



Daily Schedule Plan

Module 2 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

Module 2: Weekend 2

Saturday, 10 December 2022

7:30 am Doors open and Registration

8:00 am Worship and Prayer

8:10 am *Review of Projects for Growth and Module 2-1* (Pastor Mike DeGuzman)

9:00 am *Key Element #4 Define the Problem* (Pastor Mike DeGuzman)

9:45 am Break

10:00 am *Key Element #5 Teach the Truth* (Pastor Mike DeGuzman)

10:50 am Break

11:00 am *Key Element #6 Provide Some Accountability*

11:45 am *A Case Study: Practicing Key Elements 4-6* (Pastor Mike DeGuzman)

12:45 pm *Assign Projects for Growth* (Pastor Mike DeGuzman)

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

Weekend 3: Saturday, January 14, 2023, 08:00

Marion Baptist Association

1520 NE 14th St

Ocala, Fl 34470

Contact email: soulcareocala@gmail.com

Contact phone: 352 680-0056



Biblical Soul Care and Discipleship Training
Module 2 Ocala, FL
Marion Baptist Association
How You Can Help People Change: Key Element #4
(Pastor Mike Deguzman)

Introduction :

Key Element #4: _____

The “stuff of life” issues - including the challenges - have a common initiator and Controller

Jesus, the heart-seeking Shepherd: (Matt. 6:21)

What is the common source of all life’s problems? SIN

In what ways is sin demonstrated?

1. You _____

2. You are sinned against

3. You _____

WARNING: Don’t look at life through “sin-colored” glasses

How has man learned to handle sin? (Gen. 3:8-13)

1. Run and _____

2. Defend/ _____

3. _____ shift

There is an “inner lawyer” in all of us

- * The defense attorney - quick to defend _____
- * The prosecutor - quick to _____ the other person
- * The advocate - quick to be a _____/advocate to others

What is God’s method of handling sin? (Psa. 51:1-4)

1. _____
2. Confess
3. _____
4. Seek Forgiveness
5. Make _____

In a local church, the message of the pulpit must clearly communicate...

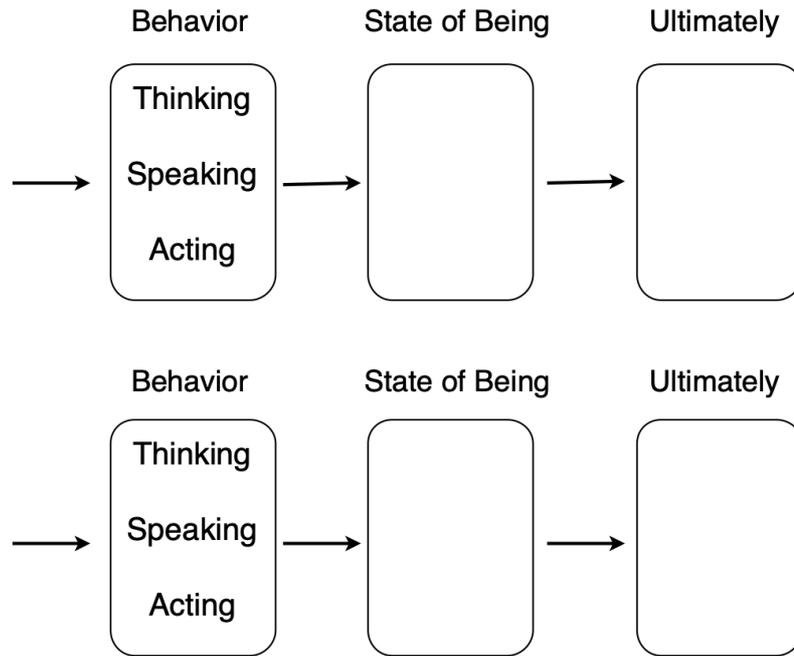
- * It’s normal to _____.
- * It’s possible to _____.
- * It’s horrible to sin
- * It’s wonderful to be _____.
- * It’s expected that you will _____

So, what is the problem?

