

Module 2: Biblical Counseling: How Do You Do It?



Teaching the Process and Procedures of
Biblical Counseling

The Process of Biblical Counseling



What is Key
Element #1

*Build the
Relationship*



What is Key Element #2?

Get the Facts

You just can't
have "too much"
information.



What is Key Element #3?



Generate
Biblical Hope

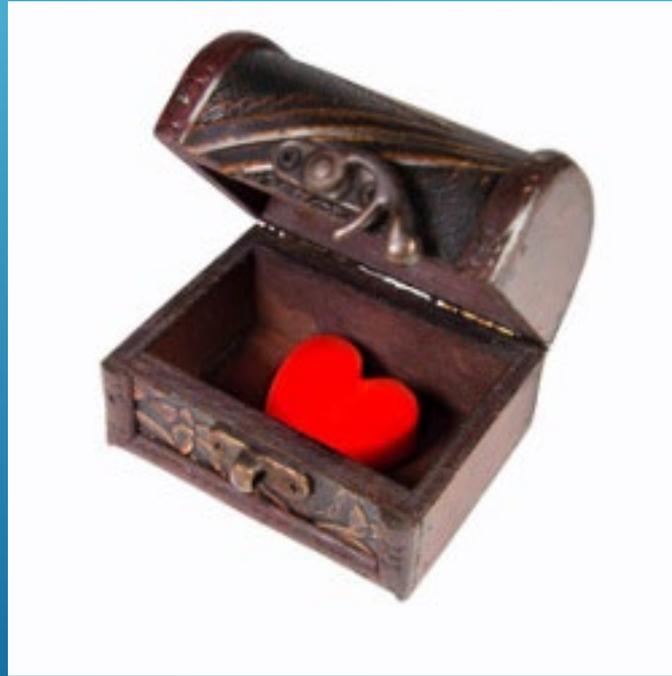
Does God still really change people?

Key Element #4: Define the Problem



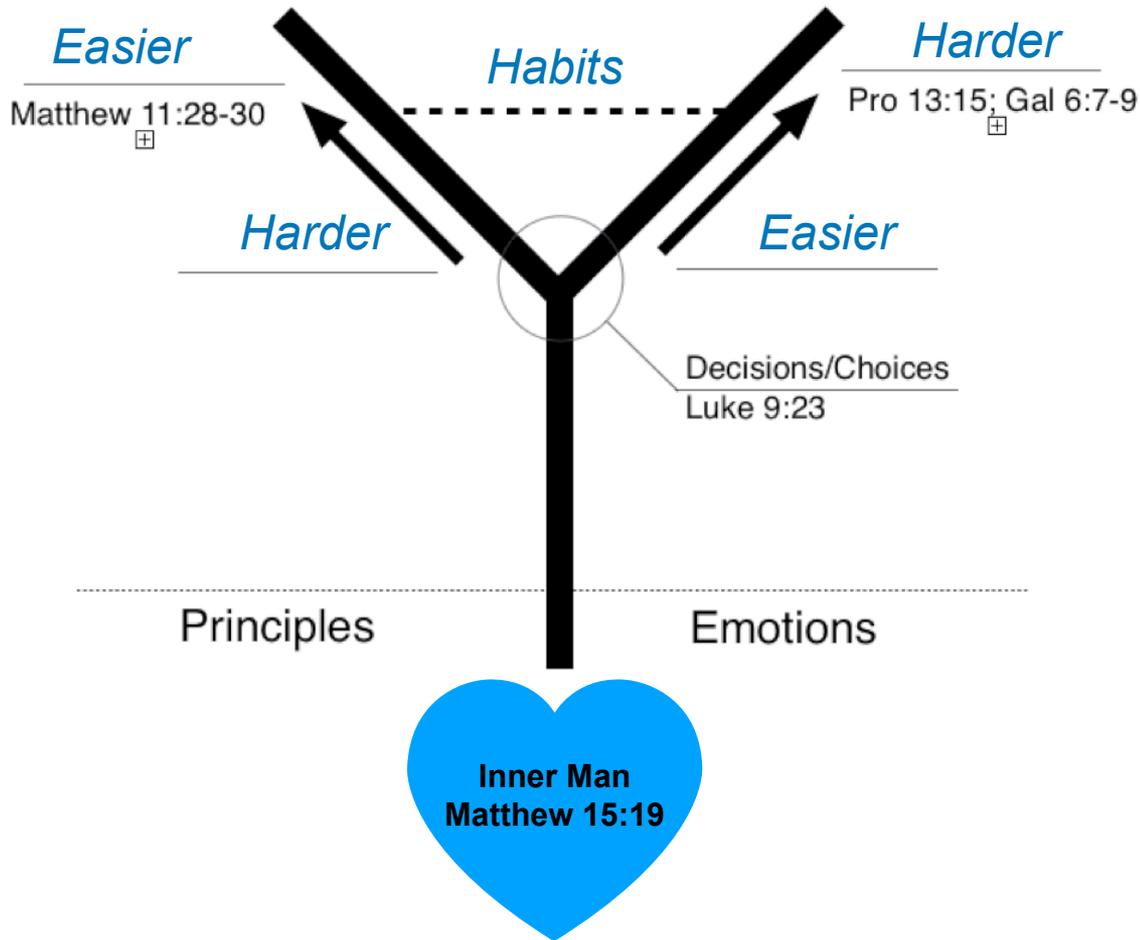
The “stuff of life” issues – including the challenges – have a common Initiator and Controller.

