



Daily Schedule Plan
Module 2 Ocala, Fl
Marion Baptist Association
Biblical Counseling: What Is It?
(Teaching the Process and Procedures of Biblical Counseling)
Pastor Mike DeGuzman, OIC, ACBC

Module 2: Weekend 1

Saturday, November 12, 2022

7:30 am Doors open and sign in

8:00 am Worship and Prayer

8:10 am *Review of Projects for Growth and Module 1* (Pastor Mike DeGuzman)

A Counseling Process Model

8:50 am *Key Element #1: Build the Relationship* (Pastor Mike DeGuzman)

9:40 am Break

9:50 am *Key Element #2: Get the Facts*

10:35 am Break

10:45 am *Key Element #3: Generate Biblical Hope* (Pastor Mike DeGuzman)

11:30 am *A Case Study Practicing Key Elements #1-3* (Pastor Mike DeGuzman)

12:30 pm Assign Projects for Growth (Pastor Mike DeGuzman)

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

Weekend 2: Saturday, December 10, 2022, 08:00

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Biblical Soul Care and Discipleship Training
Module 2 Ocala, FL
Marion Baptist Association
A Quick Review of Some Things You Should Know
(Pastor Mike DeGuzman, OIC, ACBC)

Introduction:

Why counsel – or do anything else for God?

When and why did counseling begin? (Gen. 1:28; 3:1)

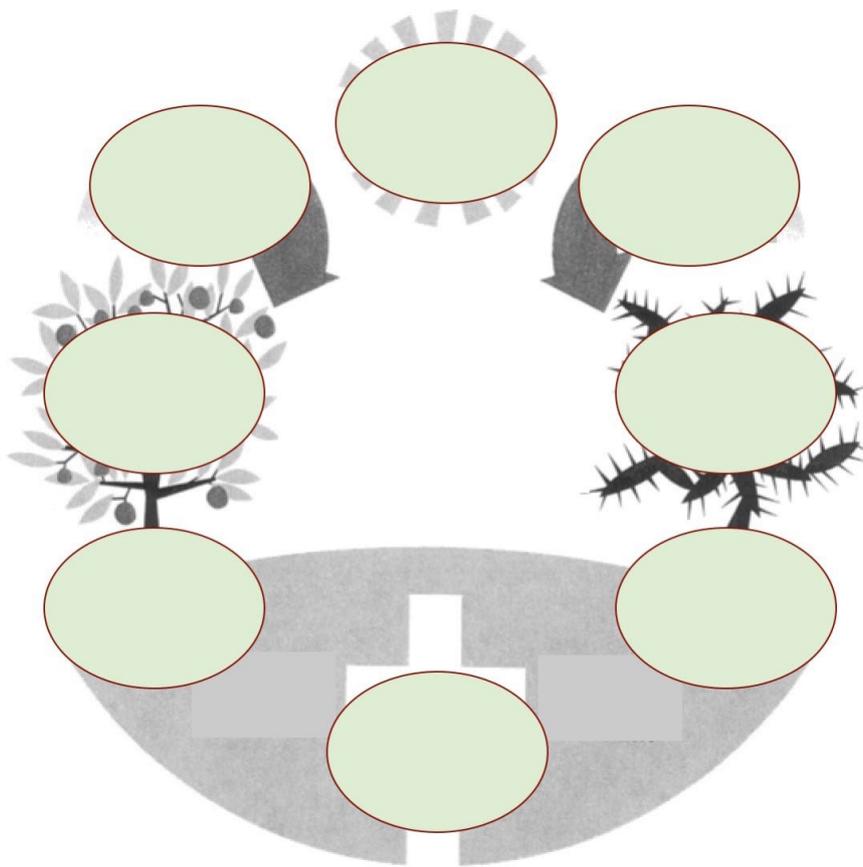
Write out our short definition of biblical counseling

Who should do biblical counseling?

List at least five things that distinguish biblical counseling from secular, psychologically-based therapies

- 1.
- 2.
- 3.
- 4.
- 5.

