

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



Teaching the Process and Procedures of Biblical Counseling





The Process of Biblical Counseling



Review Key Elements

Key Element #1: Build the Relationship

Key Element #2: Get the Facts

Key Element #3: Generate Biblical Hope

Key Element #4: Define the Problem

Key Element #5: Teach the Truth

Key Element #6: Provide Some Accountability

Key Element #7: Plan Your Ministry



Personal ministry is a lot
of hard work!



Jesus, the Ministry-Planning Servant – Luke 10:1-16



Remember:

Biblical counseling is simply the ministry of graciously applying the Bible to the challenges of life.



How can you
effectively plan
your ministry?



1. Pray for Wisdom
(James 1:5)

How can you
effectively plan
your ministry?



2. Follow through on
commitments

How can you
effectively plan your
ministry?



3. Prepare your own
heart

How can you
effectively plan your
ministry?



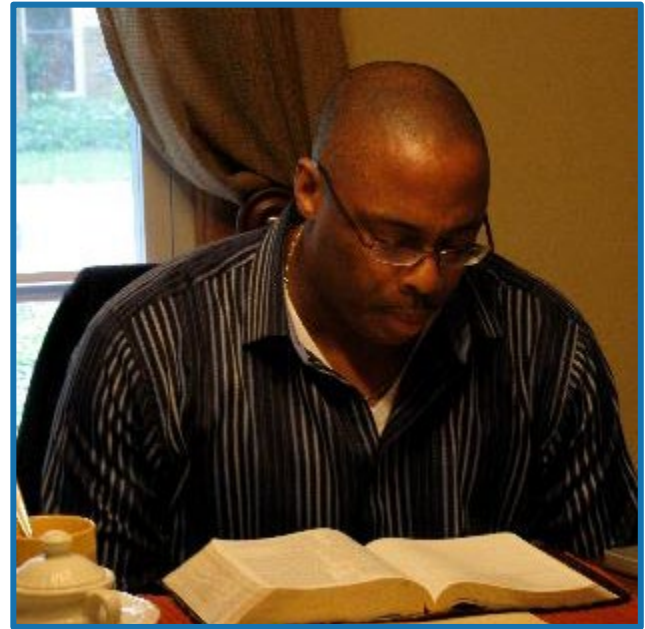
4. Study Your Bible
Extensively

How can you
effectively plan your
ministry?



4. Study your Bible
Intensively

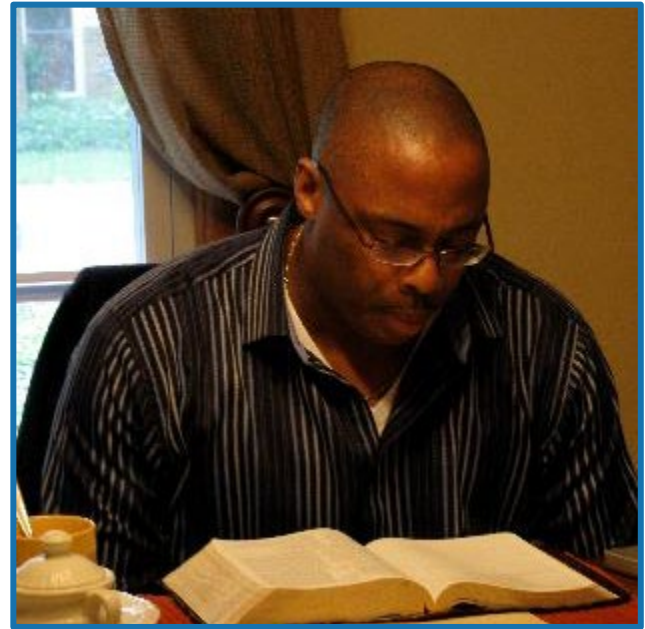
How can you
effectively plan your
ministry?



5. Review your notes

What projects did you assign?

How can you
effectively plan your
ministry?



5. Review your notes

What additional information do you need?

How can you
effectively plan your
ministry?