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



God = King

Self = King



What is the common source of all life's problems?

Sin!

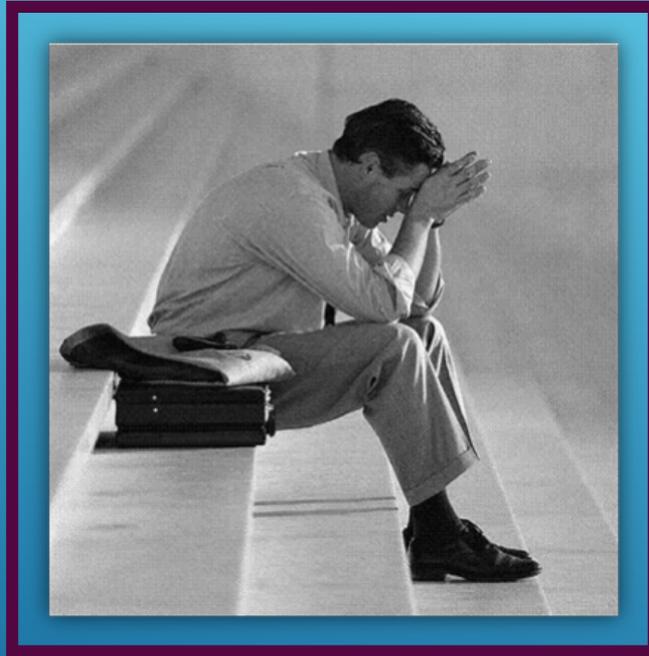


In what ways is sin demonstrated?



You sin

In what ways is sin demonstrated?



You are sinned against

In what ways is sin demonstrated?



You suffer

Warning:
Don't look at
life through
"sin-colored"
glasses



The measure of God's love for you is not seen in your circumstances. It is most clearly seen in the cross of Jesus Christ who died for you while you were His enemy.

Decorative white lines consisting of several parallel diagonal strokes in the bottom right corner of the slide.

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



1. Run and hide

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

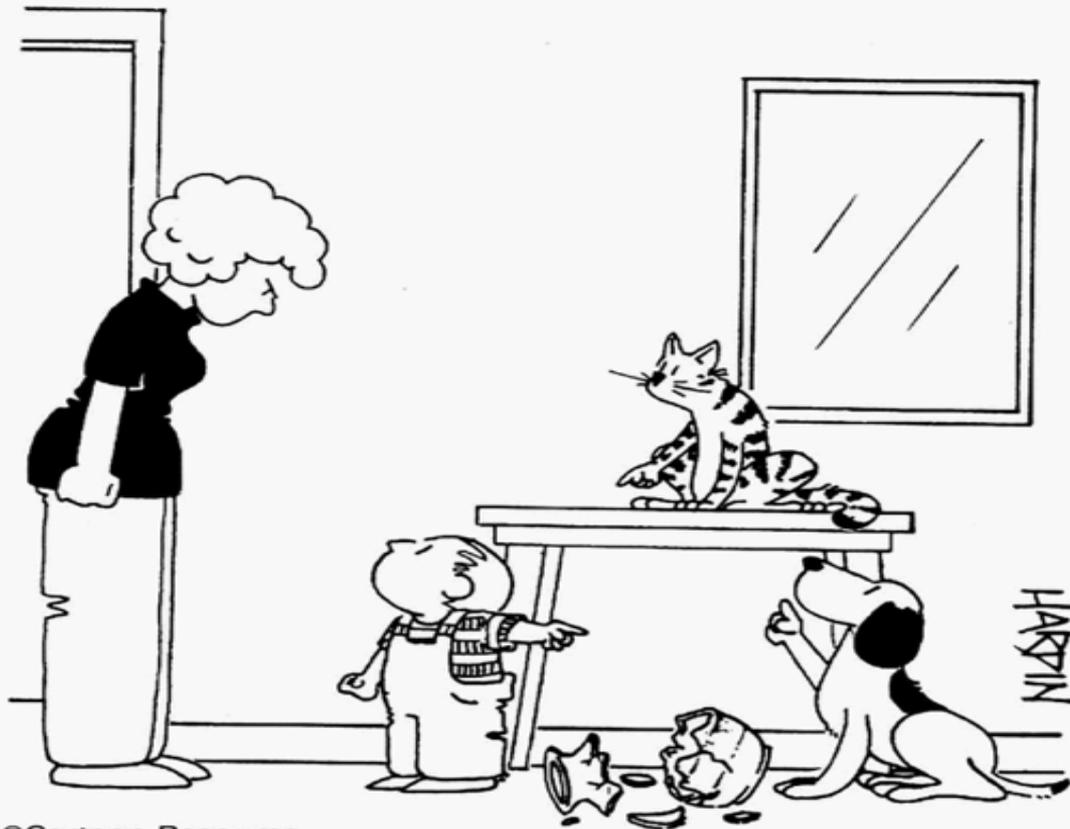


2. Defend

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



3. Blame-shift



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THERE IS AN INNER “LAWYER IN ALL OF US

- The defense attorney – quick to defend oneself
- The prosecutor – quick to blame the other person
- The advocate - quick to be a blessing/advocate to others



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



1. Acknowledge

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



2. Confess

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



3. Repent

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



4. Seek forgiveness

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



5. Make restitution

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

“It’s normal to hurt.”