The HEART is the target! (Motives; pleasures; passions; desires; idols)

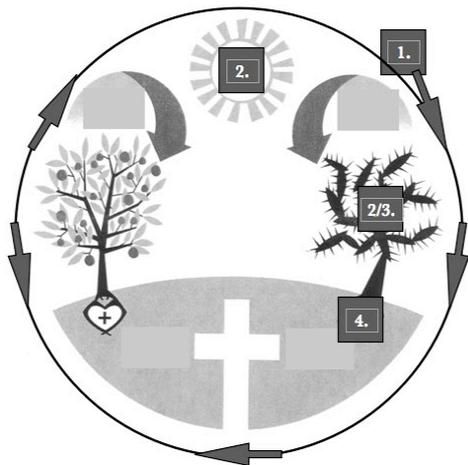
Only _____ can change a human heart

Read David Powlison’s article: X-ray Questions to get a better idea of how to uncover heart motives



Adapted from Brent Aucoin *The Heart of Change*. This resource can be found at faithlafayette.org/church/locations/west-campus/heart-of-change

Where does “heart-discovery” fit in the model?’





Overseas Instruction in Counseling

Biblical Soul Care and Discipleship Training Module 2 Ocala, FL Marion Baptist Association

X-Ray Questions

Dr. David Powlison

Journal of Biblical Counseling

Vol. 18, Num. 1, Fall 1999, published by Christian Counseling & Educational Foundation, Glenside, PA

*"Notice that each question circles around the same basic issue: **Who or what is your functional God/god?** Many of the questions simply derive from the verbs that relate you to God: love, trust, fear, hope, seek, obey, take refuge, and the like. Each verb holds out a lamp to guide us to Him who is the way, truth, and life. But each verb may also be turned into a question, holding up a mirror to show us where we stray. Each question comes at the same general question."*

What do you love? Hate? (Matt. 22:37-39, 2 Tim. 3:2-4, Lk. 16:13-14)

What do you want, desire, crave, lust, and wish for? What desires do you serve and obey? (Gal. 5:16-25; Eph. 2:3, 4:22; 2 Tim. 2:22; Titus 3:3, 1 Pet. 1:14, 2:11, 4:2; 2 Pet 1:4, 2:10; Ja. 1:14-15, 4:1-3; Prov. 10:3, 10:28, 11:6-7)

What do you seek, aim for, pursue? What are your goals and expectations? (Matt. 6:32-33, 2 Tim. 2:22)

Where do you bank your hopes? (1 Pet. 1:13, 1 Tim. 6:17)

What do you fear? What do you not want? What do you tend to worry about? (Matt. 6:25-32, 13:22)

What do you feel like doing? (See verses for #2.)

What do you think you need? What are your "felt needs"? (Matt. 7:8-15, 6:25-32; 1 Kgs. 3:5-14; All the prayers of the Bible represent reoriented felt needs.)

What are your plans, agendas, strategies, and intentions designed to accomplish? (See verses for #3.)

What make you tick? What sun does your planet revolve around? Where do you find your garden of delight? What lights up your world? What fountain of life, hope, and delight do you drink from? What food sustains your life? What really matters to you? What fairy castle do you construct in the clouds? What pipe dreams tantalize or terrify you? Around what do you organize your life? What magnetic north orients your world? (Is. 1:29-30, 50:10-11; Jer. 2:13, 17:13; Matt. 4:4, 5:6; Jn. 4:32-34, 6:25-69)

Where do you find refuge, safety, comfort, escape, pleasure, security? (Ps 23, 27, 31, 46)

What or who do you trust? (Prov. 3:5, 11:28, 12:15; Ps. 23, 103, 131)

Whose performance matters? On whose shoulders does the well-being of your world rest? Who can make it better, make it work, make it safe, make it successful? (Phil. 1:6, 2:13, 3:3-11, 4:13; Ps. 49:13; Jer. 17:1-14)

Who must you please? Whose opinion of you counts? From whom do you desire approval and fear rejection? Whose value system do you measure yourself against? In whose eyes are you living? Whose love and approval do you need? (Prov. 1:7, 9:10, 29:25; Jn. 12:43; 1 Cor. 4:3-5; 2 Cor. 10:18)

Who are your role models? What kind of person do you think you ought to be or want to be? (Rom 8:29, Eph. 4:24, Col. 3:10)

On your deathbed, what would sum up your life as worthwhile? What gives your life meaning? (Ecclesiastes)