6. Establish your agenda

For the meeting

Sample one-hour meeting

- S 5 minutes - Build the relationship
- S 20-25 Minutes - Review Projects for growth
- S 5 minutes - Get the facts!
- S 20-25 minutes - Teaching
- S 5 minutes - Assign Projects for Growth and discuss future direction

How can you
effectively plan your
ministry?



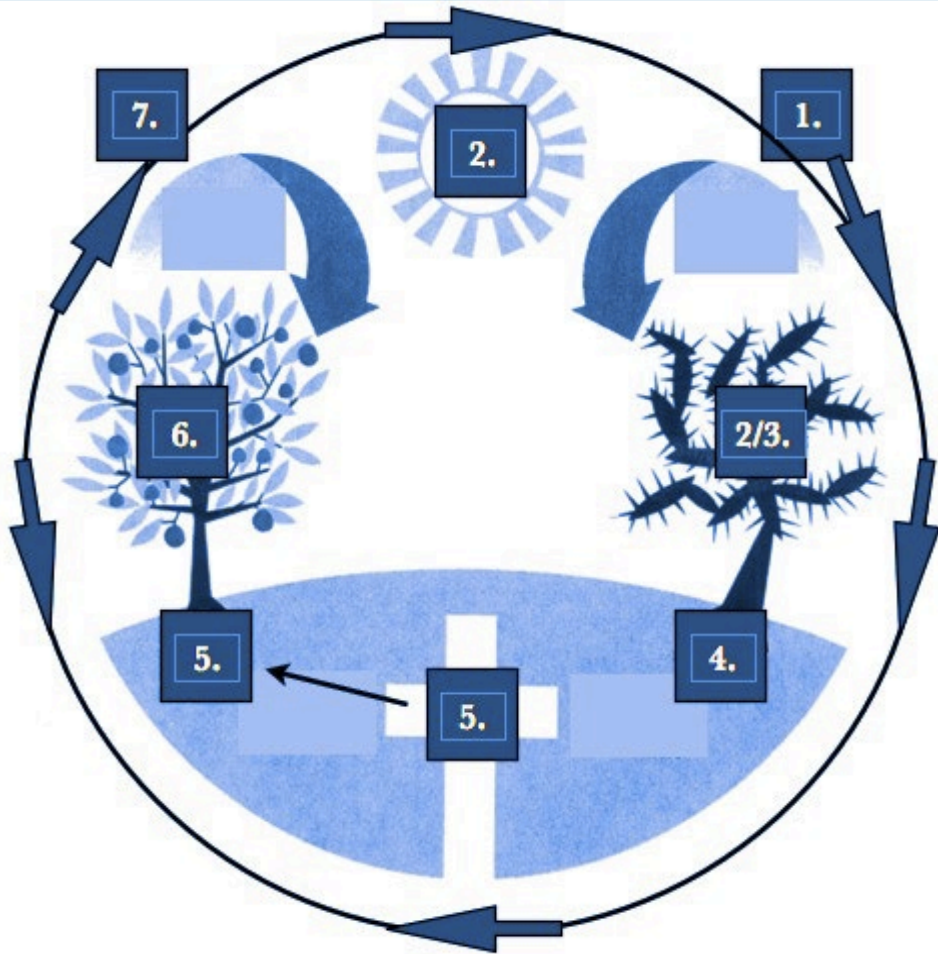
6. Establish your agenda

For yourself

How can you
effectively plan your
ministry?



7. Prepare yourself physically
and emotionally.



Where does “ministry-planning”
fit in the model?

When is the counseling process completed?

(In your notes)

1. The counselee understands what caused his/her problems and the biblical way of handling them.
2. The counselee becomes comfortable the new response pattern.
3. The counselee begins to practice the new pattern automatically.
4. The counselee has failed and can diagnose the reason for the failure and make plans for correcting the problem.
5. The counselee can state specifically how he/she has changed.
6. The counselee has been tested and has been victorious in the test.
7. Others have verified the changes in the counselee.
8. The counselee begins to share with others what he or she is learning in counseling; the counselee becomes an informal and spontaneous counselor to others.