Label each part of the diagram





Biblical Soul Care and Discipleship Training

Module 2 Ocala, Fl

Marion Baptist Association

How You Can Help People Change: Key Element #1

(Pastor Mike DeGuzman, OIC, ACBC)

Introduction :

The Process of Biblical Counseling

An Introduction to Biblical Counseling Process Models

The process of Biblical counseling

The Concept:

The Benefit: A _____

Questions:

1. Is it _____ or _____
2. Is it _____ or _____
3. Is it _____ to the How People Change Diagram?

The History: Similarities

Is there agreement among biblical counselors on the number and order of key elements?

An Introduction to the OIC Process Model

The History: Distinctives

1. It is practical and _____
2. It recognizes the necessity of counselor-initiated conversations for _____
3. It includes _____ counseling
4. It includes all the elements of its parent model
5. It is a dynamic process model with a potential linear _____

6. It focuses on the transformation of the _____ man

7. It maximizes the counselee's _____ for the process of change

Key Element # 1: _____

Jesus, the relationship-building Friend: (John 1:35-51)

Summarize, in as few words as possible, the message of these passages:

Acts 20:18-20; 2 Cor. 11:29; 3 John 4; Col. 3:12-17; I Thess. 2:7-8; Gal. 4:19; Phil. 1:7-8; 2 Tim. 2:24-26; Eph. 4:1-3; John 15:12; Phil 2:3-4; et al.

One Word... _____

The incarnation as agenda and calling

What's an ambassador to do?

What is the church? An _____ community, revealing Jesus' grace and truth-laden glory

The church is not a theological classroom. It is a conversion, confession, repentance, reconciliation, forgiveness, and sanctification center, where flawed people place their trust in Christ, gather to know and love him better, and learn to love others as he designed. The church is messy and inefficient, but it is God's wonderful mess – the place where he radically transforms hearts and lives. (IRH, p. 116)

Why are relationships so very important?

Creation

* The Members of the Godhead have always had a self-sustaining, self-fulfilling, cooperative relationship

*

* There is nothing that man does that isn't _____

Fall

* Relationship problems began in heaven with an angel (Ezek. 28; Isa. 14)

Sin is a worship problem; Sin is always idolatry

“Sin is what you do when your heart is not satisfied with God.” (John Piper)

- * Relationship problems continued on earth ...
 - ... between people and God
 - ... between Adam and Eve
 - ... between people, God, and Satan

*

- * All people are trying to deal with their sin and broken relationships

* There is no real lasting hope and help for relationships unless _____ takes the initiative

Redemption

*

Justification / Reconciliation / Identification / Protection / Representation

- * Practicing our new relationship with God and others

Love God: “Trust and Obey”

Love others: Do the “_____”

Consummation (New Creation)

- * _____ relationships in Heaven
- * No relationships in _____
- * We live every moment in the context of on-going relationships

What’s a “covenantal relationship”?

What’s a “redemptive relationship”? (IRH p. 120-125)

What’s wrong with “professional love”?
(from How To Counsel From Scripture, pp. 84-87)

It is given by a therapist who may or may not _____ you or his job

It may be distorted into _____ exploitation

It is driven by _____ considerations

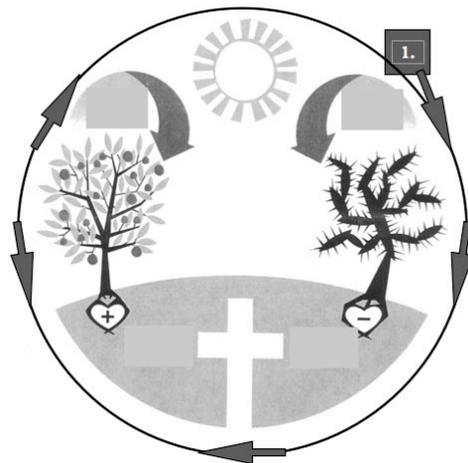
It provides a _____ that is difficult to break

It provides a highly contrived and _____ relationship

How can you build a redemptive relationship?

1. Be familial; not _____
2. Be compassionate; not _____
3. Be humble; not _____

Where does “relationship-building” fit in the model?





