** (David \_\_\_\_\_ in Worship) “Offer right sacrifices and put your trust in the LORD”.

**Vs 6** (David \_\_\_\_\_ His Brothers) There are many who say, "Who will show us some good? Lift up the light of your face upon us, O LORD!"

**Vs 7-8** David \_\_\_\_\_ in The Lord, You have put more joy in my heart than they have when their grain and wine abound. In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety.

**V. WHAT IF WE FAIL (WHAT DO WE DO) – SMALL GROUP EXERCISE (Here’s two to get started, what can you come up with)?**

- **Connect thorny responses to sinful desires**
- **Remember God’s forgiving grace**



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

*The Sinful Heart:*

*Some of the Resulting Consequences of Idolatry-Driven Sin*  
(Pastor Mike DeGuzman, OIC, ACBC)

---

Introduction:

Putting it all together!

How do biblical characters teach us about what we've been learning?

---

**A SMALL GROUP EXERCISE:**

**Assignment**

List the temporal consequences reaped by the following biblical characters because of sinful responses to life's circumstances (heat) that were driven by an idolatrous heart.

**Group 1:** Adam – Genesis 3

**Group 2:** Judas Iscariot – Matthew 26

**Group 3:** King David – 2 Samuel 11

**Group 4:** Samson – Judges 15

**Group 5:** Jonah – Jonah 4

**Group 6:** Ananias and Sapphira – Acts 5

**Group 7:** Apostle Peter – Matthew 26:69-75

**Group 8:** King Saul – 1 Samuel 15

## Report Form

● **Biblical character:** \_\_\_\_\_ **Chapter:** \_\_\_\_\_ **Group #:** \_\_\_\_\_

● **Motive (heart-based idolatry)** with Scripture verse, if provided.

- Scripture does not always reveal the idolatrous motive.

---

---

---

● **Sinful response to life's circumstance (heart)** with Scripture verse.

- Thinking, words, and/or actions.

---

---

---

● **Temporal consequences** with Scripture verse.

---

---

---

**What can you observe about the consequences from disobedience?**

- The consequences always **EXTEND TO OTHERS!**



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

*The Transformed Heart:*

*Some of the Resulting Blessings of Worship-Motivated Obedience*  
(Pastor Chuck Aaron, OIC, ACBC)

---

**Introduction:**

**Putting it all together!**

How biblical characters teach us about what we've been learning

---

**A SMALL GROUP EXERCISE:**

**Assignment**

**List the temporal blessings reaped by the following biblical characters because of obedient responses to life's circumstances (heat) that were driven by a worship-motivated heart.**

**Choose one person to speak for your group. Please take 15 minutes to complete this.**

**Group 1: Paul and Silas** – Acts 16:22-40

**Group 2: Noah** – Genesis 6; **Hannah** 1 Sam 1 (Record on two Report Forms)

**Group 3: Job** – Job 1 (Record details on two Report Forms)

**Group 4: David** – Psalm 32

**Group 5: Abraham** – Genesis 15

**Group 6: Mary** – Luke 1:26-56;

**Group 7: Joseph** – Genesis 39 (Record details on two Report Forms)

**Group 8: Ruth** – Ruth 1

## Report Form

● **Biblical character(s):** \_\_\_\_\_ **Chapter:** \_\_\_\_\_ **Group #:** \_\_\_\_\_

● **Motive (heart-based worship)** with Scripture verse, if provided.

- We can always know the gospel truths needed!

---

---

---

● **Obedient response to life's circumstance (heart)** with Scripture verse.

- Thinking, words, and/or actions.

---

---

---

● **Temporal blessings** with Scripture verse.

---

---

---

## Report Form

● **Biblical character(s):** \_\_\_\_\_ **Chapter:** \_\_\_\_\_ **Group #:** \_\_\_\_\_

● **Motive (heart-based worship)** with Scripture verse, if provided.

- We can always know the gospel truths/practices needed!

---

---

---

● **Obedient response to life's circumstance (heart)** with Scripture verse.

- Thinking, words, and/or actions.

---

---

---

● **Temporal blessings** with Scripture verse.

---

---

---

**What can you observe about the blessings from obedience?**

The blessings always **EXTEND TO OTHERS!**



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

*The Myths of Psychology and the Issue of Compatibility*  
(Pastor Mike DeGuzman, OIC, ACBC)

---

Introduction :

Popular psychology has become a fixture in many societies,  
and its aphorisms (worldly truths) and half-truths permeate everyday existence.

---

Psychology = ‘psyche ’+ ‘Logos ’= a word about the \_\_\_\_\_

*Biblical Counseling = Coming alongside someone with God’s Word, filled with the Spirit, giving hope and help from God’s Word. And staying with them long enough for them to experience lasting change from the inside out by God’s grace and for His glory! Brad Bigney*

**Five Essential Questions to Evaluate Theories of Counseling**

1. **What is their** \_\_\_\_\_ ?

a. \_\_\_\_\_ – What feels right?

b. \_\_\_\_\_ – What do I think?