“It’s possible to hope.”

“It’s horrible to sin.”

“It’s wonderful to be forgiven.”

“It’s expected that you will mature.”

So, what is the problem?



*Or ... motives; pleasures; passions; desires; idols

So, what is the problem?



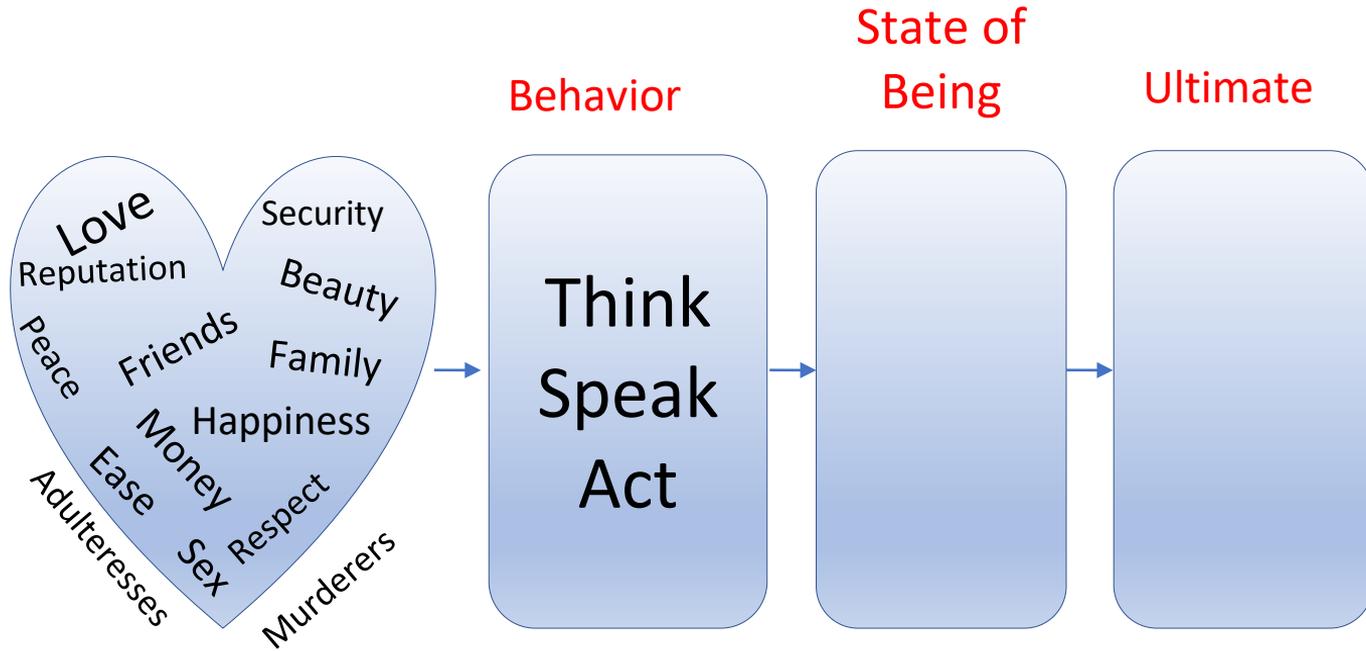
Only God can change
a human
heart!