(Wayne Mack in Introduction to Biblical Counseling, p. 296)

When is the counseling process completed?

Three determining factors ...

1. Problem solved



The “presentation problem” has been overwhelmed and supplanted by the love of God in a transformed heart.

When is the counseling process completed?

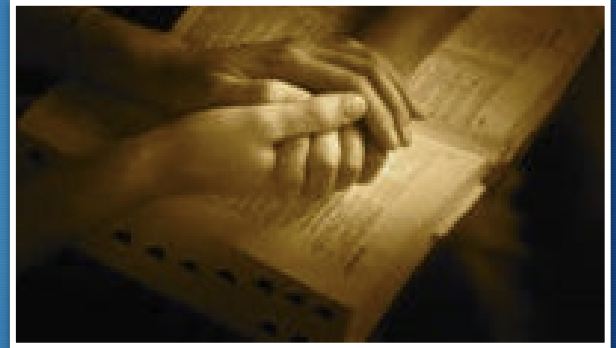
2. Godward Focus

The counselee is prepared for the next challenge by knowing how to find God's grace in the Scriptures.



When is the counseling process completed?

3. Ministry Begins



The counselee (disciple) becomes a counselor (discipler; mentor).



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



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Teaching the Process and
Procedures of
Biblical Counseling

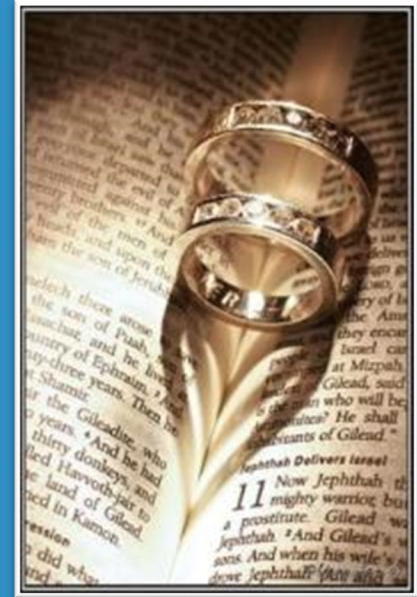


The Procedures of Biblical Counseling

Who? (Two options)

1. Preventive

Various stages of life;
decision-making



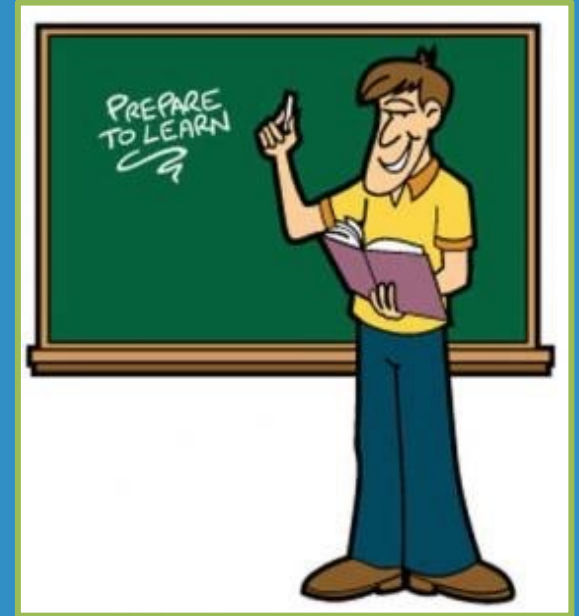
Who? (Two options)

- Leadership development

Identification of potential

Recruitment

Curriculum



Who? (Two options)

2. Restorative

Someone comes to you.

Acts 15:1-21; 1 Cor. 7:1,ff; 1 Tim.
1:2a,ff



What might that look/sound like?

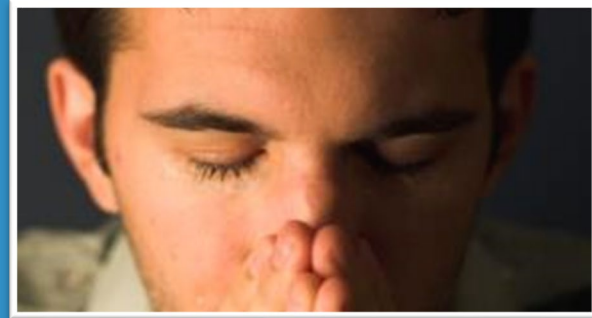
Who? (Two options)

- You go to someone.