Isaiah 55:8-9 For My thoughts are not your thoughts, nor are your ways My ways,” declares the LORD. “For *as* the heavens are higher than the earth, so are My ways higher than your ways And My thoughts than your thoughts.

c. **Empiricism** – What do the \_\_\_\_\_ show?

d. **Revelation** – What does God say or reveal to us?

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

Psalm 19:7 The law of the Lord is perfect, restoring the soul; The testimony of the Lord is sure, making wise the simple.

2. *What is their* \_\_\_\_\_?

3. *How is the problem* \_\_\_\_\_?

4. *How is the problem* \_\_\_\_\_?

5. *What is the role of the* \_\_\_\_\_?

*Sigmond Freud (Depth Psychology) man is an \_\_\_\_\_ animal*

*BJ Skinner (Behaviorism) thinks that man is a \_\_\_\_\_ animal.*

*Carl Rogers (Third Force/Wave Psychology) says that we are all basically \_\_\_\_\_ and have the potential to know and do right.*

*“The church, more often influenced by cultural trends than theological commitments, has eagerly reclined upon the psychotherapist’s couch. At first, liberals fell under the spell of the pastoral counseling movement; Carl Rogers became far more important than Karl Barth. But in recent years, evangelicals have outdistanced liberals, exchanging the language of Scripture for the language of psychology today.*

*Now sin is low self-esteem; justification refers to experiencing God’s affirmation; sanctification means accepting self-worth. Pastors and theologians were once the most revered authorities in the church; today Christian psychologists have ascended the pedestal. Peruse the catalogue of almost any Christian publisher or walk down the aisle of the Christian Booksellers Association convention and you will quickly discover what’s hot and what’s not: What’s hot is the counsel of psychologists about anxiety and addiction, depression and dependency, self-esteem, and sexuality, parenting and personality disorders; what’s not is the call of Jesus to deny ourselves, take up our crosses, and follow Him in the way of servanthood.”~ Donald W. McCullough, The Trivialization of GOD: the Dangerous Illusion of a Manageable Deity*

## **The myths of psychology**

1. The MYTH that psychology is scientific.	Does psychoanalysis use the scientific method?  <i>It relies on its own techniques and the observer's subjective opinion and interpretation</i>
2. The MYTH that psychology is effective.	Is psychoanalysis better than friendship?  <i>You don't have to study psychology to help others find biblical solutions for problems.</i>
3. The MYTH that psychology is motivated by compassion.	Is psychoanalysis free?  <i>It costs not only money but the family, life, and society.</i>
4. The MYTH of psychological labels.	Are the terms in psychoanalysis helpful?  <i>They harm promote victimization, stunt a person's spiritual and social maturity, and teach endless therapy.</i>

### **The Rosenhan Study: On Being Sane in Insane Places**

Conducted by psychologist David Rosenhan, a Stanford University professor, and published in 1973 by the journal *Science*.

#### The Rosenhan Study, Part 1

- Eight pseudo patients (including himself); auditory hallucinations (voice that said, "empty, hollow, and thud;") 12 hospitals (public / university / private); 5 states.
- Seven were diagnosed with schizophrenia at public hospitals; one with manic-depressive psychosis.
- Their stays ranged from 7 to 52 days.
- 19 days average.
- All medications were avoided.

#### The Rosenhan Study, Part 2

- A well-known research and teaching hospital claimed that similar errors could not be made at their institution.
- Three-month period: 193 patients, 41 were considered to be impostors and 42 others were considered suspect.
- None were sent.

#### Conclusion

"Any diagnostic process that lends itself so readily to massive errors of this sort cannot be a very reliable one." David Rosenhan Ph.D., American Psychologist (1929-2012)

#### **The myths of psychology (continued)**

5. The MYTH that psychology is trustworthy.	Do psychoanalytical theories change?  <i>Psychology itself cannot define mental health.</i>
6. The MYTH that psychology can heal the past.	Can psychoanalysis replace guilt with blame?  <i>Three problems with healing-of-memory theory:</i> 1. <i>It's unproven (Phil 3:13).</i> 2. <i>Memories are selective and inaccurate (often false).</i> 3. <i>Focus is placed on the counselee, his/her suffering and past instead of God's healing power.</i>

### Issues of compatibility

So, are psychology (psychological theory) and Christianity (biblical theology) compatible?