*Or ... motives; pleasures; passions; desires; idols

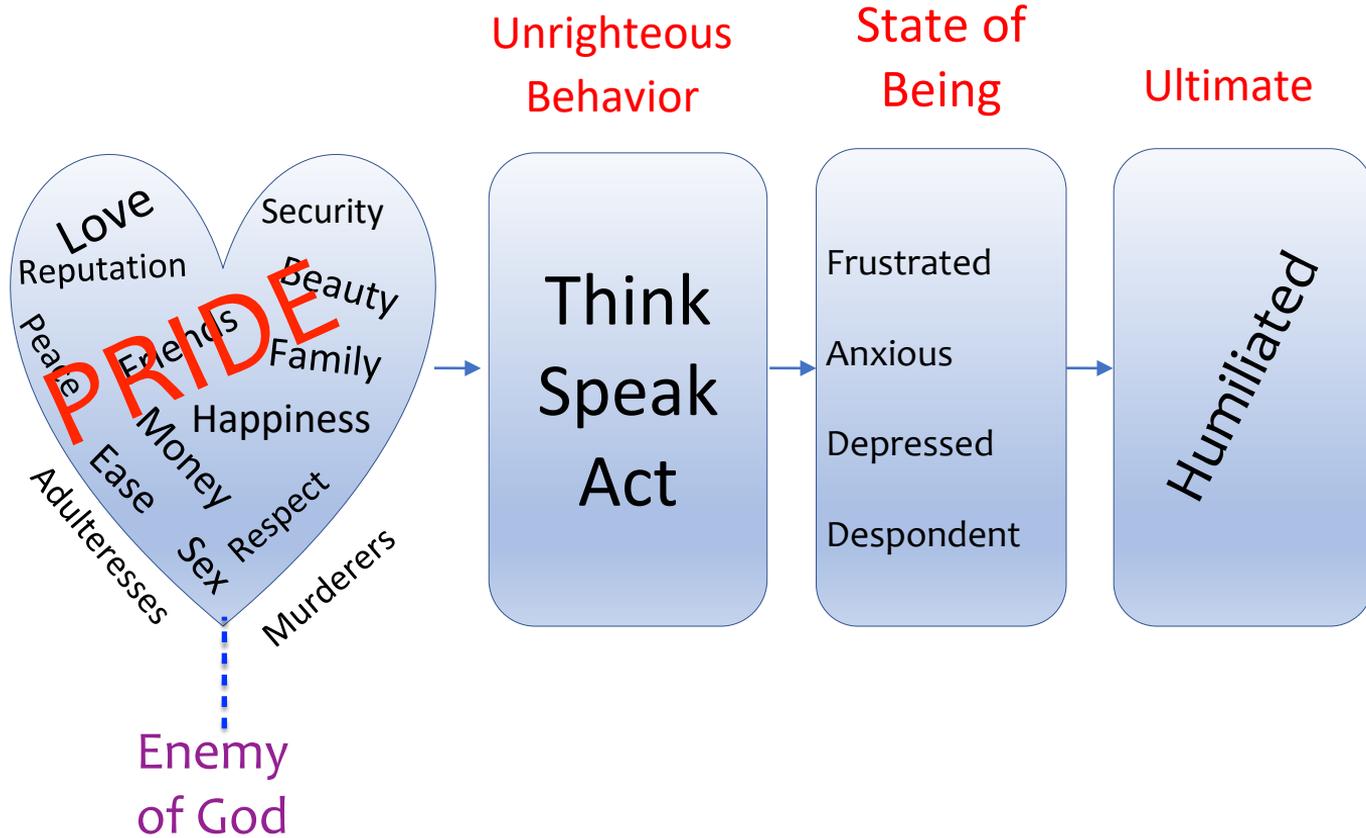
Read David Powlison's article: X-Ray Questions



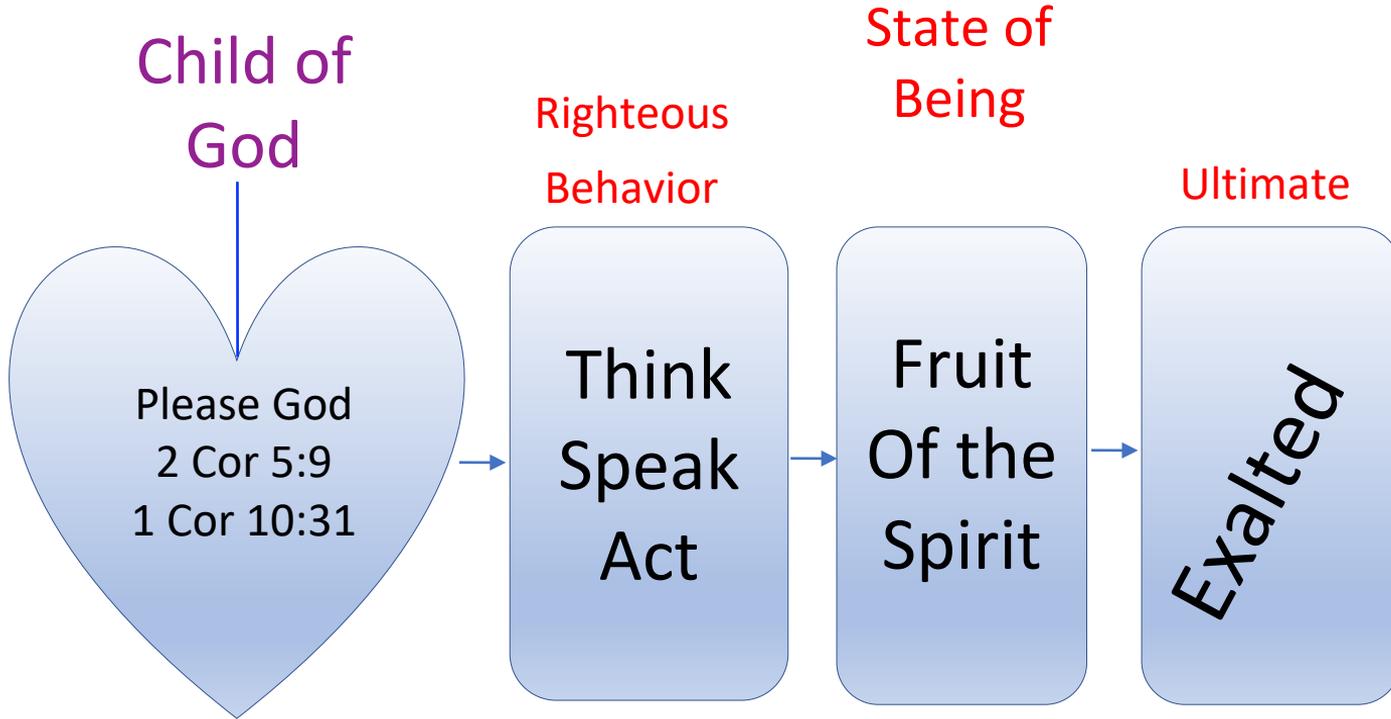
To get a better idea of how to uncover heart motives