How do you define and weigh success or failure, right or wrong, desirable or undesirable, in any particular situation? (1 Cor. 10:24-27, Prov. 3:5, Jdg. 21:25)

What would make you feel rich, secure, prosperous? What must you get to make life sing? (Prov. 3:13-18, 8:10f, 8:17-21; Matt. 6:19-21, 13:45-46; Lk. 16:10-15; 1 Pet 1:2-7)

What would bring you the greatest pleasure, happiness and delight? The greatest pain and misery? (Matt. 5:3-11; Ps. 1, 35; Jer. 17:7-8; Lk. 6:27-42)

Whose coming into political power would make everything better? (Matt. 6:10)

Whose victory or success would make your life happy? How do you define victory and success? (Rom. 8:37-39, Rev. 2:7, Ps. 96-99)

What do you see as your rights? What do you feel entitled to? (1 Cor. 9, Rom. 5:6-10, Ps. 103:10)

In what situations do you feel pressured or tense? Confident and relaxed? When you are pressured, where do you turn? What do you think about? What are your escapes? What do you escape from? (See the dozens of Psalms of *refuge*.)

What do you want to get out of life? What pay-off do you seek out of the things you do? (Prov. 3:13-18; Matt. 6:1-5, 16-18)

What do you pray for? (Ja. 4:3, Matt. 6:5-15, Lk. 18:9-14)

What do you think about most often? What preoccupies or obsesses you? In the morning, to what does your mind drift instinctively? What is your "mindset"? (Col. 3:1-5, Phil 3:19, Rom 8:5-16)

What do you talk about? What is important to you? What attitudes do you communicate? (Lk. 6:45, Prov. 10:19, Eph. 4:29)

How do you spend your time? What are your priorities? (Prov. 1:16, 10:4, 23:19-21, 24:33)

What are your characteristic fantasies, either pleasurable or fearful? Daydreams? What do your night dreams revolve around? (Eccl. 5:3-7; See verses for #2 and #5.)

What are the functional beliefs that control how you interpret your life and determine how you act? (See the entire Bible, as God seeks to renew darkened minds from falsehood.)

What are your idols or false gods? In what do you place your trust, or set your hopes? What do you turn to or seek? Where do you take refuge? Who is the savior, judge, controller, provider, protector in your world? Who do you serve? What "voice" controls you? (See the entire Bible, as God seeks to deliver people from idols, to serve the living and true God; Ez. 14:1-8, Acts 26:18, Col. 3:5, Eph. 5:5, 1 Thess. 1:9f, 1 Jn. 5:21, Jer. 17:5, Ja. 4:11-12)

How do you live for yourself? (Lk. 9:23-25, 2 Cor. 5:14f)

How do you live as a slave of the devil? (Jn. 8:44, Acts 26:18, Eph. 2:2-3, 2 Tim. 2:26, Ja. 3:14-16)

How do you implicitly say, "If only ..." (to get what you want, avoid what you don't want, keep what you have)? (1 Kings 21:1-7, Heb. 11:25, Phil. 3:4-11)

What instinctively seems and feels right to you? What are your opinions, things you feel are true? (Jdg. 21:25; Prov. 3:5-7, 12:15, 14:12, 18:2; Is. 53:6; Phil. 3:19; Rom. 16:18)

Where do you find your identity? How do you define who you are? (For example, take the book of Ephesians and notice every word or phrase that describes "identity," either about Paul himself, or about who we used to be, or about who we now are. You will find over 30 different statements in this short letter.)



Biblical Soul Care and Discipleship Training
Module 2 Ocala, Fl
Marion Baptist Association

Drawing out the Purposes of the Heart

1. When do you tend to experience fear, worry, or anxiety?
2. Where have you struggled with disappointment?
3. In what situations do you struggle with anger?
4. Where do you encounter problems in relationships?
5. What are the situations of life that you find particularly difficult?
6. What things do you find yourself seeking to avoid?
7. Where have you experienced regular problems in your relationship with the Lord?
8. In what situations do you tend to doubt the truths of Scripture?
9. What is a good relationship? What do you expect of others?
10. In what type of situations do you struggle with bitterness?
11. Where have you struggled with regret, being tempted to say, "If only...?"
12. In what experiences from the past do you have a hard time letting go?