	<b>PSYCHOLOGY</b> Humanistic-based psychological theory	<b>CHRISTIANITY</b> Biblically-based ministry
<b>Source of Authority</b>	<ul style="list-style-type: none"> <li>• Man</li> <li>• Theories with false presuppositions</li> </ul>	<ul style="list-style-type: none"> <li>• GOD</li> <li>• His word is truth (John 17:17)</li> </ul>
<b>Presuppositions</b>	<ul style="list-style-type: none"> <li>• God does not exist</li> <li>• Man is an evolved animal</li> <li>• Man is morally neutral</li> </ul>	<ul style="list-style-type: none"> <li>• God created man (Gen 1:26-27) in His image</li> <li>• Man is fallen/sinful (Gen 3; Rom 3:9-18)</li> </ul>
<b>Change</b>	<ul style="list-style-type: none"> <li>• Behavior can be managed</li> <li>• Brain chemicals can be altered</li> </ul>	<ul style="list-style-type: none"> <li>• Heart (soul) change is possible</li> <li>• Christ has provided redemption and Holy Spirit power (2 Cor 3:18; Eph 3:14-19)</li> </ul>
<b>Title of Helper</b>	<ul style="list-style-type: none"> <li>• Licensed practitioner Therapist/Counselor</li> <li>• Trained in psychology</li> </ul>	<ul style="list-style-type: none"> <li>• Fellow-believer who is spiritual (Rom 15:14; Gal 5:22-23, 6:1) Pastor/Shepherd (Heb 13:17; 1 Pet 5:1-3)</li> <li>• Believer trained in Scripture</li> </ul>
<b>Relational Dynamic</b>	<ul style="list-style-type: none"> <li>• Clinical</li> <li>• Limited to sessions</li> </ul>	<ul style="list-style-type: none"> <li>• Personal (1 Thess 2:17-20) Church family (Matt 12:48-50; 1 Tim 5:1-2)</li> <li>• All of life (Rom 12:10-13)</li> </ul>

<b>Goal</b>	<ul style="list-style-type: none"> <li>● Please self (make me happy!)</li> <li>● Relieve source of anxiety</li> <li>● Self-actualization (highest need is to fulfill one's potential)</li> </ul>	<ul style="list-style-type: none"> <li>● Please God—make God happy! (2 Cor 5:9)</li> <li>● Bring Him glory (1 Cor 10:31)</li> <li>● Holy living (1 Tim 1:5; 1 Pet 1:14-16)</li> </ul>
-------------	--	---

2 Corinthians 6:14 Do not be bound together with unbelievers; for what partnership have righteousness and lawlessness, or what fellowship has light with darkness?

**See Appendices:**

- Appendix 3a. Every Helper is Living Out a “Belief System.”
- Appendix 3b. Vive la Différence! by David Powlison.
- Appendix 3c. Questions for Integration of Extra-Biblical Counsel.



## **Biblical Soul Care and Discipleship Training**

### **Module 1**

#### *Where Do We Go from Here?*

(Pastor Mike DeGuzman OIC, ACBC)

---

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

---

1. Complete the book, *Instruments in the Redeemer's Hands* and complete the "Book Review Guidelines" document provided as Appendix 4, writing a thoughtful analysis. (Note: maximum of five pages.) Send completed book review to [soulcareocala@gmail.com](mailto:soulcareocala@gmail.com) by end of the day on November 5, 2022
2. Read *Questions for Integration of Extra-Biblical Counsel* in Appendix 3c of your notes. Be ready to speak at your tables about your growing knowledge of extra-biblical counsel.
3. 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?

**More resources . . . IBCD.org (free counseling audio with notes)**



## Training Evaluation

---

### The Module

	(Circle one)				
	Poor	Fair	Avg.	Good	Great!
1. Registration procedure	1	2	3	4	5
2. Food; Facilities	1	2	3	4	5
3. Pace of the conference schedule	1	2	3	4	5
4. Relevancy of material content to your ministry	1	2	3	4	5
5. Length of sessions; Depth of material	1	2	3	4	5
6. Practicality of information provided	1	2	3	4	5
7. Summary evaluation	1	2	3	4	5

Comments/Suggestions:

---

### The Presenters

#### **Mike DeGuzman**

	(Circle one)				
	Poor	Fair	Avg.	Good	Great!
1. Clarity of presentation style	1	2	3	4	5
2. Answers questions completely	1	2	3	4	5
3. Makes material interesting	1	2	3	4	5
4. Gives plenty of examples	1	2	3	4	5
5. Left me with a good understanding of the material	1	2	3	4	5

Comments/Suggestions for Pastor Mike:

---

**Pastor Chuck Aaron**

	(Circle one)				
	Poor	Fair	Avg.	Good	Great!
1. Clarity of presentation style	1	2	3	4	5
2. Answers questions completely	1	2	3	4	5
3. Makes material interesting	1	2	3	4	5
4. Gives plenty of examples	1	2	3	4	5
5. Left me with a good understanding of the material	1	2	3	4	5

Comments/Suggestions for Pastor Chuck:

**Steve Spires**

	(Circle one)				
	Poor	Fair	Avg.	Good	Great!
1. Clarity of presentation style	1	2	3	4	5
2. Answers questions completely	1	2	3	4	5
3. Makes material interesting	1	2	3	4	5
4. Gives plenty of examples	1	2	3	4	5
5. Left me with a good understanding of the material	1	2	3	4	5

Comments/Suggestions for Steve:

---

**A short, personal endorsement/testimony concerning this training:**

---

---

---

---

---

---

---

---