Galatians 6:1

If you are the offender.

Matthew 5:23-24



How do you make the approach?

Who? (Two Options)

- You go to someone.

Galatians 6:1

If you are the offended.

Matthew 18:15



How do you make the approach?

When?

- Factors:
 1. Urgency – Differentiate between genuine emergencies and poor planning



When?

- Factors:



2. Priorities – Define a biblical, personal rubric for schedule-making

When?

■ Factors:

3. Availability – Decide when meeting together is possible.



- Them? Work schedule, family, etc.
- You? Priorities, etc.
- Others? What's an “advocate”?

Where?



- Factors:
Preventive
 - Classroom
 - Home

Where?

- Factors:

Restorative

- Shop, Park,
Home, Office



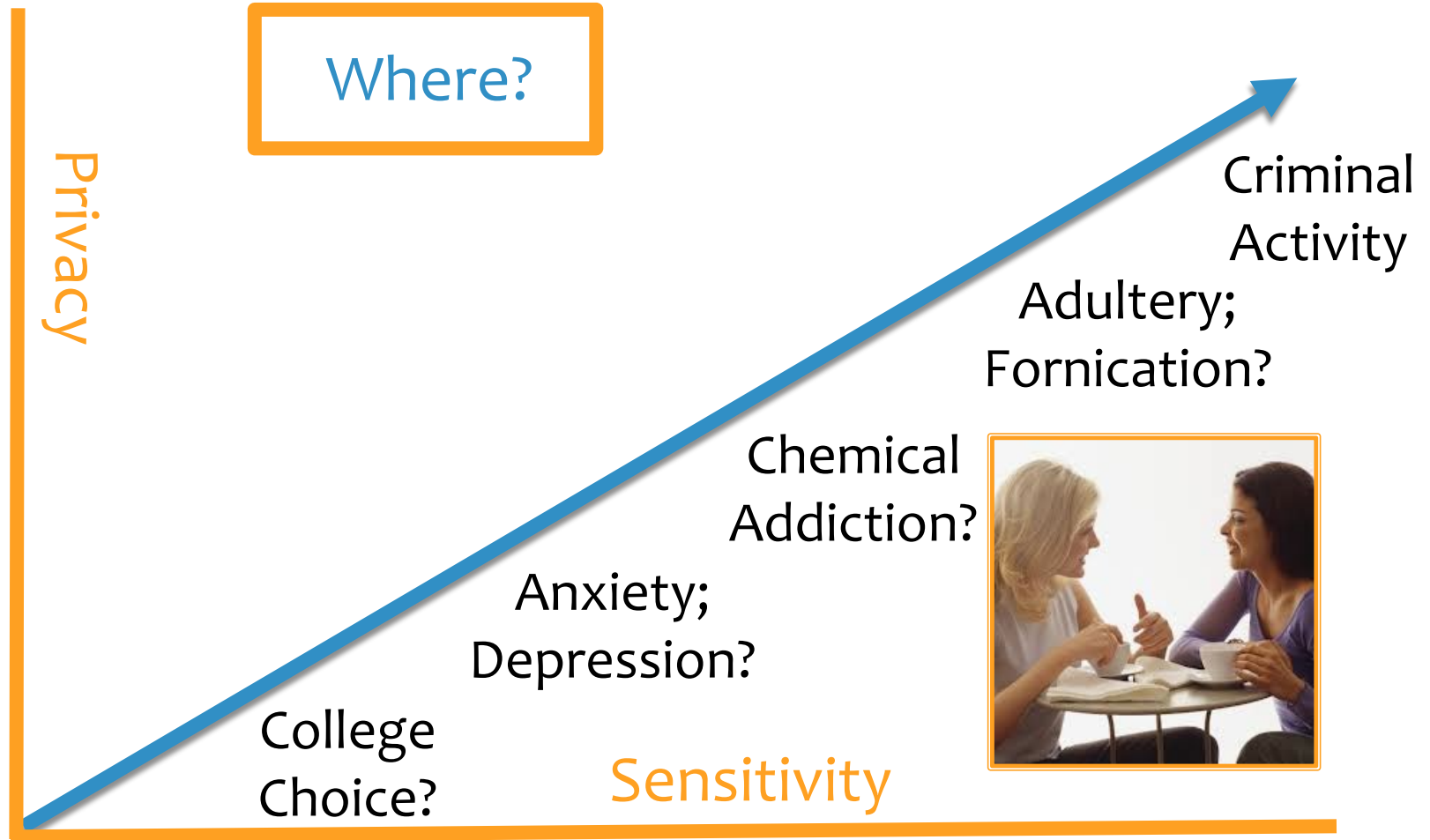
Where?