Biblical Soul Care and Discipleship Training
Module 2 Ocala, FL
Marion Baptist Association
How You Can Help People Change: Key Element #2
(Pastor Mike DeGuzman, OIC, ACBC)

Introduction

Key Element #2: _____

Jesus, the fact-finding Creator: (Heb. 4:14-16)

How did Jesus demonstrate appropriate “fact finding?” (John 2:25)

- He _____ what was in man

The Case of the Thirsty Woman (John 4:7-26)

- She wanted to _____ theology
- She needed _____
- Lesson: Don't get _____!

The Case of the Selfish “Saint”

- He had a false concept of good – _____ conformity to the Law
- Lesson: A test will often confirm a _____

The Case of the “Righteous” Ruler (John 3:1-21)

- He had a _____ and knew it
- Lesson: Meet the _____ of the person in front of you

Why do we have “permanent, casual relationships”? (IRH, pp. 164-165)

- 1) We're too _____
- 2) We think we're _____
- 3) We are _____ to our own sin
- 4) No one _____

What else does the Bible say about the importance of information gathering?

- 1) Listen for _____ (Proverbs 18:13)
- 2) Listen _____ for facts (Proverbs 18:15)
- 3) Listen actively for _____ facts (Proverbs 18:17)

How can you “get the facts”?

- 1) A _____ Information Sheet (Personal Data Inventory...PDI)
- 2) Formally

The “Five Questions” Sheet

- Why are you here?

What are some reasons people go to counseling?

- What have you done about it?
- Where did you learn that those things help?
- What would you like me to do?
- What are you willing to do?

3) Formally: A Biblical Counseling Worksheet

How can you “get the facts?”

- _____ questions
- Extensive questions

- _____ questions
- Open ended questions

How can you “get the facts?”

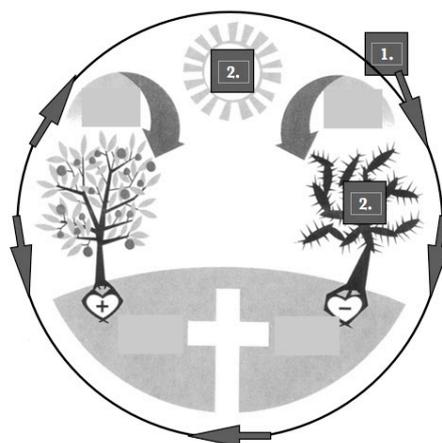
- Differentiate between “what” and “why”/”outer man” and “inner man” stuff.

What are different kinds of “facts”?

- 1) _____ Facts
- 2) Physical Facts
- 3) _____ Facts
- 4) Emotional Facts
- 5) _____ Facts
- 6) Conceptual Facts
- 7) _____ Facts

What do you do with the facts?

Where does “fact-finding” fit in the model?





Biblical Soul Care and Discipleship Training
Module 2 Ocala, FL
Marion Baptist Association
How You Can Help People Change: Key Element #3
(Pastor Mike DeGuzman)

Introduction:

Key Element #3: _____

Does God still really change people?

Jesus, the _____ -giving Counselor

What is Biblical “hope”?

It is not: joyous anticipation/happy expectation

It is: “A yet to be realized _____, based on the Person and promises of God Himself”

What is Biblical Hope?

(Greek: Elpidos (ἐλπίδος) 1 Pet 3:15; 1 Tim 4:10; Acts 23:6; Rom 15:14)

How can you generate Biblical hope?

1. _____ (or have the counselee read) specific Scriptures:
Ex. - 2 Cor. 4:8; 1 Cor. 10:13; Heb 4:14-16; Job 13:15; Psa. 38:15; Rom. 15:4,13; Rom. 8:24-25; et al.)
2. Refer to “_____ Message” testimonies
 - a. Jesus Christ’s Testimony (Heb 4:14-16)
 - b. _____ Characters (Adultery?)
 - c. _____ Figures (Disappointment?)
 - d. _____ -believers (Adversity?)