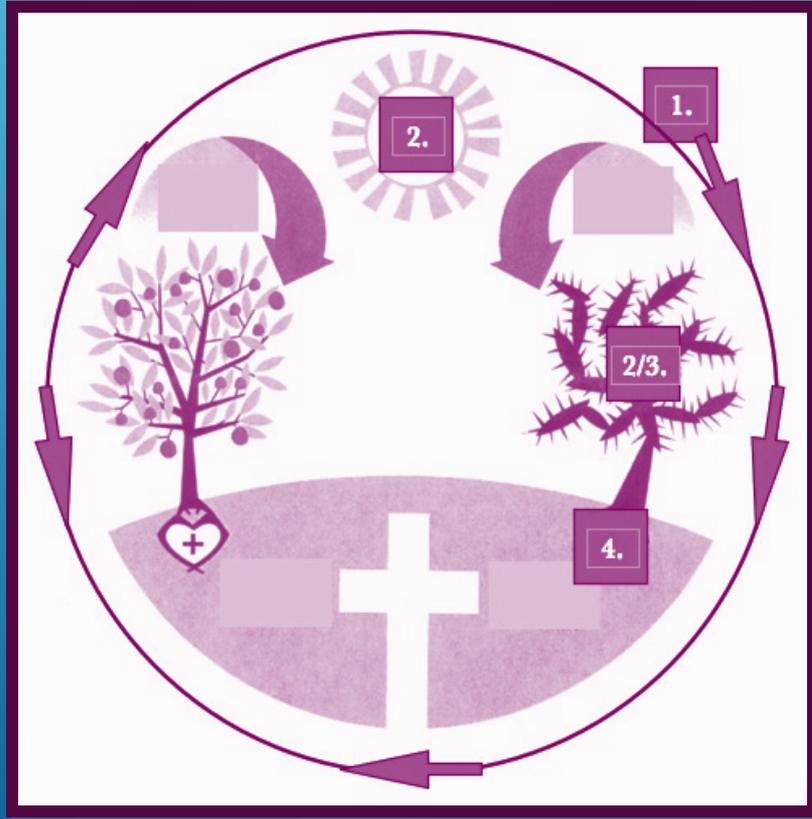
I do what I do because I want what I want



I do what I do because I want what I want



I do what I do because I want what I want



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

Module 2: Biblical Counseling: How Do You Do It?

Teaching the Process and Procedures of Biblical Counseling





The Process of Biblical Counseling



Key Element #5: Teach the Truth

Discipleship always involves teaching.



Jesus, the truth-telling Redeemer:

“It is written...”:
Matt 4:4,7,10; et al.





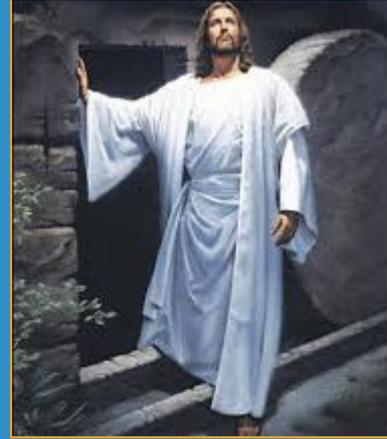
The Bible ultimately points people to a Person and a relationship -
Jesus Christ as Savior and Redeemer.



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

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

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.



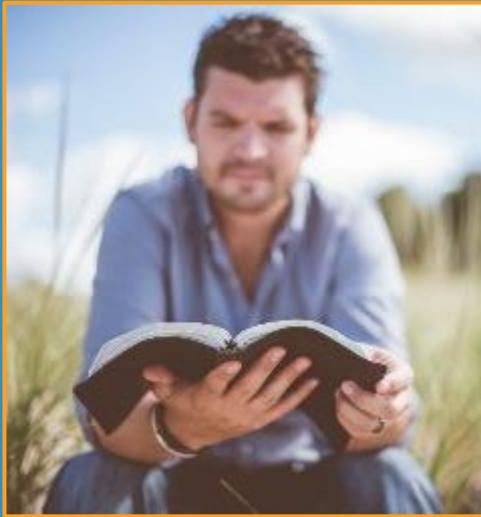
“The central problem of popular Evangelical Christianity is its failure to comprehend the full implications of the Incarnation.”
(Robert Webber, “A Critique of Popular Evangelical Christianity,” *New Oxford Review*, October, 1979, p. 7.)

Why does Jesus become “marginalized” in our daily lives?

1. We fear loss of control.



Why does Jesus become “marginalized” in our daily lives?



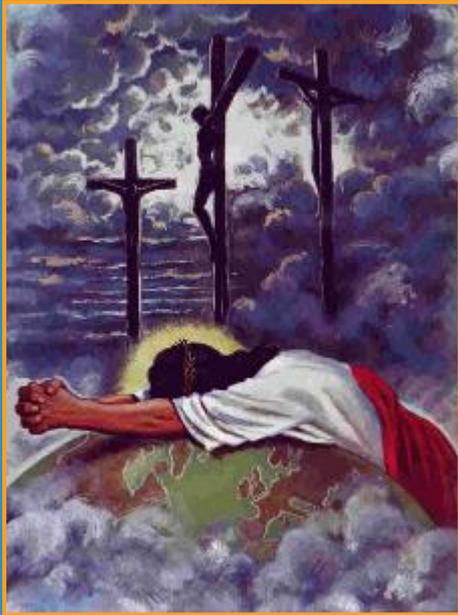
2. We've never really been taught how the gospel was meant to connect to our daily lives.