- Factors:

Disciplinary

- Church, Office





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



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

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The Procedures of Biblical Counseling

Managing the Meetings from Beginning to End



Introduction:

“How you start a counseling case influences how you finish. An awkward, stumbling beginning frequently hinders the counselor’s effectiveness. It adds to the pressure and nervousness he may already be experiencing and may raise questions about his competence in the mind of the counselee. Preparation is the key!”

~ Randy Patten

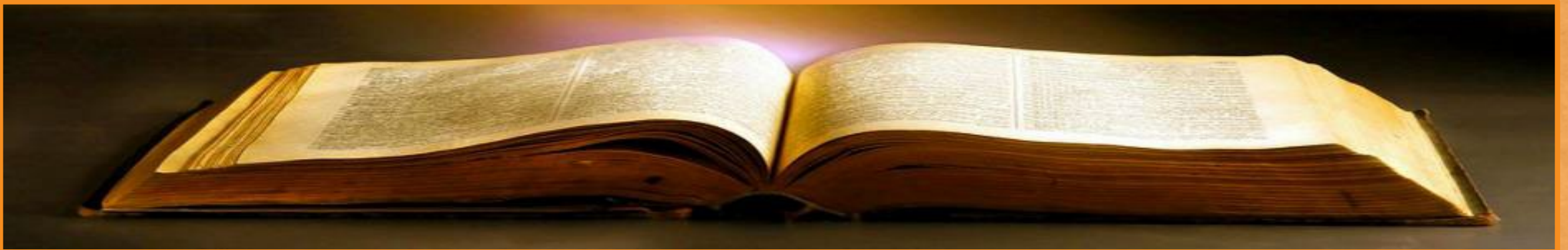


Preparing for and Conducting the First Meeting

Preparing for and Conducting the First Meeting

Goal?

*Building and demonstrating confidence
in the Word of God.*



Preparing for and Conducting the First Meeting

- Their agenda is not our agenda.



Preparing for and Conducting the First Meeting



- They want their problem solved; We want God to be glorified through the application of His Word.

Preparing for and Conducting the First Meeting

How do we help them change their agenda?



What Scriptures would you use?

Isa. 43:6-7; Rom. 8:26-29; John 4; 1 Sam. 9;
James 4:17; 1 Cor. 6:20; 10:31; Isa. 49:3; Acts
2:37