13. Where do you tend to struggle with envy? What do you find yourself wanting that others have, and you don't?

14. Whose opinion really matters to you?

Fill in the blanks:

1. Life would be all right if _____

2. I really wish I had _____

3. I need _____

Adapted from the Journal of Biblical Counseling, fall, 1996



Biblical Soul Care and Discipleship Training
Module 2 Ocala, Fl
Marion Baptist Association

How You Can Help People Change: Key Element #5
(Pastor Mike DeGuzman, OIC, ACBC)

Introduction:

Key Element #5: _____

Discipleship always involves _____

Jesus, the _____-telling Redeemer: (“It is written...”: Matt 4:4,7,10; et al.)

The Bible ultimately points people to a _____ and a relationship - Jesus Christ as Savior and Redeemer.

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

There is nothing in us or done by us, at any stage of our earthly development, because of which we are acceptable to God. We must always be accepted for Christ’s sake, or we cannot ever be accepted at all. This is not true of us only when we believe. It is just as true after we have believed. It will continue to be true as long as we live. Our need of Christ does not cease with our believing; nor does the nature of our relationship to Him or to God through Him ever alter, no matter what our attainments in Christian graces or our achievements in behavior may be. It is always on His “blood and righteousness” alone that we can rest.

(B.B. Warfield in *Covenant, Justification, and Pastor Ministry*)

“The central problem of popular Evangelical Christianity is its failure to comprehend the full implications of the Incarnation.”

(Robert Webber, “A Critique of Popular Evangelical Christianity,” *New Oxford Review*, October, 1979, p. 7.)

Why does Jesus become “_____” in our daily lives? (CFTC, 29)

1. We fear loss of _____
2. We’ve never really been taught how the _____ was meant to connect to our daily lives

Teach the truth about what?

The Big Question: Behavior or Relationship?

We are NOT behaviorists...we are _____ surgeons

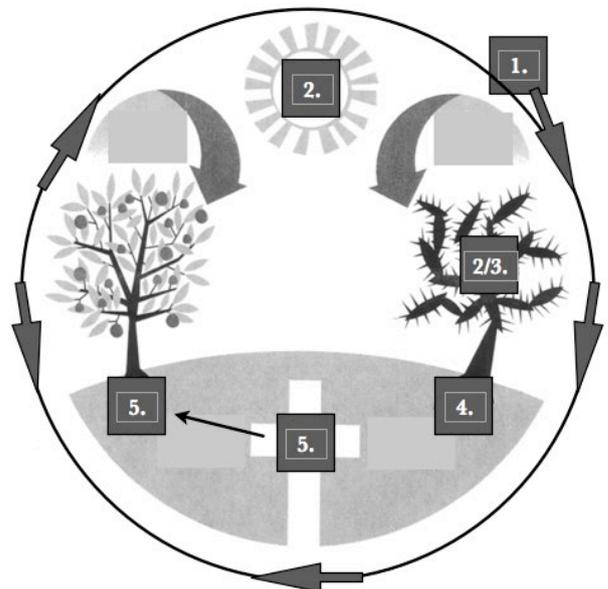
1. _____: Who God is and what He has both initiated and sustained (Eph. 5:1)
2. _____: What Jesus did and is doing
3. _____ Sanctification; How It Works
4. Progressive Sanctification; How People Change
5. The _____ specific instruction concerning the issue(s) confronting the counselee

Be sure your instruction _____ in Scripture

Be sure you _____ interpret the Scripture...don’t rip things out of context

Be sure you _____ apply the Scripture

Where does “truth-teaching” 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 #6
(Pastor Mike DeGuzman, OIC, ACBC)

Introduction:

Key Element #6: _____

Jesus, the _____-assigning Teacher: (Matt. 28:19-20)

What does accountability provide? (IRH, p. 270)

Accountability provides ...

- ... _____ (specific things; specific times)
- ... _____ (where, when, and how)
- ... _____ (help in accomplishing difficult tasks)
- ... _____ (“cheerleading” the counselee)
- ... _____ (the cost and work of change must be borne)

Why is this so important?

- Because the Bible encourages _____ accountability (Heb. 3:13)

Means urge, implore, to ask for earnestly, to request, to plead, encourage

- Because the _____ of man demands personal accountability
- Because it demonstrates the _____ of the counselee
- Because the greatest growth often occurs _____ counseling sessions
- Because this will provide a _____ record for future reference

How do clearly stated projects help the counselee?