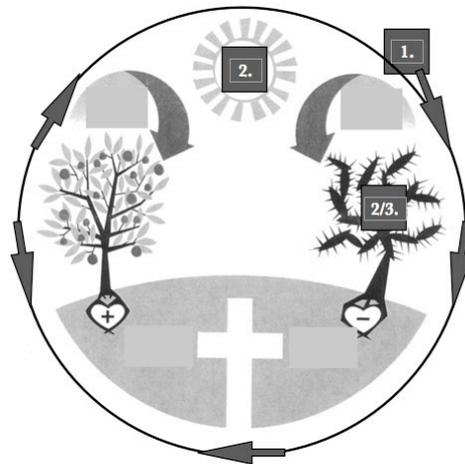
e. _____ Illustrations (Failure?)

3. Respond _____ throughout the conversation

4. Use _____ terminology

5. Assign “Projects For Growth” (More on this later)

Where does “hope-giving” fit in the model?





Overseas Instruction in Counseling

Ocala FL

PERSONAL INFORMATION INVENTORY

(Please print carefully)

PERSONAL INFORMATION

Name _____ Birth Date ____ / ____ / ____

Address _____ City _____ State ____ Zip _____

Email _____ Age ____ Gender ____ Referred by: _____

Marital Status: [] Single [] Engaged [] Married [] Separated [] Divorced [] Widowed

Home Phone (____) ____ - ____ Mobile Phone (____) ____ - ____

Education (Circle last year completed) 1-8 9 10 11 12 College: 1 2 3 4 5 6+

Other training (List types and years): _____

Occupation _____ Yrs. _____ Business Phone (____) ____ - ____

MARRIAGE INFORMATION

Name _____ Birth Date ____ / ____ / ____

Address _____ City _____ State ____ Zip _____

Email _____ Age ____ Gender ____ Referred by: _____

Marital Status: [] Single [] Engaged [] Married [] Separated [] Divorced [] Widowed

Home Phone (____) ____ - ____ Mobile Phone (____) ____ - ____

Education (Circle last year completed) 1-8 9 10 11 12 College: 1 2 3 4 5 6+

Occupation _____ Yrs. _____ Business Phone (____) ____ - ____

Anniversary: ____ / ____ / ____

Is your spouse willing to come for counseling? [] Yes [] No [] Uncertain

Have you and your spouse ever been separated? [] Yes [] No When? ____ How long? ____

Have either of you ever filed for divorce? [] Yes [] No

Who? _____ When? _____

Have either of you been previously married? [] Yes [] No Who? _____ How Long? _____

How old were you at the time of your marriage? Husband _____ Wife _____

How long did you know your spouse before marriage? _____ Length of engagement? _____

Give a brief statement of circumstances of meeting and dating

Information about children:

Name	Age	Gender	Living?	Yr. Ed.	Step-child?
_____	_____	_____	[] Yes [] No	_____	[] Yes [] No
_____	_____	_____	[] Yes [] No	_____	[] Yes [] No
_____	_____	_____	[] Yes [] No	_____	[] Yes [] No
_____	_____	_____	[] Yes [] No	_____	[] Yes [] No
_____	_____	_____	[] Yes [] No	_____	[] Yes [] No

FAMILY INFORMATION

Describe your relationship with your father: _____

Describe your relationship with your mother: _____

How many siblings do you have? _____ What is your birth order? _____

Did you live with anyone other than your parents? [] Yes [] No

If yes, please explain: _____

Are your parents living? [] Yes [] No If alive, where do they live? _____

HEALTH INFORMATION

Rate your overall physical health: [] Excellent [] Good [] Average [] Poor [] Other

If other, please explain:

Do you have any chronic conditions? [] Yes [] No

If so, please give a brief description:

List any important illnesses, injuries, or handicaps: _____

When was your last medical exam? ___ / ___ / ___ Basic report? _____

Have you ever had a hearing screening? [] Yes [] No If yes, when? _____

Do you have problems sleeping? [] Yes [] No

What is your physician's name? _____ Address: _____

Current medications:

Name	Dosage	Name	Dosage
_____	_____	_____	_____
_____	_____	_____	_____

Have you ever used drugs for other than medical purposes? [] Yes [] No

If yes, please explain:

Do you drink alcoholic beverages? [] Yes [] No

If yes, please describe how frequently and how much:

Do you drink coffee or other caffeinated drinks? Yes No

If yes, please describe how frequently and how much:

Do you use tobacco products? Yes No

If yes, please describe what and how frequently:

Have you ever had a severe emotional upset? Yes No

If yes, please explain:

Have you ever had counseling or psychotherapy? Yes No

If yes, please explain:

Are you willing to sign a release of information form so that we may write for social, psychiatric, or medical reports? Yes No

RELIGIOUS INFORMATION

Did you attend church as a child / teen? Yes No

Denomination: _____

Do you currently attend church? Yes No

Name: _____ Location: _____

Denomination: _____

Church attendance per month (circle): 1 2 3 4 5 6 7 8+

Do you believe in God? Yes No

Do you pray? Yes No

Would you say that you're a Christian? Yes No Not sure

If yes, how do you know?

Have there been any recent changes in your personal spiritual life? Yes No

If yes, please explain:



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Ocala FL

Some Questions as We Begin

Name: _____ Date: _____

1. Why are you here? (Or what do you think is the problem?)
2. What have you done about it?
3. Where did you learn that those actions (#2 above) might help?
4. What would you like us to do? (Or what are your expectations in coming here?)
5. What are you willing to do to get this problem solved?

Case Study: Mark and Mary

Mark and Mary Anderson are both 36 years old and have been married for 17 years. They have three children; The oldest, Rachel, is 16 and very interested in boys. The middle child, Peter, 14, loves sports of all kinds. The youngest, Anna, is 10 and has special musical abilities.

Mark was raised in a liberal part of the country, where life is different than it is in Ocala. As a child he went to church with his family, but didn't hear the gospel until he was 15 while going to a youth event at an evangelical church with his friend. He professed faith in Christ at that event and his parents allowed him to attend this evangelical church. While in college, there were many pressures that caused him to abandon church attendance altogether. He now works as a police officer and is often gone from home for long periods of time. His relationship with his parents has been strained for many years.

Mary grew up in Ocala and her parents, who are believers did their best to raise her in a Christian family. They continue to live down the street from Mark and Mary. She married Mark against her parent's advice and didn't attend church for many years. Her "job" is an in-home (illegal) babysitting service, caring for several infants and small children whose parents both work outside the home.

Mark and Mary have recently decided to return to church and has begun to attend your church. Although visitors, Mark and Mary seem to really appreciate the teaching of the Word. Everyone in the family is making new friends at the church and there are smiles all around.

But under the surface there is trouble.

Conflict in the Marriage

Meaningful communication between Mark and Mary has been slowly declining for many years. Focused on his career and the possibility of future promotion, Mark seems to really enjoy being at work and regrets having to be at home. His anger flames more and more quickly now and he spends money recklessly. Mary is feeling trapped. She spends most days caring for several small children. Mary is concerned about their future security. And because he is seldom home, Mark rarely disciplines the children, trying instead to be their friend. Mary is left to correct the children, and they are growing to resent her rules and restrictions.

Conflict with the Children

The firstborn (Rachel) is the biggest problem. She wants to spend all her time with her friends (including boys who are “bad”) and she has no interest in cooperating with the family plans and responsibilities. She has become more and more sullen and reclusive. Her father isn’t willing to restrict her activities or give her a curfew. Her mother sets a deadline for her to be home and she violates it. When mom attempts to administer consequences, dad helps his “little girl” avoid them. The other children are interested observers of this dynamic, and Peter is starting to expect similar treatment.

Mark and Mary have now come to you asking that you help them with their children.

RE: Key Element #1: Build the Relationship

How would you begin to build the relationship with this person/couple? Be very specific. What “point of connection” can you find?

RE: Key Element #2: Get the Facts

What additional information do you need as you begin to work with this person/couple?

RE: Key Element #3: Generate Biblical Hope

What does hope look like for this person/couple? List at least three “hope-building” projects you could give this person/couple after the first meeting