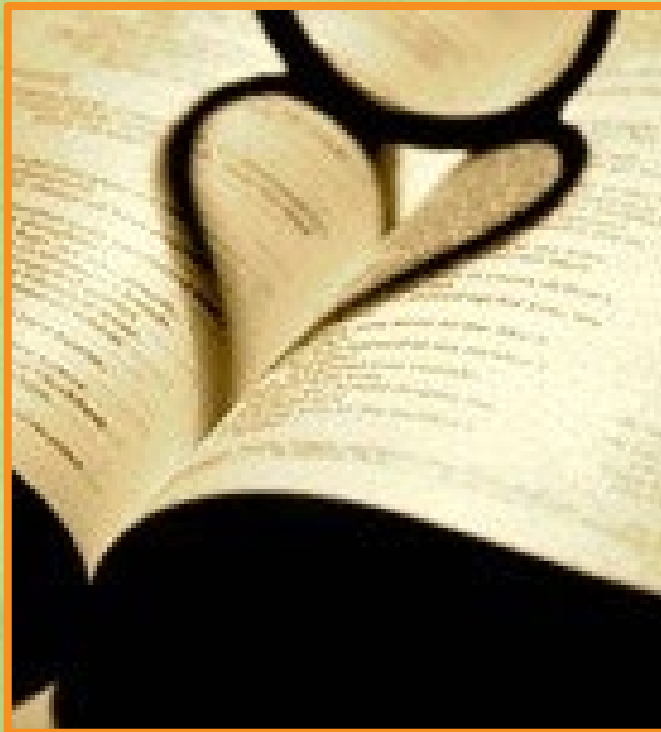
Preparing for and Conducting the First Meeting

- Their focus is not our focus
- Their focus is only on themselves. Our focus is on their relationship with God and their future effectiveness as a fellow-servant.



Preparing for and Conducting the First Meeting

How do we help them change their focus?



What Scriptures would you use?
Eph. 2:8-10; Phil.; Matt. 5:13-16;
Jer.13:11; 1 Thess. 3:12-13; Matt.
26:46; Eph. 4:13-14; John 12:24-
25; 1 John 3:16

Preparing for and Conducting the First Meeting

Before:

Prepare yourself by...

1. Praying for wisdom (Ja 1:5)
2. Examining your own heart



Preparing for and Conducting the First Meeting

Prepare yourself by . . .

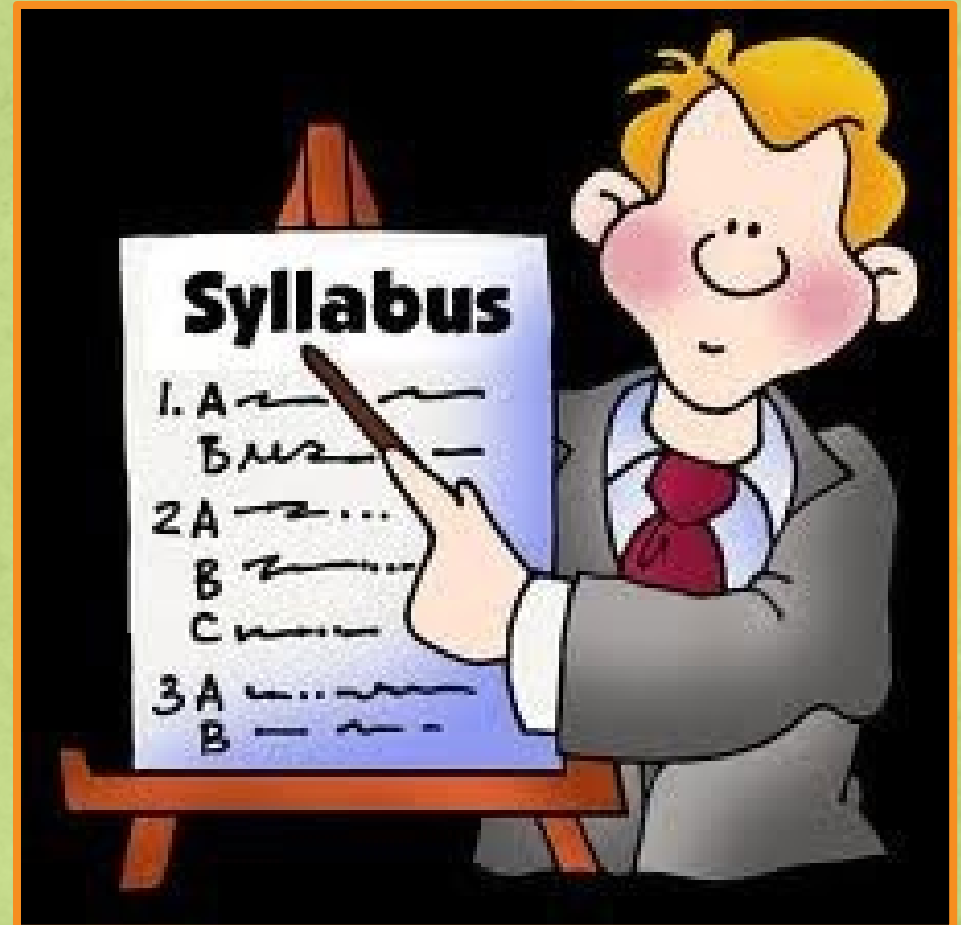
3. Preparing yourself physically.