- * They assist the counselee in _____ objectively
- * They help define the _____ responsible for change.
- * They demonstrate the seriousness of the counseling relationship
- * They give hope that _____ is possible.
- * They _____ the counselor's agenda

What are some categories of accountability projects? (Projects for Growth)

1. To Grow in the knowledge of God's _____ (Psalm 119:92)

Specific, measurable, and purposeful Scripture that is meeting them where they are and directing them to glorify God

2. To Grow in _____ God's Word in Your Heart (Psalm 119:11)

Scripture memory (one or two verses/week) that go along with their reading or a theme you are developing to help renew their minds

3. To Grow in _____ Understanding (Psalm 119:12)

A resource to meet where they are and direct to glorify God. Could be in the form of a book(let), sermon, video, etc.

4. To Grow in _____ to the Body of Christ (Hebrews 10:24-25)

Counselee should attend church on Sunday morning as well as one other "service" (Sunday school, bible study, small group, etc.) and then be ready to speak about what they learned that helped them with their area of problem(s)

5. To Grow in _____ for One Another (John 13:35)

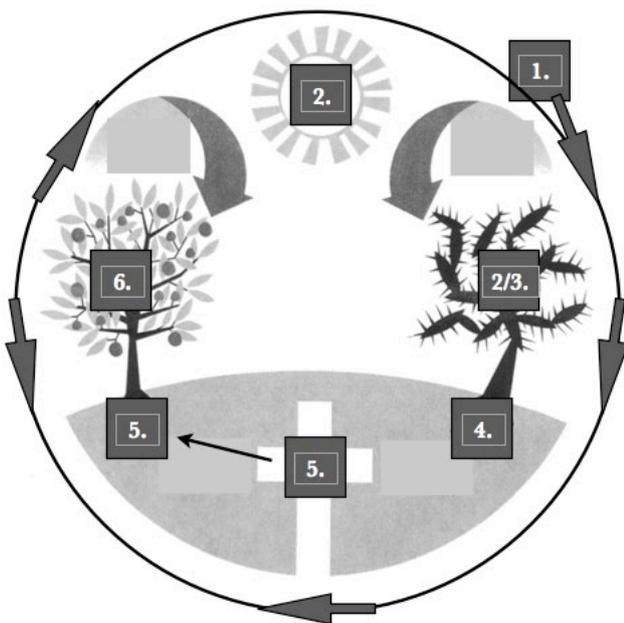
A practical outworking to consider others as more important than yourself. Could be a date night, service project, note of encouragement, etc.

6. To Grow in _____ with God (1 Thessalonians 5:16-18)

Prayer...pray for themselves, the person they are in conflict with, and for you...their counselor.

Projects for Growth	Specific Project
Grow in Knowledge of God's Word <i>Psalm 119:92</i>	<i>Specific, measurable, and purposeful Scripture that is meeting them where they are and directing them to glorify God</i>
Grow in Hiding God's Word In Your Heart <i>Psalm 119:11</i>	<i>Scripture memory (one or two verses/week) that go along with their reading or a theme you are developing to help renew their minds</i>
Grow in Theological Understanding <i>Psalm 119:12</i>	<i>A resource to meet where they are and direct to glorify God. Could be in the form of a book(let), sermon, video, etc.</i>
Grow in Commitment to the Body of Christ <i>Hebrews 10:24-25</i>	<i>Counselee should attend church on Sunday morning as well as one other "service" (Sunday school, bible study, small group, etc.) and then be ready to speak about what they learned that helped them with their area of problem(s)</i>
Grow in Love for One Another <i>John 13:35</i>	<i>A practical outworking to consider others as more important than yourself. Could be a date night, service project, note of encouragement, etc.</i>
Grow in Intimacy with God <i>1 Thessalonians 5:16-18</i>	<i>Prayer...pray for themselves, the person they are in conflict with and for you...their counselor.</i>
Next Appointment	

Where does "project-assigning" fit in the model?





Biblical Soul Care and Discipleship Training
Module 2 Ocala, FL
Marion Baptist Association
Key Element #4 - 6 - Case Study

RE: Key Element #4: Define the Problem

What do you think this person/couple wants? What are the heart-based idols? How will you confirm your suspicion?