Teach the truth about what?

The Big Question:
Behavior or Relationship?



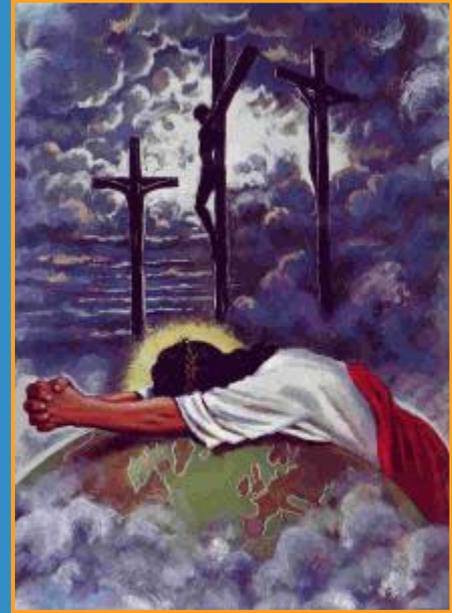
Teach the truth about what?



1. Theology: Who God is and what He has both initiated and sustained (Eph. 5:1)

Teach the truth about what?

2. Christology: What Jesus did and is doing



3. Progressive
Sanctification:
How It Works

4. Progressive
Sanctification:
How People
Change

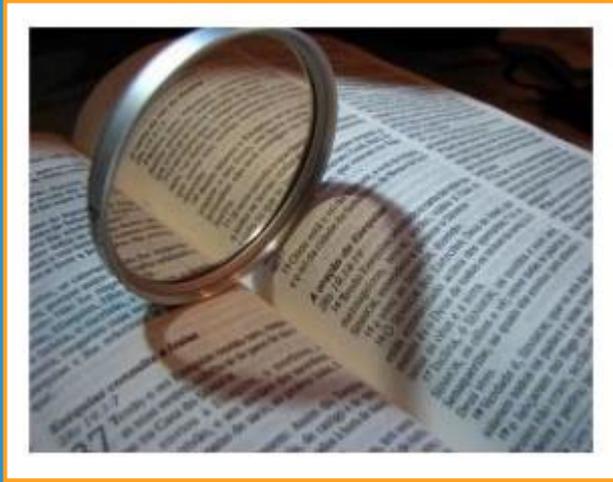


5. The Bible's specific instruction concerning the issue(s) confronting the counselee:

Be sure your instruction originates in the Scripture.



5. The Bible's specific instruction concerning the issue(s) confronting the counselee:

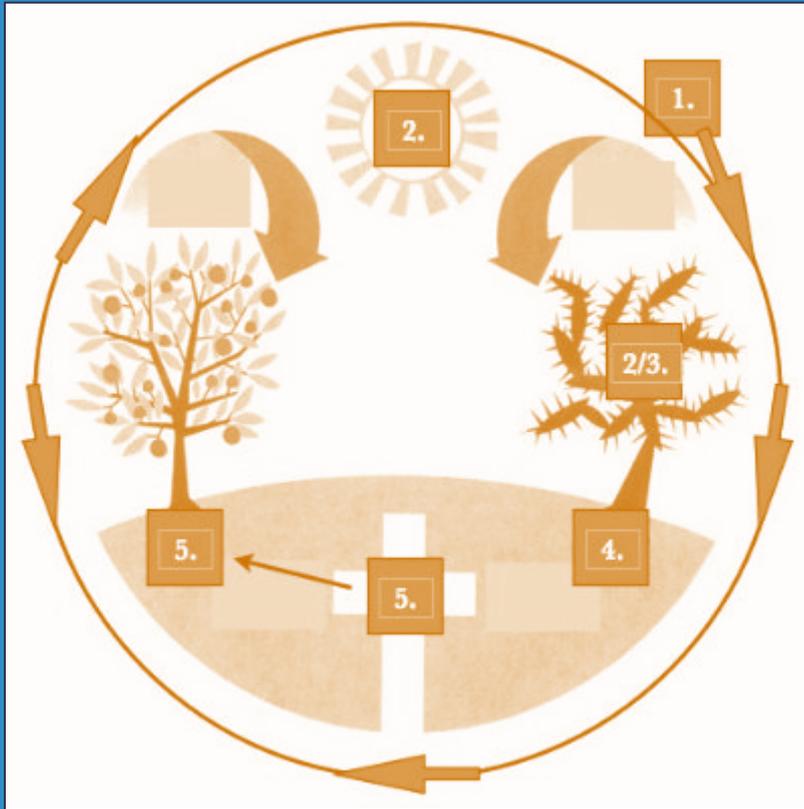


Be sure you
accurately interpret
the Scripture.

5. The Bible's specific instruction concerning the issue(s) confronting the counselee:

Be sure you appropriately apply the Scripture.





Where does “truth-teaching” fit in the model?