Preparing for and Conducting the First Meeting

Prepare yourself by . . .

4. Rehearsing your agenda.



Preparing for and Conducting the First Meeting

1. Conversation; Begin building – or strengthening - the relationship.



Preparing for and Conducting the First Meeting

2. Opening Prayer – what do you pray? (Model Scripture)

- Acknowledge God's sovereignty.
- Confess your need for wisdom.
- Give hope



Preparing for and Conducting the First Meeting

3. Get some facts



- Presentation problem?
- Circumstances?
- Responses? (Three trees)

Preparing for and Conducting the First Meeting

4. Orientation

- Confirm profession of salvation
- Establish Biblical authority; not the goal of counseling – yet. Ps. 119; Ps. 19:7-11; 2 Tim. 3:16-17; Heb. 4:12; 2 Peter 1:3
- Explain the structure of the meetings.



Preparing for and Conducting the First Meeting



5. Assign “Projects for Growth”

Suggestions:

- Category #1: Scripture Study (Matt. 5-7; 10 verses)
- Category #2: Scripture Memory (Eph. 4:22-24; 2 Cor. 5:9)
- Category #3: Theological Knowledge
Christ and Your Problems

Preparing for and Conducting the First Meeting

Summary of First Meeting

1. Chat
2. Pray
3. Ask
4. Prepare
5. Assign



Preparing for and Conducting the First Meeting

After

1. Secure your notes.
2. Pray for your friend.
3. Contact your friend.



Preparing for and Conducting the First Meeting

After

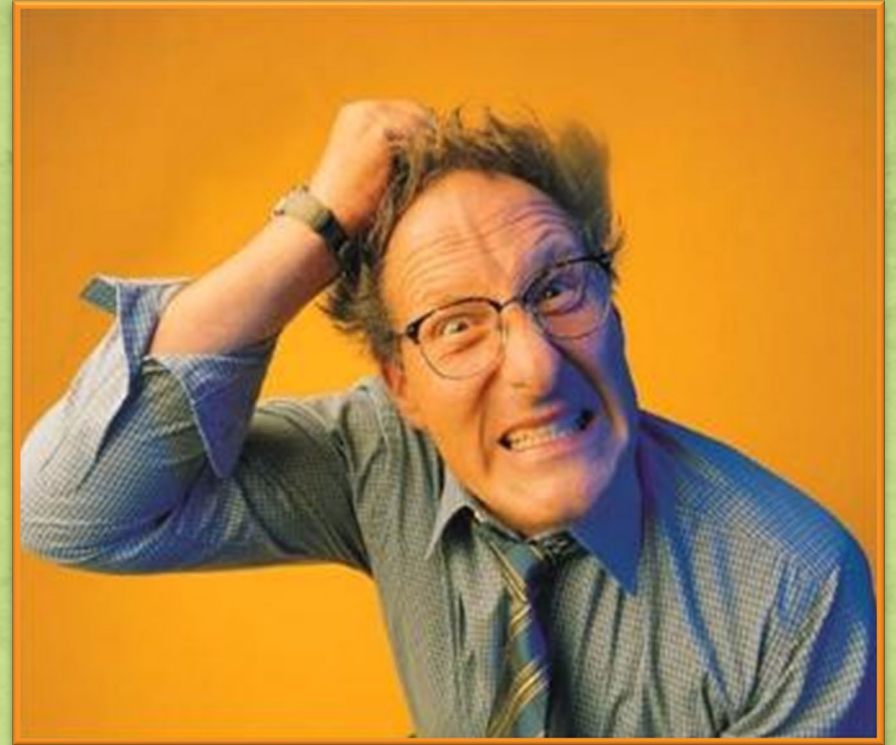
4. Plan your ministry
5. Pray some more.