RE: Key Element #5: Teach the Truth

What “lies” has this person/couple been believing?

What truth will need to be taught?

What will repentance look like in this person’s/couple’s life?

What would you expect to hear?

RE: Key Element #6: Provide Some Accountability

What other projects would you assign this person/couple? List both short-term and later projects



Biblical Soul Care and Discipleship Training
Module 2 Ocala, FL
Marion Baptist Association
Projects For Growth
Homework-style Assignments to Assist You in
Your Personal Spiritual Development

Our next meeting (and the due date for these projects) is:

(Day:) _____
(Date:) _____ / _____ / _____
(Time:) _____

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

“Be diligent to present yourself approved to God as a workman who does not need to be ashamed,
handling accurately the Word of Truth.” (2 Tim. 2:15)

<i>Projects for Growth</i>	<i>Specific Project</i>
<i>Grow in Knowledge of God's Word Psalm 119:92</i>	<i>Specific, measurable, and purposeful Scripture that is meeting them where they are and directing them to glorify God</i>
<i>Grow in Hiding God's Word In Your Heart Psalm 119:11</i>	<i>Scripture memory (one or two verses/week) that go along with their reading or a theme you are developing to help renew their minds</i>
<i>Grow in Theological Understanding Psalm 119:12</i>	<i>A resource to meet where they are and direct to glorify God. Could be in the form of a book(let), sermon, video, etc.</i>
<i>Grow in Commitment to the Body of Christ Hebrews 10:24-25</i>	<i>Counselee should attend church on Sunday morning as well as one other "service" (Sunday school, bible study, small group, etc.) and then be ready to speak about what they learned that helped them with their area of problem(s)</i>
<i>Grow in Love for One Another John 13:35</i>	<i>A practical outworking to consider others as more important than yourself. Could be a date night, service project, note of encouragement, etc.</i>
<i>Grow in Intimacy with God 1 Thessalonians 5:16-18</i>	<i>Prayer...pray for themselves, the person they are in conflict with and for you...their counselor.</i>
<i>Next Appointment</i>	



Biblical Soul Care and Discipleship Training
Module 2 Ocala, FL
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Categories and Examples of Projects for Growth

1. Read/study the Bible

- * Read a passage, not a verse
- * Give a specific study assignment

Examples:

- * Read Ephesians chapters 1-3 and identify at least 25 benefits of being in Christ. Be sure to define terms that may be new to you. Be prepared to speak about the ones that were most important to you
- * Read 1 John. List the evidences of salvation
- * Read 1 Kings 18-19. List the events that lead to Elijah's "depression."

2. Memorize Scripture

- * Memorize a passage (not merely individual, disconnected verses), a little at a time

Examples:

- * Eph. 4:22-24 (then vs. 17-21, then vs. 25-31)
- * Psa. 1; 150
- * Romans 5:1-5

3. Read/study Biblical stuff (books, articles, periodicals, internet postings, etc.)

- * Read the assigned material
- * Give a specific study assignment

Examples:

- * Read *Christ and Your Problems*. Choose the ten sentences that are most important to you. Be prepared to tell why you chose those sentences.
- * Read Chapter ____ of _____. List the ways that you can complete the projects at the end of the chapter.
- * Watch "Fireproof." Be prepared to answer these five questions: ...

4. Effective, focused prayer (James 5:16b)

- * Set a time * Keep a list of requests, answers Examples:
 - * Each morning, prior to work
 - * Together, at bedtime

5. Connect to the Body of Christ

* Attend church/small group; Take notes * Serve others

Examples:

- * Come to the meeting place at least :30 minutes prior to the meeting time and greet five people you have not met
- * Stay after the small group meeting on Thursday to help put away the chairs

<i>Projects for Growth</i>	<i>Specific Project</i>
<i>Grow in Knowledge of God's Word Psalm 119:92</i>	<i>Specific, measurable, and purposeful Scripture that is meeting them where they are and directing them to glorify God</i>
<i>Grow in Hiding God's Word In Your Heart Psalm 119:11</i>	<i>Scripture memory (one or two verses/week) that go along with their reading or a theme you are developing to help renew their minds</i>
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