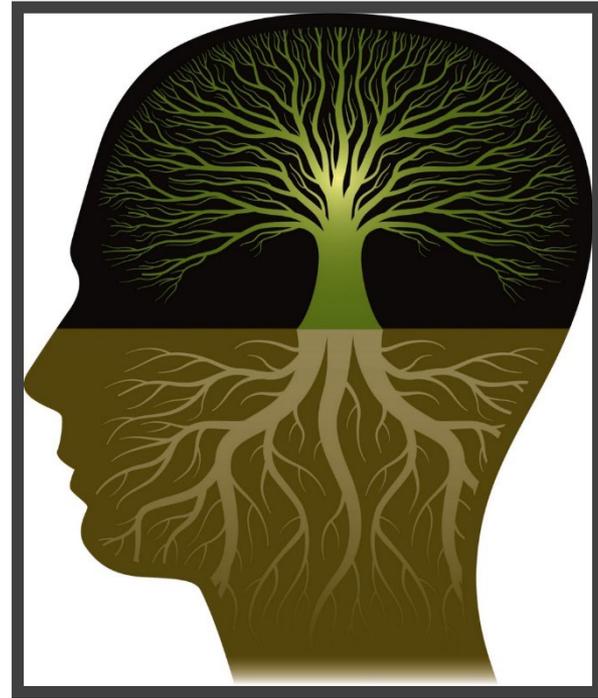
Sanctify them in the truth;
Your Word is truth.
(John 17:17)

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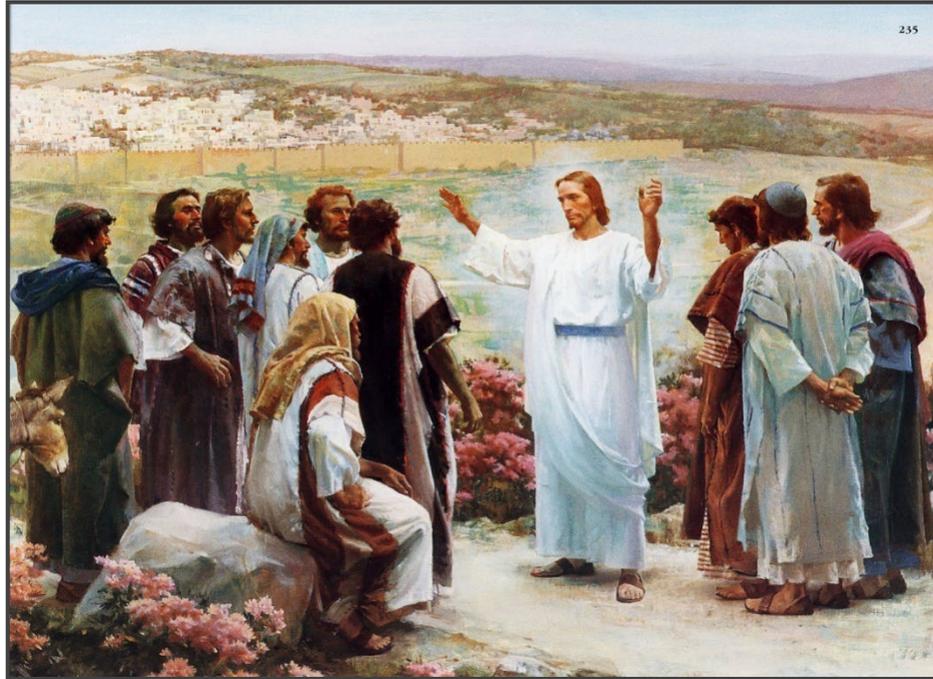


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Key Element #6:
Provide Some
Accountability



How will you know if change is taking place?



Jesus, the
Project-
Assigning
Teacher: Matt.
28:19-20

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

Accountability provides:

Structure
(specific things; specific
times)



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

Accountability provides:

Guidance
(where, when, and how)



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

Accountability provides:

Assistance
(help in accomplishing difficult
tasks)



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

Accountability provides:

Encouragement
("cheerleading" the
counselee)



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

Accountability provides:

Warning
(the cost and work of change
must be borne)

Gal 6:7 Reaping/Sowing



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

Why is this so
important?



Heb. 3:13 But exhort one another every day, as long as it is called “today,” that none of you may be hardened by the deceitfulness of sin.

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

Why is this so important?



Because the nature of man
demands personal
accountability.

Why is this so
important?



Why is this so important?

Because it demonstrates the sincerity of the counselee.



Why is this so important?

Because the greatest growth will often occur between counseling sessions.



Why is this so important?

Because this will provide a written record for future reference.



How do clearly stated projects help the counselee?



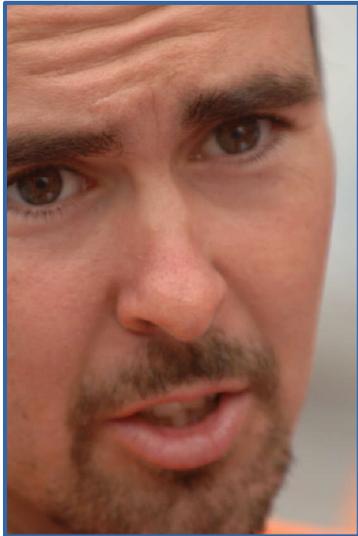
They assist the counselee in thinking concretely.