Preparing for and Conducting the Subsequent Meetings

Introduction: If you're trying
to “solve problems,” you'll
quit too early



What's the main difference between the first meeting and subsequent meetings?

First Meeting:

1. Chat
2. Pray
3. Ask
4. Prepare
5. Assign

Later Meetings:

1. Chat
2. Pray
3. Review
4. Teach
5. Assign

Conducting the Subsequent Meetings

1. Chat

Relationship strengthening and information gathering (esp. new or recent stuff)

2. Pray



Conducting the Subsequent Meetings

3. Check “Projects”



Listen for . . .

- Facts (Circumstances; Responses)
- Motives (Passions; Desires; Idols)

Conducting the Subsequent Meetings

3. Check “Projects”



Listen for ...

- God-talk (Descriptions; Blame; Perspective)

Conducting the Subsequent Meetings



Take notes on . . .

- Statements to Endorse
- Statements to Challenge

Conducting the Subsequent Meetings



Take notes on ...

- “New” facts
- Items to verify
- “Agenda Items”

Conducting the Subsequent Meetings

4. Teach

Remember this?

- Theology
- Christology
- Progressive Sanctification:
How It Works



Conducting the Subsequent Meetings

- Progressive Sanctification: How People Change
- The Bible's instruction concerning the presentation problem



Conducting the Subsequent Meetings



5. Give Projects

- The Five Categories
- Next Meeting?
- A Case Report Form?

Ending the Meetings

Remember, three
determining factors ...

1. “Problem solved!”



The “presentation problem” has been overwhelmed and supplanted by the love of God in a transformed heart.

Ending the Meetings

2. Godward Focus.



The counselee is prepared for the next challenge by knowing how to find God's grace in the Scripture.

Ending the Meetings

3. Ministry

The counselee (disciple) becomes a counselor
(discipler; mentor)





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BIBLICAL COUNSELING: HOW DO YOU DO IT?

**(RESTORING BROKEN BELIEVERS TO THE GRACE OF GOD: A
COUNSELING PROCESS MODEL AND COUNSELING
PROCEDURES)**





**Where Do We Go From
Here?**



Introduction:

Two questions (about biblical counseling) have now been answered:

- 1. What is it?**
- 2. How do you do it?**

In the meantime ...

Projects for Growth!



Read/Study the Bible



1. Each of the seven key elements we've studied can be found in the life and ministry of Jesus Christ. Develop each of these key elements into a sermon or small group lesson using either the Scripture listed here or another Scripture reference that illustrates the same point.

Read/Study the Bible



Jesus, the relationship-building Friend: (John 1:35-51); Jesus, the fact-finding Creator: (Heb. 4:14-16); Jesus, the hope-giving Counselor (Matt. 11:30); Jesus, the heart-seeking Shepherd: (Matt. 6:21); Jesus, the truth-telling Redeemer: (Matt 4:4,7,10); Jesus, the project-assigning Teacher: (Matt. 28:19-20); Jesus, the ministry-planning Servant: (Lk. 10:1-16)

2. Memorize Scripture

2 Cor. 5:9-10

So whether we are at home or away, we make it our aim to please him. For we must all appear before the judgment seat of Christ, so that each one may receive what is due for what he has done in the body, whether good or evil.



3. Read/Study Biblical Stuff

Secure and read “How People Change” by Tripp and Lane

Then, using the *Guidelines for Book Reviews* document found in your conference materials, write a thoughtful response to the content and style of the book.



4. Conduct Five Counseling Meetings

What's a “counseling meeting”?

It is NOT:

A chat at church; A phone, SMS, or FB chat; A class or Bible study you teach



What's a “counseling meeting”?

It IS:

A series of intentional discipleship conversations with accompanying “Projects for Growth” aimed at the restoration of the soul.



Module 3

Biblical Counseling: How Do You Do It More Effectively?

(Framing Common Counseling Issues
from God's Perspective)





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