How do clearly stated projects help the counselee?

They help define the one responsible for change.



How do clearly stated projects help the counselee?



They demonstrate the
seriousness
of the counseling
relationship.

How do clearly stated projects help the counselee?

They give hope that
change is possible.



How do clearly stated projects help the counselee?



They develop the
counselor's agenda.

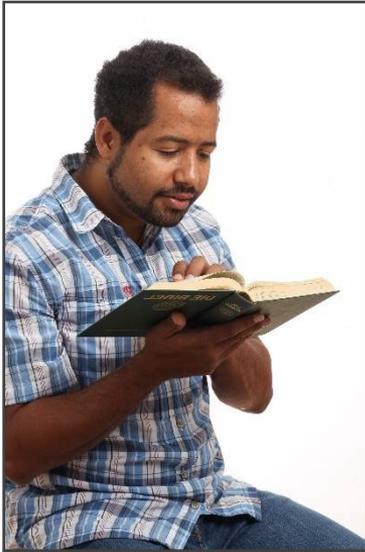
What are some categories of accountability projects? (Projects for Growth)

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

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

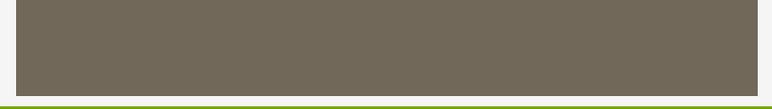


What are some categories of accountability projects?



2. To Grow in Hiding God's Word in Your Heart

- Scripture memory (1 or 2 verses/week that go along with their reading or a theme you are developing to help renew their minds)



What are some categories of accountability projects?

3. To Grow in Theological Understanding

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

What are some categories of accountability projects?

4. To Grow in Commitment to the Body of Christ

- Attend church on Sunday morning as well as one other “service” and be ready to speak about what they learned that helped them with their “problem(s)”



What are some categories of accountability projects?

5. To Grow in Love for One Another

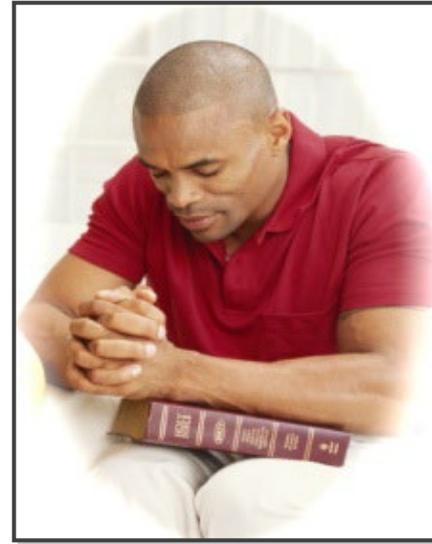
- A practical outworking to consider others as more important than yourself. Could be a date night, service project, note of encouragement, etc...



What are some categories of accountability projects?

6. To Grow in Intimacy with God

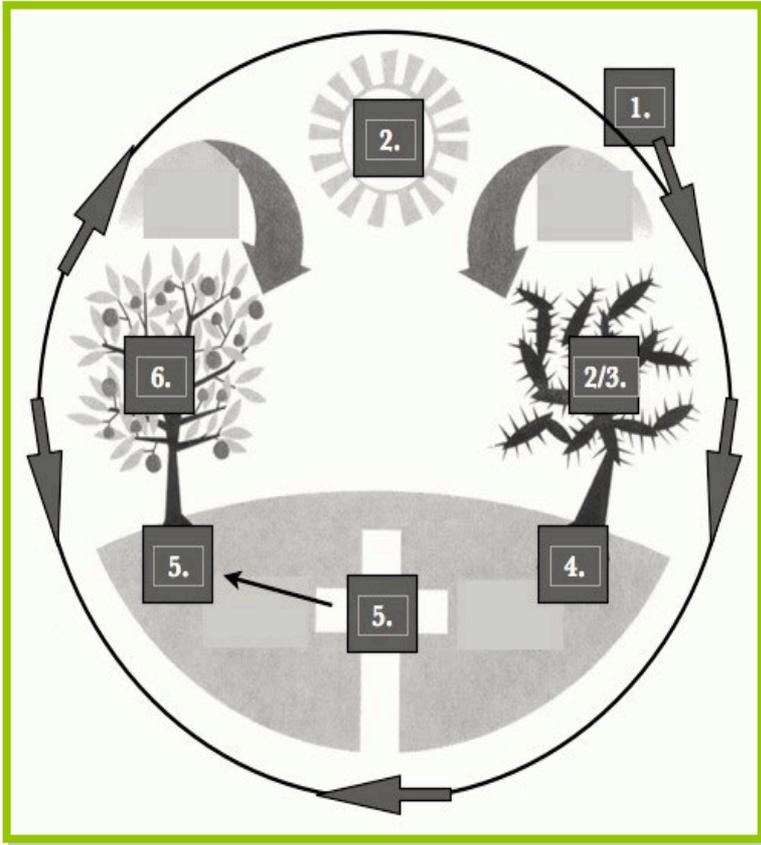
- Prayer! Pray for themselves, the person they are in conflict with and for you, their counselor



Who documents Projects for Growth?

(See Handout)





Where does
“project-assigning”
fit in the model?

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

